

2017
TWIST YOUR
HEART OUT *Competitions*

GRAND CHAMPIONS WIN
AIR FLOOR!



ALL FIRST PLACE TEAMS
WIN 2 HOUR TUMBLE
CLINIC, BANNER AND
MEDALS!

Welcome

Information Form

[REGISTRATION FORM A](#) (complete one per team, due with registration)

[REGISTRATION FORM B](#) (complete one per team, due with registration)

[REGISTRATION FORM C](#) (complete one per team, due with registration)

[RELEASE WAIVER](#) (complete one per participant, due competition day)

Rules and Regulations

Sample Score Sheet

Please Note: Pages 4, 5 and 6 must be turned in, with payment, by the deadline to register. The Release Waivers (page 7) may be turned in with registration or on competition day.

Twist Your Heart Out

2017 Rec & School Competitions

Event Coordinators:

Megan Barrett

TwistedCompetitions@gmail.com

404-520-2276

Natalia Bolding

678-561-6741

Payment Information:

Please make checks payable
to *Twist Your Heart Out*

Mailing Address:

2001 Duncan Drive

UNIT 59

Kennesaw, GA 30156

Attention: Megan @ Twisted Comps 2017

Registration Packet Includes:

--- Competition Information

--- Program REG Form

--- Individual REG Form

--- Liability Forms

--- Coaches Check-list

--- Jump Off/Tumble Off Forms

Competition Dates

Sunday November 12, 2017

Saturday December 9, 2017

McEachern High School

2400 New Macland Rd

Powder Springs, GA 30127

Cost per Competitor:

For Show Only Division

\$8.00 per athlete

Jump/Tumble Off

\$8.00 per athlete

Competitive Division

\$12.00 per athlete

Final Registration Deadline:

November 7th, 2017

Registration Fees are **NON-REFUNDABLE** unless competition is cancelled *** Team Checks or Money orders ONLY. Made payable to: Twist Your Heart Out*** *** NO personal check or credit cards will be accepted for Program/ Team Registrations***

Registration Forms ALL Registration forms must be completed in their entirety. Teams will not be allowed to compete if all required information or registration items are not received.

Priority Seating: During the change of each team we will have a section, closer to the floor, blocked off for the parents, family, and friends of the teams that will be performing. This is to guarantee that everyone has the best view possible of the team and individual they have come to see.

Door Ticket Price: \$10.00 Adult Admission

\$5.00 Child Admission (ages 10 & under)

Hospitality Room: A hospitality room will be provided for all coaches and judges only. Coaches please stop by to relax and converse with your colleagues and enjoy our wonderful selection of beverages and food.

RULES

- ∅ Jewelry of any kind is prohibited. This includes earrings, nose, tongue, and belly button rings. This also includes necklaces and pins on uniforms.
- ∅ Glitter makeup is allowed but no spray glitter.
- ∅ Mascots may not participate in stunts, pyramids, or tosses and may not serve as a spotter during the performance.
- ∅ Only the following props are allowed: signs, poms, banners, flags and mega phones.
- ∅ Use of any apparatus to propel a participant is not permitted.
- ∅ Mascots may compete in the routine but should clearly be marked mascot.
- ∅ Spotters will not be provided. Please bring spotters for your team

DIVISIONS AVAILABLE

- ∅ CHEER OFF DIVISION (Limited Stunts & Tumbling allowed)
- ∅ COMPETITIVE RECREATION DIVISION
- ∅ MIDDLE SCHOOL DIVISION
- ∅ EXHIBITION DIVISION

TUMBLING

- ∅ Tumbling with props is not allowed.
- ∅ All gymnastic stunts must originate and land on ground level.
- ∅ Tumbling over or under a stunt is not permitted.
- ∅ Spotted, assisted, or connected tumbling is prohibited. (Example, double cartwheels or chorus line flips) PARTNER STUNTS/PYRAMIDS
- ∅ All stunts or pyramids are limited to two persons high.
- ∅ A spotter is required for all stunts.
- ∅ When tossing a flyer from one stunt to another, one of the initial main bases must stay in contact with the flyer at all times.

BASKET TOSSES

- ∅ Basket tosses must be executed with both base's feet on the ground
- ∅ Basket tosses must be caught by 3 catchers. The original two bases and a back spot. A back spot must always be positioned at the head and shoulder area through the cradle.
- ∅ Basket tosses must land in a cradle position only.
- ∅ Flipping baskets are not permitted.

COMPETITION INFO

Music: Please bring your music on a CD. DJ services will be provided to play your music, however a representative from your team must remain at the music table during the performance. If you have a blank space in the music it must be incorporated on the CD. You will not be able to start and stop the music. **WE HIGHLY RECOMMEND NOT USING AN IPHONE 7 FOR PLAYING MUSIC.**

Rules and Regulations: Please be sure all coaches have a copy of The Rules and Regulations. It is included in this packet.

Performance Floor: Teams will perform on a competition size mat (9 strips, 54x42). There will be NO deduction for stepping off the mat.

Judges and Score Sheets: A panel of knowledgeable judges will evaluate team performance. The Head Judge's score will be used to decide placement in the event of a tie. Score sheets will be available at the announcer's table immediately following your Award Ceremony.

Awards:

Individual awards will be given to all competitors!

SPIRIT and SPORTSMANSHIP Awards will be handed out at each Award Ceremony to Associations showing the Most Spirit and the Most Sportsmanlike behavior! Also, for each age group (MIDDLE SCHOOL, PEEWEE, MIDGET, MINOR and JUNIOR/SENIOR) we will be awarding the following Specialty Awards:

- ☺ Grand Champion! Awarded to the team with the highest overall score. **GRAND CHAMPION WILL RECEIVE TWIST ATHLETICS AIR FLOOR!**
- ☺ Most Entertaining! Judges choice...awarded to the Most Entertaining team.
- ☺ Coaches Award! Judges choice...awarded to the Best Coached team.

2017 REGISTRATION FORM A

Please include this completed form with your registration.

School/Association_____ Team Mascot_____

Coach_____Phone/Text_____

Contact Person_____ Phone/Text_____

Contact Person Email_____

-- 6th Grade -- 7th Grade -- 8th Grade

*All Middle School participants must be of age or younger to compete in a division. Teams of combined ages must register in age division of their oldest cheerleader.

- ___Pee Wee.... Ages 5 & 6
- ___Midget 1.... Age 7
- ___Midget 2.... Age 8
- ___Minor 1..... Age 9
- ___Minor 2..... Age 10
- ___Junior..... Age 11 & 12
- ___Senior..... Age 13 & 14

*We ask that 75% of your team be of age to compete in a division. Ex. If you have 20 members, 15 of them must be 7 years old to compete in the Midget 1 division. Multiply the number on your team by .75 to get the number of cheerleaders that must be of age to compete in a division. (20 X .75 = 15)

Twist Your Heart Out Twisted Comps- November 2017	Price	# Registered	Amount Due
Early Registration Due by October 31, 2017	\$10 x	_____ = \$__	
Final Registration Due by November 7, 2017	\$12 x	_____ = \$__	
Jump Off- Per Competitor	\$7 x	_____ = \$__	
Tumble Off- Per Competitor	\$7 x	_____ = \$__	
Stunt Off- Per Stunt Group	\$20 x	_____ = \$__	

2017 REGISTRATION FORM B

Please carefully read this entire form.

This form must be completed in full, signed, and returned before your child may participate in any Activities (as defines below).

PARTICIPANT AGREEMENT

As parent or legal guardian of _____, a minor ("Minor"), and in consideration for Minor's participation in the cheerleading, dance and other activities and services, including, without limitation, travel to and from such activities, competitions, conferences, meetings, and other events that may require travel (collectively, the "Activities"), conducted and provided by CHEER YOUR HEART OUT GA, a Georgia limited liability company and their respective affiliated entities, owners, agents, officers, employees, representatives, and all other persons or entities acting in any capacity on their behalf (collectively, "CYHO"), I AGREE AS FOLLOWS:

Liability Release. ON BEHALF OF MYSELF AND MY HEIRS, ASSIGNS, EXECUTORS, AND ADMINISTRATORS, I RELEASE AND FOREVER DISCHARGE CYHO FROM ALL CLAIMS, JUDGEMENTS, LOSSES, LIABILITIES, DAMAGES, COSTS, AND EXPENSES (COLLECTIVELY, THE "CLAIMS") OF ANY NATURE ARISING OUT OF OR IN ANYWAY RELATED TO THE MINOR'S PARTICIPATION IN THE ACTIVITIES WHETHER OCCURRING ON THE PREMISES OF ANY CYHO LOCATION OR ANY OTHER LOCATION; I FURTHER AGREE TO DEFEND, INDEMNIFY, AND HOLD HARMLESS CYHO FROM AND AGAINST ANY AND ALL SUCH CLAIMS, INCLUDING, WITHOUT LIMITATION, ATTORNEYS' AND OTHER PROFESSIONALS' FEES AND COSTS. I understand that this release and discharge of Claims includes, without limitation, any Claims based on the negligence, action, or inaction of CYHO and covers personal and bodily injury (including death) and property damage, whether suffered by Minor before, during, or after participation in any Activities, and includes all Claims arising from the publication of use of any photograph, videotape, or narrative in any media. I acknowledge that CYHO makes no representations or warranties, either express or implied, regarding the condition or suitability of CYHO's or any other locations or equipment for the Activities. The laws of the State of Georgia shall govern this release and indemnity agreement.

Medical Release. I acknowledge and agree that Minor's participation in the Activities subjects Minor to the possibility of physical illness or serious injury (including death). I further acknowledge and agree that Minor is assuming the risk of such physical illness or serious injury (including death) by participating in the Activities. In the event of such physical illness or injury, I authorize CYHO to obtain necessary medical treatment for Minor and I release, hold harmless, and forever discharge CYHO from any Claims arising from or related to any physical illness or serious injury (including death) and to the exercise of this authority. I further acknowledge and agree that I will be responsible for any and all medical and related costs and expenses incurred by and on behalf of Minor for any such physical illness or injury.

Appearance Agreement. I understand that CYHO may from time to time produce promotional and other audio or visual materials and media relating to the Activities (the "Promotional Material"). I understand that, as a participant in or spectator of such Activities, Minor may be included in video recordings, audio recordings, photographs, and images taken during Activities for use in Promotional Material. THEREFORE, I HEREBY ASSIGN, TRANSFER, AND GRANT TO CYHO, WITHOUT RESERVATION OR LIMITATION, THE ROYALTY-FREE, EXCLUSIVE RIGHT TO USE SUCH VIDEO RECORDINGS, AUDIO RECORDINGS, PHOTOGRAPHS, AND IMAGES OF MINOR, AS WELL AS MINOR'S NAME, LIKENESS, PERSONAL AND DEMOGRAPHIC INFORMATION, VOICE AND APPEARANCE AS PART OF ANY PROMOTIONAL MATERIAL. IN GRANTING THIS LICENSE, I HEREBY WAIVE ANY RIGHT TO INSPECT OR APPROVE ANY SUCH PROMOTIONAL MATERIAL PRIOR TO PUBLICATION. I FURTHER AGREE THAT, UPON THE REQUEST OF CYHO, I SHALL IMMEDIATELY REMOVE OR TAKE DOWN ANY PROMOTIONAL MATERIALS THAT MINOR OR I HAVE UPLOADED OR POSTED TO ANY WEBSITE OR SOCIAL MEDIA PLATFORM (INCLUDING, BUT NOT LIMITED TO, FACEBOOK, TWITTER, INSTAGRAM AND YOUTUBE), OR IN ANY OTHER PUBLIC FORUM.

Confidentiality. I acknowledge and agree that CYHO develops and creates unique and valuable proprietary dance routines, cheerleading routines, training techniques, and other intellectual property that are unique and valuable to CYHO and that may be used to prepare for and participate in competitive events (collectively, the "Intellectual Property"); I further acknowledge and agree that maintaining the confidential and proprietary nature of the Intellectual Property is of the utmost importance to CYHO and its competitive success. I understand that I may video-record, audio-record, photograph, or take other images of the Intellectual Property solely for my, Minor's, or Minor's immediate family's personal, non-commercial use; PROVIDED ALWAYS, HOWEVER, THAT MINOR AND I SHALL NOT POST OR UPLOAD ANY SUCH RECORDINGS OR IMAGES TO ANY WEBSITE OR SOCIAL MEDIA PLATFORM (INCLUDING, BUT NOT LIMITED TO, FACEBOOK, TWITTER, INSTAGRAM, AND YOUTUBE), OR IN ANY PUBLIC FORUM WITHOUT THE PRIOR WRITTEN CONSENT OF CYHO. V. Breach. I ACKNOWLEDGE AND AGREE THAT ANY BREACH OR THREATENED BREACH OF SECTION IV OF THIS AGREEMENT WILL CAUSE CYHO IRREPARABLE INJURY FOR WHICH NO ADEQUATE REMEDY AT LAW IS AVAILABLE AND I CONSENT TO THE ISSUANCE OF AN INJUNCTION PROHIBITING ANY CONDUCT VIOLATING THE TERMS OF SECTION IV. I ACKNOWLEDGE THAT ANY VIOLATION OF THIS AGREEMENT BY MINOR OR BY ME MAY RESULT IN MINOR BEING SUSPENDED FROM OR PERMANENTLY EXPELLED FROM PARTICIPATION IN SOME OR ALL ACTIVITIES AND MY SUSPENSION FROM ATTENDING AND SPECTATING SOME OR ALL ACTIVITIES. I ACKNOWLEDGE THAT IN ANY CASE WHERE MINOR IS SUSPENDED OR PERMANENTLY EXPELLED FROM PARTICIPATION IN SOME OR ALL ACTIVITIES, I WILL NOT BE ENTITLED TO ANY REFUND OF ANY AMOUNTS PAID FOR PARTICIPATION IN ANY CURRENT OR FUTURE ACTIVITIES. I have had sufficient time and opportunity to read this agreement.

I have read this document in its entirety and understand it. Therefore, by affixing my signature below, I agree to be bound by the terms of this agreement.

PARENT/GUARDIAN:

Signature: _____

Child Team: _____

Name Printed: _____

Date: _____

STUDENT/MINOR:

Signature: _____

Name Printed: _____

Date: _____

2017 REGISTRATION FORM C

TWIST YOUR HEART OUT 2017 REGISTRATION FORM C

TEAM NAME: _____

COACH: _____

DIVISION: _____

	CHEERLEADER NAME	D.O.B as of 9/1/2017	AGE
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