



The ONLY
Championship
Endorsed
by the



February 7-8, 2015 AT THE
WALT DISNEY World Resort



Nationally Televised on
ESPN & ESPN 2

Online Registration is available at uca.varsity.com

CHEER ROUTINE INFO



- To avoid any misunderstandings regarding interpretation of the rules, all teams must send a copy of their national routine to our office. This video should be uploaded by January 8, 2015.
- The videotape will only be viewed by UCA officials. If there are any rule infractions in your routine, you will be contacted immediately.
- Any changes made in your routine after this date must also be sent to the office. No partner stunts, pyramids or gymnastics will be approved by telephone.
- Please remember we are only viewing your routine for rule infractions, we are not critiquing your routine. These videos will not be returned.
- Your video can be uploaded to <http://eventuploads.varsityspirit.com>
- You may also email questions to Orry Clayborne at oclayborne@varsity.com

call 888.CHEERUCA
(2 4 3 - 3 7 8 2)

for more info!

EVERY TEAM MUST SUBMIT A VIDEO. THESE VIDEO'S ARE DUE BY JANUARY 8, 2015

The purpose of the safety video is to have the opportunity to catch safety infractions as early as possible. If a rule violation is included on the safety video and is not caught, the violation may be caught and changed in the warmup area. The warmup area officials and the tournament director will make the determination as to whether a skill must be changed or if changing the skill at that point is more hazardous to the performers. If an illegal skill is performed on the floor after having not been caught on the video and in the warmup area, points will not be deducted from that routine. However, the skill will need to be changed if the squad advances to the next round. Entry of the safety video does not absolve coaches of their responsibility with regard to legal skills in the routine.





FEBRUARY 7-8, 2015 AT THE
Walt Disney World® Resort

2015 Travel Package Highlights:

3 OR 4 DAY WALT DISNEY WORLD® PARK HOPPER® PASS

- Unlimited admission for three or four days to the **Magic Kingdom®** Park, **Disney's Hollywood Studios®**, **Epcot®** and **Disney's Animal Kingdom®** Theme Park.



- 3 Days premium admission into **ESPN Wide World of Sports®** Complex (HP Field House, J Center and Varsity Arena).

SPECIAL "UCA NIGHT" AT THE MAGIC KINGDOM® PARK!

PRIVATE CHAMPIONSHIP CELEBRATION PARTY!

- To be held Sunday evening at the **Disney's Hollywood Studios®** complete with thrilling rides and a DJ.

ONE WALT DISNEY WORLD® COUNTER SERVICE MEAL VOUCHER

- Lunch or Dinner ONLY. Check your voucher for participating establishments.

AIRPORT TRANSFERS WITH DISNEY'S MAGICAL EXPRESS

- Round trip airport transfers provided to and from Orlando International Airport ONLY!

BUS TRANSPORTATION TO ALL SCHEDULED EVENTS

ALL TAXES AND GRATUITIES



HOW TO REGISTER

Registration can be easy! Follow our helpful steps below and you are sure to have a successful, stress free registration. If you need assistance in any way please contact our National Office at 1-888-243-3782.

Registration is also available online at uca.varsity.com.

Step 1 - To get started, find and fill out the forms listed below

- | | | |
|--------------------------|----------|------------------------------------------------------------------------------------------------------------------------|
| - Team Registration Form | Pg 6 | • If your qualifying competition takes place in October or November, this packet and deposit are due December 4, 2015. |
| - Accommodations Pages | Pg 9-10 | • If your qualifying competition takes place in December, this packet and deposit are due December 17, 2015. |
| - Rooming List | Pg 11 | • HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES. |
| - Cancellation Policy | Pg 14 | |
| - Team Roster | Pg 16 | |
| - Rules & Regulations | Pg 18-25 | |

Step 2- Have a Parent Meeting!

- Have ALL Parents sign the Cancellation Policy for their participant.
 - Cancellation Policy Pg 14
- Parents (or school) pays \$100 per person Non Refundable Deposit.
 - \$100 per person Non Refundable Deposit
- Inform your parents about how they can take advantage of our travel package.

*****See the bottom of this page for more details!!!!*****

Step 3- Send off your Initial Registration to NHSCC, P.O. Box 752790, Memphis, TN 38175 or 6745 Lenox Center Court, Suite 300, Memphis, TN 38115

The following items should be included in your initial registration:

_____ Registration Form _____ Accommodations Page _____ Rooming List
 _____ \$100 Per Person Deposit _____ Signed Cancellation Policy
 _____ Signed Copy of Rules and Regulations

Step 4- DUE BY January 8th! Complete and collect the following:

_____ Balance of Payment _____ Team Roster _____ Safety Video
 _____ Medical Release Forms for participants and coaches
 (These will be included in your return packet after you register.)

ALL FORMS IN STEP 4 AND BALANCE OF PAYMENT ARE DUE BY January 8TH

★★★ FRIENDS AND FAMILY REGISTRATION INFORMATION ★★★

UCA encourages friends and family to attend our National Championship! We want to offer them the same great packages that teams are offered. We *HIGHLY encourage friends and family to set up their own registration separate from the team*. This will allow your parents and friends to pick up their own registration packet and tickets in Orlando! Friends and Family registration is very easy! Family and Friends may also register online at uca.varsity.com.

ADVISORS/COACHES- Turn to page 26. Here you will find the Friends and Family registration form. Instead of you taking care of all of the parents reservations, now they can do it themselves! You can tear out the forms on Page 27-30, make copies, and hand it out at your parent meeting. Parents will fill out their own information and mail it back to UCA themselves or register online at uca.varsity.com!!! There is a Credit Card Payment Form conveniently located on the back of the Friends and Family registration form. Parents, grandparents, and friends alike can all use this to purchase our travel package.

On-line Registration is Available on uca.varsity.com.



REGISTRATION ONLINE HAS BEEN UPDATED.

PLEASE READ, VERY IMPORTANT!!

NEW THIS YEAR!

All Teams must be recorded as attending before any spectators will be allowed to register for that team. Coaches enter your "attending team list" or Roster as soon as possible.

If you are the Main Coach registering your team:

1. Create an account (you will need your customer number after logging in)
2. Select if your team is on the package or commuting (if you have some doing both click on package)
3. Enter in the names of your attending participants and coaches or your attending Roster (list ages for competitors)
4. You may register your team as commuters or on a hotel package from the Roster list
5. You may add spectators to your rooms (do not put spectators on your Roster)
6. You may upgrade tickets or order additional tickets by clicking on "details" by each person's name
7. You do not have to register everyone on your Roster (some participants may be rooming with their parents or commuting and need to register individually)
8. Pick your division for your team (s) and assign participant names to teams
9. Go to the summary page, make sure everything is correct and hit submit
10. You have the option to pay on line or "pay later". Note, if you "pay later", rooms are not guaranteed until we receive payment

If you are a spectator or coach and you are registering yourself, family & friends (separate from team's rooming list):

1. You will need the Reservation Number from the Main Coach in order to register
2. Create your sign on and enter in the reservation number
3. You may enter your names for rooms and/or pull from the roster if you are also registering a participant or coach that is not rooming on the team's rooming list
4. You may upgrade tickets or order additional tickets by clicking on "details" by each person's name
5. Go to the summary page, make sure everything is correct and hit submit
6. You have the option to pay on line or "pay later". If you "pay later", rooms are not guaranteed until we receive payment

If you are registering your child as a "Commuter":

1. You will need the Reservation Number from the Main Coach in order to register
2. Create your sign on and enter in the registration number
3. Click button that says "Commuter"
4. Pull your child's name from the roster
5. If you would like to upgrade your participant's tickets or order additional tickets for yourself or other family members, click on "Details"
6. Go to the summary page, make sure everything is correct and hit submit

REGISTRATION FORM

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP



THIS FORM IS DUE EVEN IF YOU ARE NOT ATTENDING ON THE NHSCC TRAVEL PACKAGE.

On-line Registration is also available on uca.varsity.com.

• PLEASE COMPLETE IN BOTH ADDRESSES (PRINT OR TYPE IN BLUE OR BLACK INK) •

PLEASE SEND INFO TO OUR SCHOOL ADDRESS BELOW:

School/Team Name

Contact Person

School/Team Address

City, State, Zip

() ()

School Phone School Fax

Qualifying Competition Date

PLEASE SEND INFO TO THE HOME ADDRESS BELOW:

Person to Receive Information

Home Address

Home City, State, Zip

() () ()

Work Phone Home Phone Cell Phone

E-mail Address

LIST YOUR FEDEX SHIPPING ADDRESS BELOW (NO P.O. BOXES, PLEASE):

Person to Receive Information

Street Address

City/State/Zip

() () ()

Daytime Phone Email Address

() ()

Cell Phone

PLEASE COMPLETE ONLY IF YOU ARE NOT PURCHASING THE NHSCC TRAVEL PACKAGE!

Our team will NOT be attending on the NHSCC travel package. We will be making our own arrangements. Listed below is information regarding where we will be staying in Orlando, including a phone number.

Hotel Name

Name Registered Under

Hotel Address

() / /2015
Hotel Phone Date of Check-in

Advisor's Signature

Number of Advisors Number of Participants

PLEASE CHECK ONE:

REC DIVISIONS

- Youth Recreational
10 years & younger, 5-36 team members
- Junior Recreational
12 years & younger, 5-36 team members
- Senior Recreational
14 years & younger, 5-36 team members

SCHOOL TEAM DIVISIONS

- Small Junior High
9th grade & younger, 5-16 team members
- Large Junior High
9th grade & younger, 17-25 team members
- Small Junior Varsity
12th grade & younger, 5-16 female team members
- Large Junior Varsity
12th grade & younger, 17-25 female team members
- Junior Varsity Coed
12th grade & younger, 5-25 members one or more males
- Small Varsity Division I
12th grade & younger, 5-12 female team members
1300 and above students
- Small Varsity Division II
12th grade & younger, 5-12 female team members
1-1299 students
- Medium Varsity Division I
12th grade & younger, 13-16 female team members
1300 and above students
- Medium Varsity Division II
12th grade & younger, 13-16 female team members
1-1299 students
- Large Varsity Division I
12th grade & younger, 17-20 female team members
1600 and above students
- Large Varsity Division II
12th grade & younger, 17-20 female team members
1-1599 students
- Super Varsity Division I
12th grade & younger, 21-30 female team members
1600 and above students
- Super Varsity Division II
12th grade & younger, 21-30 female team members
1-1599 students
- Small Varsity Coed
12th grade & younger, 5-20 team members,
1 to 4 males,
- Medium Varsity Coed
12th grade & younger, 21-25 team members,
4 to 7 males
- Large Varsity Coed
12th grade & younger, 21-30 team members,
8 or more males

NON BUILDING DIVISIONS

- Junior Non Building
JH or JV squad, 5-30 team members
- Small Varsity Non Building
12th grade & younger, 5-15 team members
- Large Varsity Non Building
12th grade & younger, 16-30 team members

NON TUMBLING DIVISIONS

- Junior High Non Tumbling
12th grade & younger, 5-25 team members
- Junior Varsity Non Tumbling
12th grade & younger, 5-25 team members
- Small Varsity Non Tumbling
12th grade & younger, 5-12 team members
(up to 2 males allowed)
- Medium Varsity Non Tumbling
12th grade & younger, 13-20 team members
(up to 2 males allowed)
- Large Varsity Non Tumbling
12th grade & younger, 21-30 team members
(up to 2 males allowed)

COMMUTER REGISTRATION FEES

For those teams not purchasing the travel package, there is a \$250.00 per person non-refundable or non-transferable registration fee (advisors included). This fee includes a three day **Walt Disney World®** PARK HOPPER® Pass to be used for two days of competition at **Disney's Hollywood Studios®** and/or **ESPN Wide World of Sports®** Complex, and one additional day to visit a **Walt Disney World®** Theme Park of your choice. (This fee does not include the Championship Celebration Party or transportation to parks.)

The Celebration Party is an additional \$35 per person (this does not include transportation).

Number of tickets I would like to purchase.

We would like to upgrade our tickets to four day PARK HOPPER® Passes for an additional \$30 per person.

Number of tickets I would like to upgrade.

If your qualifying competition takes place close to your deadline, we suggest you have all paperwork ready to mail immediately after your competition. Our hotels fill quickly and sometimes fill prior to the deadline date.

***If your qualifying competition takes place in October or November, this packet & deposit are due December 4, 2015.**

***If your qualifying competition takes place in December, this packet and deposit are due December 17, 2015.**

HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES.

BALANCE OF PAYMENT IS DUE JANUARY 8, 2015!

Please tear out along the perforations. You may make copies of this form.

If you have family members flying separately from the teams, we suggest they register with us separately in order to receive their tickets, nametags, etc. when they arrive.

UCA GAME DAY CHAMPIONSHIP REGISTRATION FORM

2015 UCA GAME DAY CHAMPIONSHIP AT THE NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

THIS FORM IS DUE EVEN IF YOU ARE NOT ATTENDING ON THE NHSCC TRAVEL PACKAGE.

On-line Registration is also available on uca.varsity.com.

• PLEASE COMPLETE IN BOTH ADDRESSES (PRINT OR TYPE IN BLUE OR BLACK INK) •

PLEASE SEND INFO TO OUR SCHOOL ADDRESS BELOW:

School/Team Name

Contact Person

School/Team Address

City, State, Zip

() ()

School Phone

School Fax

Qualifying Competition

Date

PLEASE SEND INFO TO THE HOME ADDRESS BELOW:

Person to Receive Information

Home Address

Home City, State, Zip

() () ()

Work Phone

Home Phone

Cell Phone

Email Address

**LIST YOUR FEDEX SHIPPING ADDRESS BELOW
(NO P.O. BOXES, PLEASE):**

Person to Receive Information

Street Address

City/State/Zip

()

Daytime Phone

Email Address

()

Cell Phone

**PLEASE COMPLETE ONLY IF YOU ARE NOT PURCHASING
THE NHSCC TRAVEL PACKAGE!**

Our team will NOT be attending on the NHSCC travel package. We will be making our own arrangements. Listed below is information regarding where we will be staying in Orlando, including a phone number.

Hotel Name

Name Registered Under

Hotel Address

() / /2015

Hotel Phone

Date of Check-in

Advisor's Signature

Number of Advisors

Number of Participants

PLEASE CHECK ONE:

VARSITY DIVISIONS

Small Varsity

12th grade & younger, 5-12 team members

Medium Varsity

12th grade & younger, 13-16 team members

Large Varsity

12th grade & younger, 17-20 female team members

Super Varsity

12th grade & younger, 21-30 female team members

Small Varsity Coed

12th grade & younger, 5-20 team members, 1 to 4 males

Medium Varsity Coed

12th grade & younger, 21-25 team members,
4 to 7 males

Large Varsity Coed

12th grade & younger, 21-30 team members,
8 or more males

NON BUILDING DIVISIONS

Varsity Non Building

12th grade & younger, 5-30 team members

NON TUMBLING DIVISIONS

Varsity Non Tumbling

12th grade & younger, 5-30 team members
(up to 2 males allowed)

REGISTRATION FEES

If your team is also competing with a performance routine.

There will be a \$15 per participant fee

that will be charged to compete in the

UCA Game Day Championship.

\$15 x _____ number of participants =

Total _____

All NHSCC pricing on the accommodations page is applicable for those only competing in the UCA Game Day Championship.

If your qualifying competition takes place close to your deadline, we suggest you have all paperwork ready to mail immediately after your competition. Our hotels fill quickly and sometimes fill prior to the deadline date.

***If your qualifying competition takes place in October or November, this packet & deposit are due December 4, 2015.**

***If your qualifying competition takes place in December, this packet and deposit are due December 17, 2015.**

**HOTELS MAY FILL UP PRIOR TO
PUBLISHED DEADLINES.**

**BALANCE OF PAYMENT
IS DUE
JANUARY 8, 2015!**

Please tear out along the perforations. You may make copies of this form.

If you have family members flying separately from the teams, we suggest they register with us separately in order to receive their tickets, nametags, etc. when they arrive.

NEW - UCA GAME DAY CHAMPIONSHIP REGISTRATION

PAYMENT POLICIES & DEADLINES

A non-refundable or non-transferable deposit of \$100 per person is due in the NHSCC office on the following dates:

- If your qualifying competition takes place in October or November, your deadline for deposit is **December 4, 2015.**
- If your qualifying competition takes place in December, your deadline for deposit is **December 17, 2015.**

Championship hotels may fill up prior to published deadline dates. If this happens every effort will be made to put your team in a comparable priced hotel.

RESERVATIONS RECEIVED AFTER YOUR DEADLINE WILL BE ACCEPTED BASED ON HOTEL AVAILABILITY.

Balance of payment is due in the NHSCC office no later than January 8, 2015.

Please Note: Squads will not be officially registered with the NHSCC until deposits are received.

Your squad may use a purchase order from the school, school check, cashier check, money order or credit card for payment. If deposit/balance is made by school purchase order and cancellation occurs after January 8, 2015 all cancellation fees will apply.

If the balance of payment is not received by January 8, 2015, and written arrangements are not made **and approved** by the NHSCC prior to the January deadline, all room reservations will be cancelled, which will result in a complete forfeiture of monies paid.

No changes can be made after JANUARY 8, 2015.

If you have changes after this date, there will be a \$50 fee per change.

***Every squad must be paid in full three weeks prior to the championship regardless of written arrangements**



ACCOMMODATIONS

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP



School/Team Name _____

City/State _____

For the 2015 Championship we will be offering two of WDW's Value Resorts: **Disney's All-Star Resort** and **Disney's Pop Century Resort**. We will also be offering two WDW Moderate Resorts: **Disney's Caribbean Beach Resort** and **Disney's Coronado Springs Resort**. Every effort will be made to accommodate your first choice of hotel. However, we cannot guarantee your choice until all registrations are in.

DIRECTIONS:

- If your qualifying competition takes place in October or November, this packet and deposit are due December 4, 2015.
- If your qualifying competition takes place in December, this packet and deposit are due December 17, 2015.
- HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES.
- All *Walt Disney World*® Theme Park tickets are valid January 27 - February 14, 2015.

Please indicate which package you are purchasing by filling in the next to the package. You will be asked to choose your resort on rooming list.

FOUR NIGHTS PLEASE CHOOSE ONE:

The travel package price for the four nights of February 5 (check-in) through February 9 (check-out) or February 6 (check-in) through February 10 (check-out) includes:

- Four nights and five days hotel accommodations
- Special "UCA Night" at the *Magic Kingdom*® Park★
- Championship Celebration Party
- Round trip airport transfers through *Disney's Magical Express* (Orlando International Airport ONLY)
- Four day *Walt Disney World*® PARK HOPPER® Pass
- Three days admission into *ESPN Wide World of Sports*® Complex
- Bus Transportation to all NHSCC events
- All taxes and gratuities
- One counter service meal voucher (One entrée and beverage per voucher at designated Theme Park dining locations. Lunch or Dinner ONLY.)

<u>ALL-STAR RESORT OR POP CENTURY</u>		<u>CARIBBEAN RESORT OR CORONADO SPRINGS</u>	
Quad (4 per room)\$527 per person\$599 per person
Triple (3 per room)\$584 per person\$657 per person
Double (2 per room)\$688 per person\$779 per person
Single (1 per room)\$963 per person\$1139 per person

(NONE OF THE PRICES INCLUDE AIRFARE.)

* Most rooms will have two double beds, however single rooms may have only one king bed.

You may upgrade your 4 Day PARK HOPPER® to a 5 Day PARK HOPPER® for an additional \$30 per person. Please indicate this on your rooming list. ★ You will need to use your *WDW PARK HOPPER*® Pass in order to attend this event!

THREE NIGHTS PLEASE CHOOSE ONE:

The travel package price for the three nights of February 6 (check-in) through February 9 (check-out) includes:

- Three nights and four days hotel accommodations
- Special "UCA Night" at the *Magic Kingdom*® Park★
- Championship Celebration Party
- Round trip airport transfers through *Disney's Magical Express* (Orlando International Airport ONLY)
- Four day *Walt Disney World*® PARK HOPPER® Pass
- Three days admission into *ESPN Wide World of Sports*® Complex
- Bus Transportation to all NHSCC events
- All taxes and gratuities
- One counter service meal voucher (One entrée and beverage per voucher at designated Theme Park dining locations. Lunch or Dinner ONLY.)

<u>ALL-STAR RESORT OR POP CENTURY</u>		<u>CARIBBEAN RESORT OR CORONADO SPRINGS</u>	
Quad (4 per room)\$505 per person\$549 per person
Triple (3 per room)\$542 per person\$590 per person
Double (2 per room)\$616 per person\$676 per person
Single (1 per room)\$836 per person\$951 per person

(NONE OF THE PRICES INCLUDE AIRFARE.)

* Most rooms will have two double beds, however single rooms may have only one king bed.

You may upgrade your 4 Day PARK HOPPER® to a 5 Day PARK HOPPER® for an additional \$30 per person. Please indicate this on your rooming list. ★ You will need to use your *WDW PARK HOPPER*® Pass in order to attend this event!

MORE PACKAGES AVAILABLE ON THE NEXT PAGE →

Note: If you have family members who are traveling separately from the team we suggest you have them register separately with the NHSCC. This will ensure them to have their own packet when they arrive to registration in Orlando (*Walt Disney World*® tickets, etc. information).

Please tear out along the perforations. You may make copies of this form.

ACCOMMODATION PAGE

ACCOMMODATIONS

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP



School/Team Name _____

City/State _____

TWO NIGHTS PLEASE CHOOSE ONE:

The travel package price for the two nights of February 6 (check-in) through February 8 (check-out) includes:

- Two nights and three days hotel accommodations
- Special "UCA Night" at the **Magic Kingdom**® Park★
- Round trip airport transfers through **Disney's Magical Express** (Orlando International Airport ONLY)
- Three day **Walt Disney World**® **PARK HOPPER**® Pass
- Three days admission into **ESPN Wide World of Sports**® Complex
- Bus Transportation to all NHSCC events
- All taxes and gratuities
- One counter service meal voucher (One entrée and beverage per voucher at designated Theme Park dining locations. Lunch or Dinner ONLY.)

<u>ALL-STAR RESORT OR POP CENTURY</u>	<u>CARIBBEAN RESORT OR CORONADO SPRINGS</u>
Quad (4 per room)\$453 per person\$489 per person
Triple (3 per room)\$467 per person\$521 per person
Double (2 per room)\$515 per person\$583 per person
Single (1 per room)\$665 per person\$777 per person

(NONE OF THE PRICES INCLUDE AIRFARE.)

** Most rooms will have two double beds, however single rooms may have only one king bed.*

You may upgrade your 3 Day PARK HOPPER® to a 4 Day PARK HOPPER® for an additional \$30 per person. Please indicate this on your rooming list. ★ *You will need to use your WDW PARK HOPPER® Pass in order to attend this event!*

EXTRA NIGHTS (ONLY WITH THE FOUR NIGHT TRAVEL PACKAGE!) PLEASE CHOOSE ONE:

I would like to stay an extra night on:

- Wednesday, Feb. 4, 2015** **Thursday, Feb. 5, 2015**
- Tuesday, Feb. 10, 2015**

Optional Extra Nights (Wednesday, February 4, Thursday, February 5 or Tuesday, February 10). Since the hotel has very limited space available for these nights, reservations for the extra nights will be accepted on a first come-first served basis. Disregard this section if you plan to stay the regular four nights and five days.

ALL-STAR RESORT OR POP CENTURY RESORT:

\$118 per room All rooms (regardless of occupancy)

CARIBBEAN RESORT OR CORONADO SPRINGS RESORT:

\$200 per room All rooms (regardless of occupancy)

COMMUTER PARTICIPANT FEE: \$250

For those participants not purchasing the travel package, there is a \$250 per participant registration fee.

This fee includes:

- Three Day **Walt Disney World**® **PARK HOPPER**® Pass
- Three days admission into **ESPN Wide World of Sports**® Complex
- All registration fees for the NHSCC

UCA Game Day Championship!

This pricing is also for teams qualifying for Game Day Nationals. For those teams qualifying and participating in both the performance divisions and UCA Game Day Championship please add an additional \$15 per participant.



Please tear out along the perforations. You may make copies of this form.

ROOMING LIST

School/Team Name _____ City _____ State _____

All-Star Resort Pop Century Resort Caribbean Beach Resort Coronado Springs Resort

Medical Forms needed: Total # of Adults _____ Total # of Minors _____

★ Medical Release forms are required for coaches and participants only!

IMPORTANT: This form must be completed in order for your registration to be accepted. Reservations will be entered according to the dates below and charged as such. List below names in full of people staying in either quad (4), triple (3), double (2), or single (1), rooms. In parenthesis, specify one of the following for each person: (P) = Participant (A) = Advisor (F) = Family/Friend

PLEASE NOTE: Rollaway beds are not available. (PLEASE PRINT OR TYPE) Upgrade to 5 Day PARK HOPPER® (Please color in for upgrades only)

SINGLES (ONE IN EACH ROOM)

	AGE	P/A/F	Arrival Date	Depart Date	Upgrade
1.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>

SINGLES (ONE IN EACH ROOM)

	AGE	P/A/F	Arrival Date	Depart Date	Upgrade
1.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
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Please tear out along the perforations. You may make copies of this form.

ROOMING LIST

*Any changes made after January 8, 2015 will result in a \$50 fee per change. This INCLUDES rooming changes or name changes not provided prior to January 8, 2015. This form is due with registration.

AIRPORT TRANSPORTATION

If you need transportation to and from the Orlando International Airport (MCO), you must read this information carefully. We will be emailing you a transportation form with important instructions for setting up your transportation to and from the airport. This form will be included in your registration confirmation email. We will also send you an email reminding you when it is time to send this information to Disney.

Disney's Magical Express



- ★ Transportation between Orlando International Airport (MCO) and the **Walt Disney World®** Resorts will be provided by **Disney's Magical Express**. Attendees utilizing another airport will need to find alternate transportation.
- ★ **Disney's Magical Express** provides motorcoach transportation to/from the **Walt Disney World®** Resort and special luggage delivery service.
- ★ **Disney's Magical Express** requires a reservation. Each guest must be registered at a **Walt Disney World®** Resort prior to contacting **Disney's Magical Express**.
- ★ After registering for the event, each team will be provided with specific details to book their **Disney's Magical Express** reservation. Reservations need to be completed 14 days prior to arrival. Guests will be asked to provide a mailing address and inbound/outbound flight information.
- ★ **Disney's Magical Express** will mail Airport Transportation Booklets which include detailed arrival instructions and special luggage tags.
- ★ **Disney's Magical Express** luggage service is not available after 10:00 pm. If you or your team arrives after 10:00 pm you will be responsible for claiming your luggage and bringing it with you on the **Disney's Magical Express** buses.

Please tear out along the perforations. You may make copies of this form.

Disney TRAVEL TIPS

Walt Disney World.

Get the Latest Info for 2015!

Watch these Disney Travel Tips to find everything you need to make the most of your Nationals experience at the **Walt Disney World®** Resort.



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Make the most of your  or  National Championship Experience

We make it easy for your team and family to plan the trip of a lifetime to the UCA/UDA National Championship at the Walt Disney World® Resort!

Book your travel through UCA/UDA

Click an image to watch our Travel Tips!

 Introduction	 Tickets	 Transportation	 Dining
 FASTPASS®	 Disney's Hollywood Studios®	 Disney's Animal Kingdom® Theme Park	 Magic Kingdom® Park
 Epcot®	 Nightlife	 Extra Magic Hours	 Walt Disney World® Golf

- ★ Get a step-by-step explanation of what you need to know about **Disney's Magical Express**, UCA airport transportation partner.
- ★ Get inside info on what to do at **Epcot®**, **Magic Kingdom® Park**, and **Disney's Hollywood Studios®**.
- ★ Learn how to get the most out of your park passes by taking advantage of extended hours and Fast Passes.
- ★ And much, much more!

Watch them now on
uca.varsity.com/traveltips





CANCELLATION POLICY

School/Team Name _____ City _____ State _____

For cancellations received **on or before** January 8, 2015, all monies will be refunded with the exception of the one hundred dollars (\$100.00) per person deposit. For cancellations **between** January 9 and January 15, 2015, an additional \$100.00 per person penalty will apply to cover hotel and entertainment guarantees. Cancellations received **after** January 15, 2015 will result in a **FULL FORFEITURE** of all monies due. All cancellations must be in writing to the National High School Cheerleading Championship. We will not accept cancellations by phone. Deposits from cancellations **cannot** be applied toward your balance. **CANCELLATIONS can be emailed to mmiller@varsity.com, or faxed to attention: Missy Miller at 1-800-969-8295 or 901-387-4357.**

I have read the cancellation policy and understand and accept its contents. I have also advised all participants, parents and chaperones of my group of this cancellation policy. I will also make sure that this account is paid in full, including any extra fees as a result of cancellation.

Advisor/Coach's Signature

Date

Principal Signature

Date

Each adult traveling on the travel package and each participant's parent must sign below. We have read the cancellation policy and understand and accept its contents. Your application will not be entered without **ALL** signatures.

- | | | | |
|-----------|-----------|-----------|-----------|
| 1. _____ | 11. _____ | 21. _____ | 31. _____ |
| 2. _____ | 12. _____ | 22. _____ | 32. _____ |
| 3. _____ | 13. _____ | 23. _____ | 33. _____ |
| 4. _____ | 14. _____ | 24. _____ | 34. _____ |
| 5. _____ | 15. _____ | 25. _____ | 35. _____ |
| 6. _____ | 16. _____ | 26. _____ | 36. _____ |
| 7. _____ | 17. _____ | 27. _____ | 37. _____ |
| 8. _____ | 18. _____ | 28. _____ | 38. _____ |
| 9. _____ | 19. _____ | 29. _____ | 39. _____ |
| 10. _____ | 20. _____ | 30. _____ | 40. _____ |

***If your qualifying competition takes place in October or November, this packet and deposit are due December 4, 2014.**

***If your qualifying competition takes place in December, this packet and deposit are due December 17, 2014.**

Balance of payment is due January 8, 2015.

Please tear out along the perforations. You may make copies of this form.

TEAM ROSTER



School/Team Name _____ Division _____

Address _____ City _____ State _____ Zip _____

Event where team received bid _____

School Enrollment as of October 1, 2014 _____

Please include a letter from your attendance department with enrollment information.

Please list the names of all participants that are performing on the floor at The National High School Cheerleading Championship. All members of the cheerleading team must be current members of the official school/recreational spirit team and must attend the school they are representing. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the team.) Junior Varsity Teams must be the official Junior Varsity Team or a Junior High team with a majority of 9th grade team members. Recreational teams must also turn in notarized letter from the director of the recreational league that proves legitimacy of the organization. This letter must include how many teams are associated with the recreational program and approximate time or season(s) they cheer.

Participant's Name	AGE	Male	Female	Participant's Name	AGE	Male	Female
1. _____	_____	<input type="radio"/>	<input type="radio"/>	16. _____	_____	<input type="radio"/>	<input type="radio"/>
2. _____	_____	<input type="radio"/>	<input type="radio"/>	17. _____	_____	<input type="radio"/>	<input type="radio"/>
3. _____	_____	<input type="radio"/>	<input type="radio"/>	18. _____	_____	<input type="radio"/>	<input type="radio"/>
4. _____	_____	<input type="radio"/>	<input type="radio"/>	19. _____	_____	<input type="radio"/>	<input type="radio"/>
5. _____	_____	<input type="radio"/>	<input type="radio"/>	20. _____	_____	<input type="radio"/>	<input type="radio"/>
6. _____	_____	<input type="radio"/>	<input type="radio"/>	21. _____	_____	<input type="radio"/>	<input type="radio"/>
7. _____	_____	<input type="radio"/>	<input type="radio"/>	22. _____	_____	<input type="radio"/>	<input type="radio"/>
8. _____	_____	<input type="radio"/>	<input type="radio"/>	23. _____	_____	<input type="radio"/>	<input type="radio"/>
9. _____	_____	<input type="radio"/>	<input type="radio"/>	24. _____	_____	<input type="radio"/>	<input type="radio"/>
10. _____	_____	<input type="radio"/>	<input type="radio"/>	25. _____	_____	<input type="radio"/>	<input type="radio"/>
11. _____	_____	<input type="radio"/>	<input type="radio"/>	26. _____	_____	<input type="radio"/>	<input type="radio"/>
12. _____	_____	<input type="radio"/>	<input type="radio"/>	27. _____	_____	<input type="radio"/>	<input type="radio"/>
13. _____	_____	<input type="radio"/>	<input type="radio"/>	28. _____	_____	<input type="radio"/>	<input type="radio"/>
14. _____	_____	<input type="radio"/>	<input type="radio"/>	29. _____	_____	<input type="radio"/>	<input type="radio"/>
15. _____	_____	<input type="radio"/>	<input type="radio"/>	30. _____	_____	<input type="radio"/>	<input type="radio"/>
Team Alternates							
1. _____	_____	<input type="radio"/>	<input type="radio"/>	3. _____	_____	<input type="radio"/>	<input type="radio"/>
2. _____	_____	<input type="radio"/>	<input type="radio"/>	4. _____	_____	<input type="radio"/>	<input type="radio"/>

Please list up to three coaches names that you would like listed on video screen at the event:

TEAM MASCOT _____ TEAM COLORS _____

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE TEAM ROSTER AND ENROLLMENT GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(Advisor Name Print)

(Advisor Signature)

(Principal's Name Print)

(Principal's Signature)

• Retain a copy of these rules for your files • This form is due January 8, 2015.



You may also order these tickets online at uca.varsity.com.

EXTRA TICKET ORDER FORM

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

NOTE: Transportation is **NOT** included with purchase of these tickets.

School/Team Name _____ City _____ State _____

Name (NOTE: Only the person listed here will be able to sign for **and** pick up ALL tickets in Orlando!)

Address _____
() () ()
Home Phone _____ Work Phone _____ Cell Phone _____

Email Address _____

THIS FORM IS FOR FAMILY AND FRIENDS NOT PURCHASING THE NHSCC TRAVEL PACKAGE.

Squad members not attending on the travel package DO NOT need to complete this form.

Every family needs to fill out a form. Please do NOT combine families on one order form.

This form and full payment are due in the National High School Cheerleading Championship Office by January 23, 2015.

Credit Card orders may be faxed to:
1-800-969-8295 or
1-901-387-4357

If confirmation is not received within 2 weeks, verification should be directed to registration@varsity.com.

Checks and forms are to be mailed to:
NHSCC - TICKET ORDERS
P.O. Box 752790
MEMPHIS, TN 38175-2790

No extra ticket orders will be accepted after January 23, 2015. After the deadline, tickets may be purchased in Orlando at Celebrity Hall. (limited available)

ORDERS THAT ARE NOT PAID IN FULL WILL NOT BE PROCESSED!

WALT DISNEY WORLD® TICKETS AVAILABLE FOR PURCHASE

- THREE DAY PARK HOPPER® - **\$225.00 each** Number Needed _____
(NHSCC Transportation is not included) (*Includes three days admission to ESPN Wide World of Sports® Complex.)
- FOUR DAY PARK HOPPER® - **\$255.00 each** Number Needed _____
(NHSCC Transportation is not included) (*Includes three days admission to ESPN Wide World of Sports® Complex.)
- FIVE DAY PARK HOPPER® - **\$285.00 each** Number Needed _____
(NHSCC Transportation is not included) (*Includes three days admission to ESPN Wide World of Sports® Complex.)
- MEAL VOUCHERS - **\$16.00 each** Number Needed _____
(Lunch or Dinner ONLY! One entree and beverage per voucher at designated theme park dining locations.)
- SUNDAY EVENING CELEBRATION PARTY AT **DISNEY'S HOLLYWOOD STUDIOS® - \$35.00 each** Number Needed _____
(NHSCC Transportation is not included)

Refunds will not be given for Celebration wristbands.

Tickets can be picked up in Orlando at the hotel your squad is housed in at the designated NHSCC registration area on Thursday, February 5th, and Friday, February 6th. Saturday morning February 7th, tickets can be picked up at the national championship office at your hotel. If your squad is NOT staying at one of the NHSCC travel package hotels, please pick up your tickets at the *Disney's All-Star Resort* NHSCC Registration Area (Celebrity Hall).

I will pick up my extra ticket order at: All-Star Resort Pop Century Resort
 Carribean Beach Resort Coronado Springs Resort

METHOD OF PAYMENT: Enclosed is check number _____ for \$ _____

I authorize the National High School Cheerleading Championship to charge my

VISA MC AMEX DISC in the amount of \$ _____ for tickets.

Account Number

Expiration Date _____

Name on Credit Card _____

Card Holder Billing Address* _____

Card Holder City, State, Zip _____

Card Holder Daytime Phone () _____ Cell () _____

Card Holder Signature _____

Card Holder Email Address _____

* In order for credit cards to be processed, we MUST have the billing address for the credit card being charged. This address MUST include the zip code for the billing address.

Please tear out along the perforations. You may make copies of this form.

EXTRA TICKET ORDER FORM

• • • YOU MAY MAKE COPIES OF THIS FORM • • •
TICKETS ARE VALID FROM JANUARY 27 – FEBRUARY 14, 2015

RULES AND REGULATIONS

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

(BLUE print indicates a change in rules-please NOTE that some rules have changed!!!)

I. GENERAL RULES:

A. PERFORMANCE ROUTINE DIVISIONS

1. SCHOOL DIVISIONS

Junior High Divisions (9th grade & below):

Small Junior High - 5-16 members

Large Junior High - 17-25 members

Junior High teams may include 9th grade participants IF (1) the school represented includes a 9th grade class AND (2) a minority of the team are 9th graders. Junior High teams with a majority of 9th graders would compete as a Junior Varsity.

Junior Varsity Divisions (12th grade & below):

Small Junior Varsity - 5-16 members - female

Large Junior Varsity - 17-25 members - female

Junior Varsity Coed - 5-25 members -one or more males

Varsity Divisions (12th grade & below):

Small Varsity - 5-12 female members

Medium Varsity - 13-16 female members

Large Varsity - 17-20 female members

Super Varsity - 21-30 female members

Small Varsity Coed - 5-20 members - 1 - 4 males

Medium Varsity Coed - 21-25 members - 4-7 males

Large Varsity Coed - 21-30 members - 8 or more males

Non Building Divisions (12th grade & below):

Junior Non Building - 5-30 members - JH or JV team

Small Varsity Non Building-5-15 members

Large Varsity Non Building-16-30 members

Non Tumbling Divisions (12th grade & below):

Junior High Non Tumbling - 5-25 female/male members

Junior Varsity Non Tumbling - 5-25 female/male members

Small Varsity Non Tumbling - 5-12 members - 0-2 males

Medium Varsity Non Tumbling - 13-20 members - 0-2 males

Large Varsity Non Tumbling - 21-30 members - 0-2 males

(The Non Tumbling division will prohibit all tumbling, except for inversions into load in positions, stunts, and pyramids.)

Varsity Divisions for the NHSCC

Varsity Divisions will be subdivided based on school enrollments in the 9th - 12th grades as of October 1, 2014.

Small Varsity Division I - 1300 & above Students

Small Varsity Division II - 1-1299 Students

Medium Varsity Division I - 1300 & above Students

Medium Varsity Division II - 1-1299 Students

Large Varsity Division I - 1600 & above Students

Large Varsity Division II - 1 - 1599 Students

Super Varsity Division I - 1600 & above Students

Super Varsity Division II - 1 - 1599 Students

2. RECREATIONAL DIVISIONS

The Rec. Division exists for teams with the main purpose of cheering for and/or supporting a recreational team (i.e. youth football, pee wee sports, community sports teams, etc.).

All Rec Teams will need to provide a **notarized** letter from the city Director of Youth League that proves legitimacy of the organization. The letter must include how many teams are associated with the recreational program and approximate time or season/s they cheer.

Note: Competitive only youth programs are considered an All Star program, and must compete as an All Star team and follow the All Star rules and regulations.

Recreational Divisions:

Youth Rec - 5-35 members - **10 years of age and below**

Junior Rec - 5-35 members - **12 years of age and below**

Senior Rec - 5-35 members - **14 years of age and below**

- Rec divisions are determined by the age of the oldest team member. The competitor's age on August 1, 2014 shall be the competitor's age through the National High School Cheerleading Championship in February 2015.
- Teams with a school affiliation may compete in the recreational division, only if at least half of the participants are in the 6th grade or younger. Teams with a school affiliation that have a majority of 7th and 8th graders must compete in the junior high division.
- See additional skill restrictions for these divisions (XII Safety Rules Section I)

3. GAME DAY DIVISIONS FOR THE NHSCC

Small Varsity - 5-12 female members

Medium Varsity - 13-16 female members

Large Varsity - 17-20 female members

Super Varsity - 21-30 female members

Small Varsity Coed - 5-20 members - 1 - 4 males

Medium Varsity Coed - 21-25 members - 4-7 males

Large Varsity Coed - 21-30 members - 8 or more males

Varsity Non Building - 5-30 members

Varsity Non Tumbling - 5-30 members - 0-2 males

*If there is only "one" team in any of the above divisions; UCA will combine it with another division in order to create a more balance competition.

*Game Day Divisions must follow all the event rules and regulations and will be eligible to qualify for the 2015 NHSCC in the above listed divisions. See section XI for division specifics and restrictions.

B. SCHOOL REPRESENTATION AND TEAM PARTICIPATION

- All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad.)
- Individuals are **NOT** permitted to compete on two School Teams, but are permitted on both a School Team and an All Star Team at the same event.
- Teams may participate in more than one competition during the season.
- The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
- We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

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C. UNIFORM GUIDELINES

1. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however, fringe would not count as a cover.
2. Any team in violation of the uniform guidelines will be assessed a five (5) point deduction.
3. A traditional sideline uniform is required for all Game Day divisions.

D. TIME LIMITATIONS

1. Each performance routines presentation must include at least one cheer or sideline chant. The musical portion must not exceed **one minute and thirty seconds**. Total time limit is **two minutes and thirty seconds**. Timing will begin with the first movement, voice, or note of music, whichever comes first.
2. Each Game Day performance should consist of a Cheer, Sideline and Band Chant or Fight Song. The music portion must not exceed one minute with an overall maximum performance time of three minutes. Time will begin after the first audio cue is given.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
4. The routine time limit is 2:30. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
5. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.
6. Introductions
 - a. All introductions (tumbling, entrances, chants, spellouts, etc.) are considered part of the routine and will be timed as part of the performance.
 - b. All team breaks, rituals and traditions need to take place prior to entering the mat.
 - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand shakes, etc.
 - d. All teams should refrain from any type of excessive celebration following the team’s performance. Any team in violation will receive a ONE point deduction.
 - e. There should not be any organized exits or other activities after the official ending of the routine.

E. MUSIC

1. Teams may use an unlimited number of songs in their routine at all competitions.
2. **NHSCC MUSIC GUIDELINES** --Due to television network requirements, all music used by teams competing at the National High School Cheerleading Championship must be licensed by either ASCAP, BMI or SESAC. Any violation of the licensing requirement will subject the team to disqualification from the Championship and omission from any associated television programs.
3. **NHSCC MUSIC GUIDELINES** – Teams may not use Disney themes, however, Disney music that is ASCAP, BMI or SESAC is acceptable.

Note: All teams must provide their own Fight Song / Band Cadence music. Teams competing in the Game Day Categories will not be required to have ASCAP Licensing on their Fight Song / Band Cadence.

F. COMPETITION PERFORMANCE AREA

1. Participants must start in the competition area with at least one foot on the ground.
2. Teams may line up anywhere inside the competition area.
3. UCA Competitions comply with the NFHS & AACCA surface ruling that school based programs may not compete on a spring floor.
4. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).

5. Deductions will not be assessed for out of bounds at any of the UCA Competitions. With the exception of the NHSCC.
6. **BOUNDARY FOR THE NHSCC** – Any team member stepping outside or touching outside the performance area will cause the squad to receive a .5 penalty per occurrence.
 - a. The white line is considered a warning mark.
 - b. A penalty will be assessed when any ONE full hand, foot or body part touches outside of the performance surface.
7. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area.

G. NHSCC QUALIFICATION:

1. All teams must compete in the same division at the National Championship in which they qualified.
2. Individuals may NOT represent more than one team at the National Championship.
3. It is understood that teams that participate in the National High School Cheerleading Championship will NOT knowingly and willingly participate in any other cheerleading event promoted as a national or international championship for the 2014-2015 school year. (Exception: USA National Championship) Teams who violate this rule will be subject to disqualification and will forfeit the opportunity to participate in the subsequent National High School Cheerleading Championship.

H. SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, UCA will provide additional spotters at all UCA school and recreational cheer competitions. School and Recreational cheer programs do not always have a large number of staff and coaches available to spot routines. To ensure that the safety of participants is not compromised due to limited number of team provided spotters, additional spotters will be provided by UCA.

Guidelines:

1. UCA Competition provided additional spotters will be mandatory on the competition floor.
2. A limited number of additional spotters may be available upon coaches’ request in rehearsal/warm up.
3. School-based teams and recreational teams may provide additional spotters in rehearsal/warm up.

Definition of Additional Spotter:

Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. Competition provided additional spotters will follow the listed guidelines:

Additional Spotters:

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are present for added safety and should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor.
3. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes.
4. Should not dress or act in a manner that distracts from the athletes and their performance.
5. Should be at least 18 years old and familiar with spotting the skills of the performing team.

Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.
 - d. In addition to the Varsity Brands head injury policy, we encourage you to be familiar with specific law of the state where the competition is being held.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. PERFORMANCE

Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. SAFETY VIOLATIONS

Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten point (10) deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

VIII. FINALITY OF DECISIONS

By participating in this competition, each team agrees that the decisions by the judges will be final and results may **ONLY** be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition.

X. JUDGING CRITERIA

1. Performance Routines
 - a. The judges will score teams using the criteria listed on the UCA score sheet. Each team will be evaluated on a 100 point system.
 - b. Cheer will count for 35 points and 65 points for the Music section of the routine. Each section will be averaged and then combined for the final score.
 - c. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheet and judging criteria, please visit uca.varsity.com.
2. Game Day Routines
 - a. The Game Day Championship showcases what traditional cheerleading is all about - leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations / performance, motion/dance and overall routine.
 - b. Team are encouraged to use signs, poms, flags, and / or megaphones.
 - c. The incorporation of skills (stunts, jumps, tumbling, motions/ dance) may be added to any/all sections of the Game Day performance.
 - d. To imitate the Game Day feel, audio cues will be given at the Regional event based on 1 of the 3 scenarios below.

Please tear out along the perforations. You may make copies of this form.

Please tear out along the perforations. You may make copies of this form.

1. Fight Song / Band Chant, Offense / Defense / General Sideline, Cheer
2. Cheer, Offense/Defense/General Sideline, Fight Song / Band Chant
3. Cheer, Offense/Defense/General Sideline, Fight Song / Band Chant
- e. Band Chant, is a music selection performed by a band that encourages crowd response and interaction.
- f. The judges will score teams using the criteria listed on the UCA Game Day score sheet. Each team will be evaluated on a 100 point system.
- g. Crowd leading will count for 60 points and the Band Chant will count for 40 points. Each section will be averaged and then combined for the final score.
- h. Each section should have a beginning and end. *Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel.*
- i. Traditional game day uniform is required.
- j. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheets and judging criteria, please visit uca.varsity.com

XI. JUDGING PANELS

1. Head Judge - The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Point Deduction Judge, and Safety Judge. The Head Judge will also fill out his/her own score sheet for each performance.
2. Panel Judge - Panel Judges are responsible for scoring each team's performance based on the UCA Score Sheets. Each Panel Judge will fill out a score sheet for each performance.
3. Point Deduction Judge (Performance Divisions Only) - The Point Deduction Judge is responsible for assessing deductions in each routine for athlete(s), stunt(s), and pyramid fall(s), drop(s) or collapse. Please review the "Point Deduction" explanation sheet at uca.varsity.com under the competitions tab.
4. Safety Judge - The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.

5. ALL JUDGES' DECISIONS ARE FINAL.

XII. 2014-2015 GAME DAY SPECIFIC RULES AND REGULATIONS

1. All Varsity teams MUST have attended a 2014 UCA overnight camp to be eligible for the 2015 NHSCC.
2. Eligible Varsity teams must qualify at a regional competition.
3. Junior High and Junior Varsity teams will be eligible to compete at the Regional Competitions however, they will not be eligible for a bid to the 2015 NHSCC.
4. UCA reserves the right to split or combine divisions based on the final number of teams competing.
5. At the National Championship, teams will be responding to audio cues, as heard at football and basketball games.

XIII. 2014-2015 SAFETY RULES

Rules subject to change by AACCA. Rule changes have a grey background. Go to www.AACCA.org for updates

A. Glossary

1. **Base:** A person who is in direct contact with the performing surface and is supporting another person's weight.
2. **Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.
3. **Bracer:** A top person who stabilizes and/or assists another top person.
4. **Braced Flip/Roll:** A pyramid in which the top person performs a hip-over-head rotation while in contact with bracers.
5. **Cradle:** A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face-up open-pike position.

6. **Cupie/Awesome:** A stunt in which both feet of the top person are in one hand of a base.
7. **Dive Roll:** A forward roll where the feet leave the ground before the hands reach the ground.
8. **Downward Inversion:** A stunt or pyramid in which an inverted top person's center of gravity moves toward the performing surface.
9. **Elevator/Sponge Toss:** A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.
10. **Extended Stunt:** A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.
11. **Foldover Stunt: An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g. yo-yo, pancake, etc.)**
12. **Hanging Pyramid:** A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.
13. **Helicopter:** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.
14. **Inverted:** A body position where the shoulders are below the waist.
15. **Knee Drop:** Dropping to the knees without first bearing the majority of the weight on the hands or feet.
16. **Loading Position:** Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.
17. **Log Roll:** A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.
18. **Post:** A person on the performing surface who may assist a top person during a stunt or transition.
19. **Prop:** Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)
20. **Pyramid:** Connected partner stunts.
21. **Quick Toss:** A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.
22. **Released Pyramid Transition:** A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.
23. **Release Stunt:** A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.
24. **Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.
25. **Stunt/Partner Stunt:** One or more persons supporting one or more top persons off of the ground.
26. **Switch Liberty:** A stunt in which the top person begins with one foot on the performing surface, is released from the bases, then lands in a stunt on the other foot.
27. **Suspended Roll:** A stunt in which one or more upright bases or posts hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.
28. **Tension Drop:** A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.
29. **Tic-Toc:** A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static

position on the opposite leg. The dip may or may not pass through prep level before release.

30. Top Person: A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

31. Toss: An airborne stunt where the base(s) executes a throwing motion from below shoulder level to increase the height of the top person and the top person becomes free from all bases, spotters, posts or bracers.

32. Tumbling: Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twist and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

B. General

1. These rules are to be in effect for all practices, games, competitions and other performances.
2. Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach.
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
4. Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
6. Professional training in proper spotting techniques should be mandatory for all squads.
7. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
8. An appropriate warm-up routine should precede all cheerleading activities.
9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
10. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
11. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
12. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a **walking boot** must not be involved in partner stunts pyramids or tosses.
13. Squad members must wear athletic shoes (no gymnastic slippers).
14. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
15. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach *trained in their use*.

C. Partner Stunts

1. Partner stunts (free-standing or as part of a pyramid) higher than shoulder stand level must have a separate, continuous spotter for each person over shoulder stand level.
2. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
3. Bases may not:
 - a. Hold any objects in a hand that is supporting the top person
 - b. Assume a backbend, handstand or headstand position.
4. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base.
5. In stunts requiring a spotter, a spotter:
 - a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight
 - b. Must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts this is behind or beside the top person
 - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
 - d. May not have their hands behind their back.
 - e. May not support under the heel or sole of the top person's foot in a single based extended stunt. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
 - f. May not hold any objects in their hands.
6. The total number of twists in a dismount from a stunt cannot be greater than 1 1/4 rotations.
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
8. Cradle dismounts from partner stunts or pyramids shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
9. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by two catchers and a hand-and-shoulders spotter/catcher.
 - b. The new catchers must remain close to the original bases.
 - c. The new catchers must be in place and not involved in any other skill when the release is initiated.**
 - d. The top person may not perform any skill (twist, toe touch, etc.) following the release.
10. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
11. Unless listed below, a Release Stunt must either be cradled or connected to at least one bracer.
 - a. Helicopters are allowed provided all of the following conditions are met:
 1. The top person makes no more than a 180 degree rotation (half-turn).
 2. Four bases must be in position during the entire release.
 3. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 4. The bases are not allowed to change positions during the release.
 5. The top person must begin and end in a face up position.
 6. The top person cannot perform a twisting skill.
 - b. A log roll is legal provided it does not involve more than one complete rotations and the top person is not in contact with a person in a release stunt.
 1. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 2. In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
 - c. A multi-base, free standing tick-tock that begins at shoulder level is permitted. If braced, bracers must follow the rules for released pyramid transitions.

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- d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
- e. A top person in an inverted position on the performing surface can be released to a loading position below shoulder height.**
12. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
 - a. The top person must have both hands in continuous contact with a post or with both bases' hands or,
 - b. When transitioning to the split without continuous hand-to-hand contact:
 1. There are a total of four bases that support the top person.
 2. At least three of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.
 3. The top person must have both hands in contact with bases during the split portion of the transition.
 13. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
 14. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single-Based Flatback, etc.)
 15. A top person may be moved from a vertical position to a face up or face down straight body horizontal position provided all the following conditions are met:
 - a. The top person maintains contact with at least one original base or spotter.
 - b. At least two catchers and/or bases catch the upper body of the top person.
 - c. The catchers must be to the side or front of the person(s) moving the top person.
 - d. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement of the horizontal position.
 - e. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three catchers are required.
 16. A single-base may not be the only primary support for two extended top persons. The exception to this rule is the following:
 - a. Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
 17. Dismounts to the performing surface from shoulder height or above must have assisted landings. If the dismount involves a skill (e.g. toe touch, twist, etc.) the assistance must be from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person.
 18. A swinging stunt is legal provided all the following conditions are met:
 - a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.
 19. Single-based split catches are prohibited.
 20. Tension drops are prohibited.

D. Inversions

Note: Inversions are partner stunts or pyramids in which the top person has her or his shoulders below the waist. In addition to the following rules, all persons involved in an inversion must follow all rules from the Partner Stunt and Pyramid sections.

1. Unless allowed under the rules in this section, a top person must not be in an inverted position.
2. A top person may be inverted in partner stunts/pyramids provided all of the following conditions are met:
 - a. In all inverted partner stunts:

1. At least one base or spotter must be in a position to protect the head/neck of the top person.
 2. The base or spotter maintains contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or her/his hands are on the performing surface. **The contact must be sufficient to stabilize/control the top person's position. Exception: A top person in an inverted position on the performing surface can be released to a loading position below shoulder height.**
- b. Inverted partner stunts must begin and end below an extended position. An inverted top person is allowed to pass through an extended position, but not pause or stop while extended.**
- c. If the base of support is at or above shoulder level, a spotter is required. Exception: Double base suspended rolls do not require an additional spotter.**
- d. If the inverted top person is moving downward (downward inversion):
 1. At least two people on the performing surface must be in a position to protect the head/neck of the top person.
 2. The base/spotter maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. **The contact must be sufficient to stabilize/control the top person's position. Exception: In a foldover stunt, the top person may initiate the inversion without upper body contact.**
 3. The top person must not go directly to an inverted position on the performing surface from a prep position or higher.
 - e. Suspended rolls are permitted provided:
 1. Two people on the performing surface control the top person in suspended forward or backward rolls with continuous hand-to-hand/arm contact to a stunt, two people cradle, loading position or the performing surface.
 2. A single base or post control the top person with continuous hands-to-hands contact to a stunt, two person cradle, **loading position or the performing surface. NOTE: This stunt requires a spotter per rule D-2-c.**
 3. **If caught in a cradle, load or stunt, the new catchers must be in place and may not be involved with any other skills when the suspended roll is initiated.**
 - f. **Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person does not perform any skill (e.g., toe touches, twists, etc.). Dismounts to the performing surface from shoulder height or above must follow rule C-17.**
3. Braced forward or backward flips **or rolls** in a pyramid are allowed provided all the following conditions are met:
 - a. The top person begins in a multi-base loading position, stunt, cradle or on the performing surface.
 - b. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side. The bracers are in preps with a spotter (no shoulder-stand, shoulder-sit or thigh-stand bracers). The top person is between or in front of the bracers.
 - c. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
 - d. The person ends in a non-inverted position.
 - e. The top person does not perform more than one and one quarter (1 1/4) flipping rotations that does not twist.

- f. The bases/catchers remain stationary except as necessary for safety adjustments.

4. An inverted top person must not hold objects (poms, signs, etc.) in his/her hands.)

E . Pyramids

Note: In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.
3. In braced pyramids, at least one bracer of each pair must be at shoulder height or below. The exception to this rule is the following:
 - a. Extensions (double- or single-based) may brace other extensions.
4. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
5. If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
7. In a Released Pyramid Transition the following rules apply:
 - a. The top person must have at least two bases. Exception: a single-base tick-tock is permitted provided the top person remains upright.
 - b. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s).
 - c. The top person and all bracers at shoulder level must have a spotter in place during the transition movement. (Shoulder sits and double-based thigh stands do not require an additional spotter.)
 - d. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - e. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - f. The top person must be continuous in motion and cannot be supported so that they pause during the transition.
For braced inversion pyramids, see D3.

F. Tosses (including tosses from the performing surface)

1. In all single-based tosses that land in a stunt all of the following rules apply:
 - a. The top person must land on the original base.
 - b. The toss may not be directed so that the base must travel to catch the top person.
 - c. The top person cannot travel over or under another person.
 - d. The top person cannot be caught in a prone position.
2. In all single-based tosses that land in a loading position or return to the performing surface all of the following rules apply:
 - a. Must be caught by the original base and a spotter who must be in position to protect the head, neck and shoulders.
 - b. The toss may not be directed so that the base must travel to catch the top person.
 - c. The top person cannot travel over or under another person.
 - d. The top person cannot be caught in a prone position.
3. In all single-based tosses to a cradle all of the following rules apply:
 - a. Must be caught by at least three catchers that include the original base, one of whom must be at the head and shoulders.
 - b. The toss may not be directed so that the base must travel to catch the top person.
 - c. The top person may not hold any objects (poms, signs, etc.) during the toss.

- d. The top person cannot travel over or under another person.
- e. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.

4. In all multi-based tosses to a cradle the following rules apply:
 - a. No more than four tossers are allowed.
 - b. Must be caught by at least three of the original tossers, one of whom must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person.
 - d. The top person may not hold any objects (poms, signs, etc.) during the toss.
 - e. The top person cannot travel over or under another person.
 - f. The total number of twists cannot be greater than one and one quarter rotations.
5. In multi-based tosses that land in a stunt or loading position the following rules apply:
 - a. The top person must begin with both feet on the ground. The bases can apply an upward force on any part of the body other than under the foot. The exception to this rule is the following:
 - 1) Switch Liberties are allowed.
 - b. The top person must be caught by at least two of the original tossers and a spotter who must be in position to protect the head, neck and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person.
 - d. The maximum distance allowed between the highest point of the base and the lowest point of a top person's body cannot exceed approximately twelve inches.
 - e. The top person cannot travel over or under another person.
 - f. The top person cannot be caught in a prone position.
 - g. The top person may not land in a basket toss loading position.

G. Tumbling and Jumps

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Tumbling or rebounding over or under a stunt, person or prop is illegal with the exception of non-aerial tumbling over a person or prop. (Cartwheels, rolls and walkovers with poms or over a person are allowed. Back handsprings and tucks with poms are prohibited.)
6. A flip that lands in a partner stunt or cradle is prohibited. (Example: a back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example : A toe touch jump to the seat, knees, or land with both feet back, or to a push-up position are prohibited.)
8. Knee drops are prohibited.
9. Drops to a prone position on the performing surface from an airborne or handstand position are illegal. (Examples: Landing in a pushup position from a back flip, toe touch, or back handspring are all illegal.)

H. Specific Surface Restrictions

The following skills are only allowed on a mat, grass or rubberized track surface.

1. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
2. Partner stunts in which the base uses only one arm to support the top person.
3. Twisting tumbling skills (Arabians, full twisting layouts, etc.). The exception to this rule is the following:
 - a. Cartwheels, roundoffs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

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I. Additional Restrictions for Elementary, Middle and Junior High School

The following restriction for elementary, middle school and junior high teams is in addition to the above rules for high school teams:

1. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.

Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including coaches, assistants, squad members, parents, and administrators.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult coach.

Cheerleading jumps, gymnastics and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For more information, visit AACCA.org. If you have questions regarding a specific rule, contact us at 800-533-6583.

XIV. PRELIMINARIES, SEMI-FINALS AND FINALS

1. UCA reserves the right to determine if a preliminary, semi-final or final round will be necessary. All divisions with only one round prior to the finals will be classified as a semi-final.
2. The top two teams in each preliminary round ("A", "B", etc.) will automatically advance to the finals in their respective division.

3. There will be a minimum of 50% of the teams that will advance from each round of competition.
4. Tournament officials will have full authority to make the final determination of the number of teams selected to advance to the next round.

XV. NATIONAL CHAMPIONSHIP PARTICIPATION

It is understood that teams that participate in the National High School Cheerleading Championship will NOT knowingly and willingly participate in any other cheerleading event promoted as a national or international championship for the 2014-2015 school year. (Exception: USA National Championship) Teams who violate this rule will be subject to disqualification and will forfeit the opportunity to participate in the subsequent National High School Cheerleading Championship.

XVI. TELEVISION COVERAGE

The National High School Cheerleading Championship is nationally televised on ESPN and ESPN2. Because of the format of the show, not all finalist teams will be shown on the telecast.

XVII. TOURNAMENT FACILITY

1. The competition is scheduled to be held at Disney's Hollywood Studios® and Disney's Wide World of Sports® hp Field House, J Center and Varsity Arena.
2. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championship.

XVIII. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the NHSCC office.

For any clarification or interpretation of the above safety guideline please call Orry Clayborne at 1-888-CHEERUCA or Email oclayborne@varsity.com. You may upload your video for review to <http://eventuploads.varsityspirit.com> by January 8, 2015.

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(School/Team Name)

(Date)

(City/State)

(Advisor / Coach's Signature)

(Division – Junior High, Small Varsity, etc.)

(Administrator's Signature)

- Retain a copy of these rules for your files •



THE NEXT TWO PAGES ARE FOR FRIENDS & FAMILY REGISTERING SEPARATELY FROM THE TEAM.

Registration is also available online at uca.varsity.com.

Tear out the next four pages and give them to friends and family who would like to attend the High School Cheerleading Championship on our Travel Package!

Please feel free to make copies of these pages!

**ATTN: NHSCC
P.O. BOX 752790
MEMPHIS, TN 38175**

**FEDEX ADDRESS:
6745 LENOX CENTER COURT,
SUITE 300
MEMPHIS, TN 38115**

REGISTRATION & \$100 PER PERSON DEPOSIT ARE DUE.

- If your qualifying competition takes place in October or November, your deadline for deposit is **December 4, 2014.**
- If your qualifying competition takes place in December, your deadline for deposit is **December 17, 2014.**

BALANCE OF PAYMENT IS DUE BY January 8, 2015.

Championship hotels may fill up prior to published deadline dates.
Reservations received after deadline will be accepted based on hotel availability.

Please tear out along the perforations. You may make copies of this form.

FRIENDS AND FAMILY REGISTRATION

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

Online registration is available on uca.varsity.com.

UCA encourages Friends and Family to attend NHSCC! We want to offer you the same great travel packages that teams are offered. We HIGHLY recommend that you set up your own registration by filling out all portions of the front and back of these forms. Please send only one form per room.

- All-Star Resort
 Pop Century Resort
 Caribbean Beach Resort
 Coronado Springs Resort



Contact Name (only one contact per invoice - every room on this form will be on the same invoice)

Mailing Address

FedEx Address

City, State, Zip

City, State, Zip

() () ()

Home Phone

Daytime Phone

Cell Phone

Email Address

School or Youth Rec that you are supporting

ROOMING LIST: IMPORTANT: This form must be filled out completely in order for your registration to be accepted. Reservations will be entered according to the dates below and charged as such. List below names in full of people staying in either quad (4), triple (3), double (2), or single (1), rooms. In parenthesis, specify one of the following for each person: (P) = Participant (A) = Advisor (F) = Family/Friend
PLEASE NOTE: Rollaway beds are not available. (PLEASE PRINT OR TYPE) Upgrade to 5 Day PARK HOPPER® (Please color for Upgrades only)

SINGLES (ONE IN EACH ROOM)

	AGE	P/A/F	Arrival Date	Depart Date	Ticket Upgrade
1.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>

SINGLES (ONE IN EACH ROOM)

	AGE	P/A/F	Arrival Date	Depart Date	Ticket Upgrade
1.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>

AIRPORT TRANSPORTATION

If you need transportation to and from the Orlando International Airport, you must read this information carefully. We will be emailing you a transportation form with important instructions for setting up your transportation to and from the airport. This form will be included in your registration confirmation email. We will also send you an email reminding you when it is time to send this information to Disney.

- ★ Transportation between Orlando International Airport and the Walt Disney World® Resort will be provided by Disney's Magical Express. Attendees utilizing another airport will need to find alternate transportation.

Disney's Magical Express

- ★ Disney's Magical Express provides motorcoach transportation to/from the Walt Disney World® Resort and special luggage delivery service.
- ★ Disney's Magical Express requires a reservation. Each guest must be registered at a Walt Disney World® Resort prior to contacting Disney's Magical Express.
- ★ After registering for the event, each team will be provided with specific details to book their Disney's Magical Express reservation. Reservations need to be completed 14 days prior to arrival. Guests will be asked to provide a mailing address and inbound/outbound flight information.
- ★ Disney's Magical Express will mail Airport Transportation Booklets which include detailed arrival instructions and special luggage tags.



*If your qualifying competition takes place in October or November, this packet and deposit are due December 4, 2014.

*If your qualifying competition takes place in December, this packet and deposit are due December 17, 2014.

Balance of payment is due January 8, 2015.

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FRIENDS AND FAMILY REGISTRATION FORM

FRIENDS AND FAMILY REGISTRATION

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP



School/Team Name _____

City/State _____

ACCOMMODATIONS DIRECTIONS:

- If your qualifying competition takes place in October or November, this packet and deposit are due December 4, 2015.
- If your qualifying competition takes place in December, this packet and deposit are due December 17, 2015.
- HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES.
- All *Walt Disney World*® Theme Park tickets are valid January 27 - February 14, 2015.

Please indicate which package you are purchasing by filling in the next to the package. You will be asked to choose your resort on rooming list.

FOUR NIGHTS PLEASE CHOOSE ONE:

Travel package price for the four nights of February 5 (check-in) through February 9 (check-out) or February 6 (check-in) through February 10 (check-out) includes:

- Four nights and five days hotel accommodations
- Special "UCA Night" at the *Magic Kingdom*® Park★
- Championship Celebration Party
- Round trip airport transfers through *Disney's Magical Express* (Orlando International Airport ONLY)
- Four day *Walt Disney World*® PARK HOPPER® Pass
- Three days admission into *ESPN Wide World of Sports*® Complex
- Bus Transportation to all NHSCC events
- All taxes and gratuities
- One counter service meal voucher (One entrée and beverage per voucher at designated Theme Park dining locations. Lunch or Dinner ONLY.)

	<u>ALL-STAR RESORT OR POP CENTURY</u>	<u>CARIBBEAN RESORT OR CORONADO SPRINGS</u>
Quad (4 per room)	\$527 per person	\$599 per person
Triple (3 per room)	\$584 per person	\$657 per person
Double (2 per room)	\$688 per person	\$779 per person
Single (1 per room)	\$963 per person	\$1139 per person

(NONE OF THE PRICES INCLUDE AIRFARE.)

** Most rooms will have two double beds, however single rooms may have only one king bed.*

You may upgrade your 4 Day PARK HOPPER® to a 5 Day PARK HOPPER® for an additional \$30 per person. Please indicate this on your rooming list. ★ *You will need to use your WDW PARK HOPPER® Pass in order to attend this event!*

THREE NIGHTS PLEASE CHOOSE ONE

The travel package price for the three nights of February 6 (check-in) through February 9 (check-out) includes:

- Three nights and four days hotel accommodations
- Special "UCA Night" at the *Magic Kingdom*® Park★
- Championship Celebration Party
- Round trip airport transfers through *Disney's Magical Express* (Orlando International Airport ONLY)
- Four day *Walt Disney World*® PARK HOPPER® Pass
- Three days admission into *ESPN Wide World of Sports*® Complex
- Bus Transportation to all NHSCC events
- All taxes and gratuities
- One counter service meal voucher (One entrée and beverage per voucher at designated Theme Park dining locations. Lunch or Dinner ONLY.)

	<u>ALL-STAR RESORT OR POP CENTURY</u>	<u>CARIBBEAN RESORT OR CORONADO SPRINGS</u>
Quad (4 per room)	\$505 per person	\$549 per person
Triple (3 per room)	\$542 per person	\$590 per person
Double (2 per room)	\$616 per person	\$676 per person
Single (1 per room)	\$836 per person	\$951 per person

(NONE OF THE PRICES INCLUDE AIRFARE.)

** Most rooms will have two double beds, however single rooms may have only one king bed.*

You may upgrade your 4 Day PARK HOPPER® to a 5 Day PARK HOPPER® for an additional \$30 per person. Please indicate this on your rooming list. ★ *You will need to use your WDW PARK HOPPER® Pass in order to attend this event!*

MORE PACKAGES AVAILABLE ON THE NEXT PAGE →

Please tear out along the perforations. You may make copies of this form.



FRIENDS AND FAMILY REGISTRATION

2015 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

School/Team Name _____

City/State _____

TWO NIGHTS PLEASE CHOOSE ONE:

The travel package price for the two nights of February 6 (check-in) through February 8 (check-out) includes:

- Two nights and three days hotel accommodations
- Special "UCA Night" at the **Magic Kingdom**® Park★
- Round trip airport transfers through **Disney's Magical Express** (Orlando International Airport ONLY)
- Three day **Walt Disney World**® **PARK HOPPER**® Pass
- Three days admission into **ESPN Wide World of Sports**® Complex
- Bus Transportation to all NHSCC events
- All taxes and gratuities
- One counter service meal voucher (One entrée and beverage per voucher at designated Theme Park dining locations. Lunch or Dinner ONLY.)

<u>ALL-STAR RESORT OR POP CENTURY</u>		<u>CARIBBEAN RESORT OR CORONADO SPRINGS</u>	
Quad (4 per room)	\$453 per person	\$489 per person
Triple (3 per room)	\$467 per person	\$521 per person
Double (2 per room)	\$515 per person	\$583 per person
Single (1 per room)	\$665 per person	\$777 per person

(NONE OF THE PRICES INCLUDE AIRFARE.)

** Most rooms will have two double beds, however single rooms may have only one king bed. You may upgrade your 3 Day PARK HOPPER® to a 5 Day PARK HOPPER® for an additional \$30 per person. Please indicate this on your rooming list. ★ You will need to use your WDW PARK HOPPER® Pass in order to attend this event!*

EXTRA NIGHTS

(ONLY WITH THE FOUR NIGHT TRAVEL PACKAGE!) PLEASE CHOOSE ONE:

I would like to stay an extra night on:

- Wednesday, Feb. 4, 2015** **Thursday, Feb. 5, 2015**
 Tuesday, Feb. 10, 2015

Optional Extra Nights (Wednesday, February 4, Thursday, February 5 or Tuesday, February 10). Since the hotel has very limited space available for these nights, reservations for the extra nights will be accepted on a first come-first served basis. Disregard this section if you plan to stay the regular four nights and five days.

ALL-STAR RESORT OR POP CENTURY RESORT:

\$118 per room All rooms (regardless of occupancy)

CARIBBEAN RESORT OR CORONADO SPRINGS RESORT:

\$200 per room All rooms (regardless of occupancy)

COMMUTER PARTICIPANT FEE: \$250

For those participants not purchasing the travel package, there is a \$250 per participant registration fee.

This fee includes:

- Three Day **Walt Disney World**® **PARK HOPPER**® Pass
- Three days admission into **ESPN Wide World of Sports**® Complex
- All registration fees for the NHSCC

UCA Game Day Championship!

This pricing is also for teams qualifying for Game Day Nationals. For those teams qualifying and participating in both the performance divisions and UCA Game Day Championship please add an additional \$15 per participant.

Please tear out along the perforations. You may make copies of this form.



FRIENDS AND FAMILY REGISTRATION FORM

A & I Travel

Varsity Spirit has selected A & I Travel Management as its preferred partner for providing group travel assistance for all Varsity events. A & I Travel professionals are ready to assist you with all your transportation needs.

A & I Travel's team of highly experienced group travel specialists provide:

- Personalized service to your team's travel needs to ensure a successful experience
- One-stop shopping to include all your event transportation arrangements
- Consultative air travel schedules and price options
- Expert group discounted airfare negotiations
- Negotiated ground transportation
- Comprehensive arrival and departure manifests



A & I Travel is happy to provide you with a no-obligation quote.

Contact the dedicated Varsity team at 866.719.0379 or submit an online request at varsity@aitvl.com.



Universal Cheerleaders Association
P.O. Box 752790
Memphis, TN 38175-2790

For more information call
1.888.CHEERUCA
(1 . 8 8 8 . 2 4 3 . 3 7 8 2)

Or check it out on
uca.varsity.com

February 7-8, 2015 AT THE
WALT DISNEY World Resort



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Endorsed
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softlips
lip protectant

