









FEBRUARY 11-12, 2017 AT THE WAY DISNEPWORLD Resort

Administered by





No changes can be made after **JANUARY 9**, **2017**

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



CHEER ROUTINE INFO

- To avoid any misunderstandings regarding interpretation of the rules, all teams <u>must</u> send a copy of their national routine to our office. This video should be uploaded by January 9, 2017.
- 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 <u>not</u> be returned.
- Your video can be uploaded to uca.varsity.com (click on the event)
- You may also email questions to Orry Clayborne at oclayborne@varsity.com

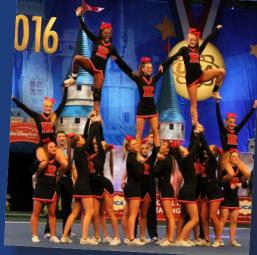
EVERY TEAM MUST SUBMIT A VIDEO.

THESE VIDEO'S ARE DUE BY JANUARY 9, 2017

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 11-12, 2017 AT THE



2017 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 <u>premium</u> admission into **ESPN Wide World of Sports®** Complex You will receive your Park Hopper® once you arrive in Orlando at registration.

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.
 (This includes an entree and beverage. Dessert not included.)

AIRPORT TRANSFERS WITH DISNEY'S MAGICAL EXPRESS

 Round trip airport transfers provided to and from Orlando International Airport ONLY! (MCO)

BUS TRANSPORTATION TO ALL SCHEDULED EVENTS

ALL TAXES AND GRATUITIES

*Disney dining plan is not available with any NHSCC travel package.

HOW TO REGISTER

Registration is easy! Follow our helpful steps below and you are sure to have a successful, stress free registration. Feel free to call or email us if you have questions and we will be glad to assist.

TEAMS

Step 1: Log in to your varsity portal account to create/update your master roster. Use the link below to get you there. If you do not have an existing roster, click on UPLOAD PEOPLE to download the spreadsheet template to build your roster. Once you have built your roster, make sure you download the instructions and save your spreadsheet as instructed. IMPORTANT: You must use the template provided and the birthdates must be in the exact format in order for the spreadsheet to load to the registration system. You do not need to add phone numbers or email addresses for team members, coaches only.

Important: Once you have finished with your master roster, log out of your varsity account.

- Step 2: Go to uca.varsity.com and click on "competitions" and then on "The National High School Cheerleading Championship"
- Step 3: Read all of the information pertaining to the event before you begin your registration process. All required forms must be mailed to the UCA office after submitting your registration.
- Step 4: Click on the link to start the registration process (this will take you to log in to your Varsity Portal account).
- Step 5: Follow the instructions on each page to assign your athletes and coaches to the appropriate team(s) and create your rooming list for your team's housing (if applicable). If any team members are being housed with their parents, don't pick those people for housing.
- Step 6: Once you review and submit your registration, be sure to immediately send in your deposit (School check or money order) and team forms. You may pay by credit card by clicking on "My Nationals Registration" tab on your account and click on the Invoice/Payment tab then "Make Payments". Registrations are not approved until deposit or Purchase order has been received.

FAMILY MEMBERS / FRIENDS (HOTEL RESERVATIONS)

- Step 1: Go to uca.varsity.com and click on "competitions" and then on "The National High School Cheerleading Championship"
- Step 2: Read all of the information pertaining to the event before you begin your registration process.
- Step 3: Click on the link to start the registration process (you will need the team's registration number to proceed). You may obtain this from your coach once the team has been registered and approved. Once logged in, you will be able to book your hotel reservations and order any additional tickets you may need. You may also pull in names of participants & coaches that are on the team roster in order to assign them to your rooming list (if they are not rooming as a team).
- Step 4: Follow the instructions on each page to complete your registration, after submitting, mail in your deposit (bank check or money order) to guarantee your registration or pay by credit card by clicking on "My Nationals Registration" tab on your account and click on the Invoice/Payment tab then "Make Payments". Registrations are not approved until deposit has been received.

DUE BY DECEMBER 5, 2016 (if your qualifying competition takes place in October or November) **DUE BY DECEMBER 16, 2016** (if your qualifying competition takes place in December)

 \$100 Per Person Deposit after submitting registration on line
Signed "required" team forms (Competition Rules and Guidelines after submitting your registration on line
 Signed Release / Waiver forms for every athlete and coach attending after submitting your registration on line

DUE BY JANUARY 9, 2017

____ Balance of Payment

**Note – Any forms that have not been turned in must be delivered to the UCA office no later than January 9, 2017.

CHANGES

After submitting your registration, you must sign in to your account and click on the appropriate section of your registration to request a change. Any changes requested after January 9, 2017 will result in a \$50 per change fee.

OMMODATIONS

2017 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP



Your team may choose to stay at Disney's All Star Resort* or Disney's Caribbean Beach Resort.

* UCA has arranged to "buyout" Disney's All Star Resort for NHSCC participants and family members purchasing a NHSCC travel package.

\$100 per person deposit required to hold room reservation.

Directions:

- Choose the type of room you wish to stay in (quad, triple, double or single) and Resort.
- If your qualifying competition takes place in October or November, registration and deposit are due no later than December 5, 2016.
- If your qualifying competition takes place in December, registration and deposit are due December 16, 2016.
- HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES.
- All Walt Disney World® Theme Park tickets are valid February 7 February 15, 2017.

FOUR NIGHTS PLEASE CHOOSE ONE:

Travel package price for the four nights of February 9 (check-in) through February 13 (check-out) or February 10 (check-in) through February 14 (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 NO DESSERT at designated Theme Park dining locations. Lunch or Dinner ONLY.)

ALL STAR RESORT

Quad (4 per room)\$556 per person	\$634 per person
Triple (3 per room) \$614 per person	
Double (2 per room) \$721 per person	\$824 per person
Single (1 per room) \$1006 per person	

CARIBBEAN BEACH RESORT

(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!

REE NIGHTS PLEASE CHOOSE ONE:

The travel package price for the three nights of February 10 (check-in) through February 13 (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 NO DESSERT at designated Theme Park dining locations. Lunch or Dinner ONLY.)

ALL STAR RESORT	CARIBBEAN BEACH RESORT
Quad (4 per room)\$528 per perso	n
Triple (3 per room)\$567 per perso	n
Double (2 per room) \$642 per perso	n
Single (1 per room)\$864 per perso	n

(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). For family to register separately they will need to obtain the team customer number to register online.

COMMODATIONS

2017 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP



TWO NIGHTS PLEASE CHOOSE ONE:

The travel package price for the two nights of February 10 (check-in) through February 12 (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 NO DESSERT at designated Theme Park dining locations. Lunch or Dinner ONLY.)

ALL STAR RESORT	Caribbean Beach Resort	
Quad (4 per room)	\$478 per person	\$519 per person
Triple (3 per room)	\$495 per person	\$552 per person
Double (2 per room)	\$542 per person	\$614 per person
Single (1 per room)	\$721 per person	\$819 per person
	NONE OF THE PRICES INCLUDE VIDENDE)	

* 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.

★ 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. 8, 2017 Thursday, Feb. 9, 2017 Tuesday, Feb. 14, 2017

Optional Extra Nights (Wednesday, February 8, Thursday, February 9 or Tuesday, February 14). 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:

\$135 per room All rooms (regardless of occupancy)

CARIBBEAN BEACH RESORT:

\$220 per room All rooms (regardless of occupancy)

COMMUTER PARTICIPANT FEE: \$265

For those participants not purchasing the travel package, there is a \$265 per participant registration fee.

This fee includes:

- Three Day Walt Disney World® PARK HOPPER® Pass
- Three days admission into ESPN Wide World of Sports®
- · 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 \$30 per participant.









2017 World School Cheerleading Championships

General Requirements

- Only teams competing in the 2017 National High School Cheerleading Championship are eligible to compete in the World School Cheerleading Championships
- There will be an additional \$25 per participant registration fee to compete.
- Competition will take place during the 2017 National High School Cheerleading Championships at the ESPN Wide World of Sports® Complex – Sunday February 12, 2017
- All United States teams must pre-register (please see enclosed form) if interested and are eligible.
- NHSCC score sheets, rules and regulations will also be used for the World School Cheerleading Championships for easy participation

Teams Eligible to compete

 All teams competing in the 2017 Divisions must have placed in the top 10 at the 2016 NHSCC or placed top 3 in the 2016 WSCC to be eligible; adjustments may be made based on participation level/team division changes from 2016 (please see World School Cheerleading Championships divisions below).

World School Cheerleading Championships Divisions:

All 2017 Eligible Teams can participate in any of the following

Youth Club/Recreational - 10 years and younger, 5-36 members

Junior Club/Recreational - 12 years and younger, 5-36 members

Senior Club/Recreational - 14 years and younger, 5-36 members

Junior School - 5-25 members or less

Junior Varsity - 5-25 members or less

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 Coed Team Cheer - 5 -20 members (1-4 males)

Medium Coed Team Cheer - 21-25 members (4-7 males)

Large Coed Team Cheer - 21-30 members (8 or more males)

Junior Non Tumbling - JH or JV Team, 5-25 members

Small Varsity Non Tumbling - 5-12 team members (up to 2 males)

Medium Varsity Non Tumbling - 13-16 team members (up to 2 males)

Large Varsity Non Tumbling - 17-20 team members (up to 2 males)

Super Varsity Non Tumbling - 21-30 team members (up to 2 males)

World School Cheerleading Championships Awards:

- All teams in the final round of competition will receive a trophy.
- Teams who rank first, second, or, third place will additionally receive a bronze, silver, or gold medallion.
- Teams placing first will receive a championship banner and jacket for each participant who performed on the floor plus two coaches. Based on availability, rostered alternates may request additional jackets after the completion of our final awards sessions on Sunday evening.
- World nation rankings will also be awarded to top teams.

Note: For teams that choose to participate in World School Cheerleading Championships AND advance into the NHSCC National Finals, every effort will be made to accommodate conflicts in performance time however, they cannot be guaranteed.

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.

EXTRA TICKET ORDER FORM

2017 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

*ONLY AVAILABLE ONLINE AT UCA. VARSITY. COM.



NOTE: TRANSPORTATION IS NOT INCLUDED WITH PURCHASE OF THESE TICKETS!

Extra tickets may <u>ONLY</u> be ordered on uca.varsity.com under the National High School Cheerleading Championship.

Tickets can be picked up in Orlando Wednesday, February 8 through Friday, February 10, 2017. Instructions on where to pick these tickets up will be sent to you at a later date.

WALT DISNEY WORLD® TICKETS AVAILABLE FOR PURCHASE

THREE DAY PARK HOPPER® - \$255.00 each

(NHSCC Transportation is not included) Includes Three Days admission to ESPN Wide World of Sports®.

All Walt Disney World® Theme Park Tickets are valid February 7-15, 2017.

FOUR DAY PARK HOPPER® - \$285.00 each

(NHSCC Transportation is not included) Includes Three Days admission to ESPN Wide World of Sports®.

All Walt Disney World® Theme Park Tickets are valid February 7-15, 2017.

FIVE DAY PARK HOPPER® - \$315.00 each

(NHSCC Transportation is not included) Includes Three Days admission to **ESPN Wide World of Sports**®.

All Walt Disney World® Theme Park Tickets are valid February 7-15, 2017.

COUNTER SERVICE MEAL VOUCHERS - \$15.00 each

(One entreé and beverage per voucher - at designated Theme Park dining locations. Lunch or Dinner Only. Does not include dessert.)

SUNDAY EVENING CELEBRATION PARTY AT

DISNEY'S HOLLYWOOD STUDIOS® - \$40.00 each**

(NHSCC Transportation is not included)

**Disney transportation will not be available. Refunds will not be given for Celebration wristbands.

No extra ticket orders will be accepted after January 22, 2017. Tickets may be purchased in Orlando at Celebrity Hall, while supplies last.

ORDERS NOT PAID IN FULL WILL NOT BE PROCESSED!

Tickets are valid from February 7 - February 15, 2017

PIENEP TRAVEL TIPS



Get the Latest Info for 2017!

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



- ★ 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





RULES AND REGULATIONS

2017 NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

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

I. GENERAL RULES:

A. PERFORMANCE ROUTINE DIVISIONS

1. SCHOOL DIVISIONS

All Junior High Divisions – 9th Grade and Below
Junior High Divisions WILL be allowed 9th grade
participants if (1) they attend a school that is under the
administrative supervision of the same school board as the
junior high school that they are representing 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.

All Junior Varsity Divisions – 7th Grade -12th Grade Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Junior Varsity teams must be the official Junior Varsity of the school they represent.

All Varsity Divisions – 8th Grade - 12th Grade
7th grade participants will NOT be allowed on a Varsity team; however 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.

Junior High Divisions:

Small Junior High - 5-16 members Large Junior High - 17-25 members

Junior Varsity Divisions:

Small Junior Varsity - 5-16 members – female only Large Junior Varsity - 17-25 members – female only Junior Varsity Coed - 5-25 members – 1 or more males

Varsity Divisions:

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:

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:

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 - 13-16 members - 0-2 males

Large Varsity Non Tumbling - 16-20 members - 0-2 males Super 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 $9^{th}-12^{th}$ grades as of October 1, 2016. Small Varsity Division I – 1300 & above Students Small Varsity Division II – 1-1299 Students Medium Varsity Division II – 1-300 & above Students Medium Varsity Division II – 1-1299 Students Large Varsity Division II – 1-1599 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

- a. The Recreational Divisions exist 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.).
- b. All Rec Teams will need to provide a <u>notarized</u> 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. If your teams has not already submitted the letter it will be due January 9, 2017:

UCA

Attn: Orry Clayborne
6745 Lenox Center Ct. Suite 300
Memphis, TN 38115

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 – 5-36 members – 10 years of age and below Junior Rec – 5-36 members – 12 years of age and below Senior Rec – 5-36 members – 14 years of age and below

- a. Rec divisions are determined by the age of the oldest team member. The competitor's age on August 31, 2016 shall be the competitor's age through the National High School Cheerleading Championship in February 2017.
- b. 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.
- c. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.

3. CLUB DIVISIONS

Club Divisions exist for teams who are not associated with a school program who will follow the same 2 and 1/2 minute routine format with cheer/sideline and music and all other rules and regulations along with all other teams competing at any UCA event and the NHSCC. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.

• The age of the competitor as of Aug. 31, 2016 will be the age used for the competition purposes throughout the 2016-2017 season for all Rec Divisions

Club Divisions

Junior Club – 5-36 members – 12 years of age and below Senior Club – 5-36 members – 14 years of age and below

4. Game Day Divisions for the NHSCC

Junior High Game Day - 5-25 members
Junior Varsity Game Day - 5-25 members
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

Note: 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 2017 NHSCC in the above listed divisions.

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 <u>NOT</u> permitted to compete on two School Teams, but are permitted on both a School Team and an All Star Team at the same event.
- 3. Teams may participate in more than one competition during the season.
- 4. 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.
- 5. 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.

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

- Each performance routine presentation must include at least one cheer or sideline chant. The musical portion must not exceed <u>one minute and thirty seconds</u>.
 Total time limit is <u>two minutes and thirty seconds</u>.
 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. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time.
- 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. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
- 2. These guidelines are as of June 16, 2016. For the most up to date music information, visit http://varsity.com/music. If you have any questions, cheer teams should email info@usacheer.net. Please check Preferred Provider list for updates and changes periodically.
- Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
- 4. If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (Provided by Varsity Spirit).
- 5. If a team does not have the required paperwork, and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
- 6. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- 7. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
- 8. Challenge Process
 - a. All music challenges must be submitted in writing to the event director.
 - b. There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
 - c. Fees collected will be voided if challenge is correct.
 - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- 9. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up

- and placed in airplane mode. If using CDs, make sure it's unscratched so it doesn't skip.
- **10.** Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

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 <u>54 feet wide by 42 feet deep (9 strips).</u>
- 5. 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.
- 6. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area. A ONE (1) point penalty will be assessed for signs or props that are thrown outside the competition area at the NHSCC.
- 7. All team mascots, props, center markers, etc. are prohibited. We will have the center marked on all performance surfaces.

G. NHSCC QUALIFICATION:

- 1. All teams must compete in the same division at the National Championship in which they qualified.
- 2. Individuals may <u>NOT</u> 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 2016-2017 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.
- 4. All teams must attend a Varsity Spirit camp and participate in the Squad Credentialing program in order to be eligible to compete and receive a bid at a 2016 Fall qualifying tournament for the 2017 NHSCC.

H. LOGO USAGE

Teams will not be allowed to use the UCA logo or the NHSCC logo including: banners, rings, bows, t-shirts, etc.

without prior approval for the UCA Office. The use of the UCA letters will be allowed.

I. 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. 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.
- 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.
- 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 reperformance is to take place is at the sole discretion of competition officials. The team must 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. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
 - d. In addition to the Varsity Brands head injury policy, we encourage you to be familiar with the specific laws 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.

C. MUSIC

Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

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. Any deductions or violations will be taken off of the final 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 event based on a scenario given in warm up. Each Scenario will include Cheer, Band Dance and a Sideline.
- 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.
- 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—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(s). 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. 2016-2017 SAFETY RULES Rules subject to change by AACCA. Go to <u>www.CHEERRULES.com</u> for the most updated rules.

XIII. AWARDS AND PRIZE

All teams in the final round of competition will receive a trophy. Teams who rank first, second, or, third place will additionally receive a bronze, silver, or gold medallion. Teams placing first will receive a championship banner and jacket for each participant who performed on the floor plus two coaches. Based on availability, rostered alternates may request additional jackets after the completion of our final awards sessions on Sunday evening.

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 of 20 teams and over ("A", "B", etc.) will automatically advance to the finals in their respective division. One team in each preliminary round of 19 teams and under ("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 2016-2017 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 Wide World of Sports®.
- 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 safety review in MP4 or MOV Format at uca.varsity.com/Video-Upload by January 9, 2017.

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 •

HOTEL AND TRAVEL

1. What is the advantage of purchasing the travel package?

It is not required that you attend the NHSCC on the travel package.

The two main reasons teams purchase the package are convenience and savings.

<u>a)Convenience</u> - Everything is handled for you. *Disney's Magical Express* will pick you up and take you back to the airport. There is no hassle of renting vans or cars and finding drivers. Hotel registration is smoother and rooms are guaranteed. The NHSCC office works together with the *Walt Disney World*® Resort to block your rooms so your entire group stays together.

If you book your own trip, you have to:

- Step 1: Call travel Agency or airlines (which could take hours).
- Step 2: Send in deposit for airline tickets.
- Step 3: Call several hotels to get room rates and availability.
- Step 4: Guarantee all rooms using personal credit card for deposit.
- Step 5: Request reimbursement check from the school.
- Step 6: Send your rooming list to the hotel.
- Step 7: Call car rental agencies to find out rates and regulations of drivers.
- Step 8: Fill out registration form for the NHSCC and mail in with registration fees.

If you book with NHSCC you have to:

- Step 1: Call A & I Travel at 1-866-719-0379 or your local travel agent to book flights.
- Step 2: Send in deposits for airline tickets.
- Step 3: Fill out registration forms for the NHSCC and mail in deposits.

b) Savings - Because of our longtime relationship with the Walt Disney World® Resort, the NHSCC is able to negotiate discounted rates for hotel rooms and theme park tickets.

2. What hotel are we staying in?

Accommodations will be provided at The Disney's All-Star Resorts and Disney's Caribbean Beach Resort. Your team may choose which resort they would like to be housed in. The Disney's All-Star Resorts is a very nice yet economical hotel. Disney's Caribbean Beach Resort is a more upscale hotel on the Walt Disney World® property. Therefore the main difference in package prices is the hotel cost only. All other services will remain the same for both hotels. In the event that the Walt Disney World® Resorts sell out of rooms, NHSCC will make arrangements with an alternate hotel off property. PLEASE NOTE: Hotels may fill up prior to posted deadlines and may include additional costs.

3. We have parents who would like to come to the Championship. Can they sign up for the NHSCC travel package?

Of course! A lot of coaches meet with the parents and include them on the travel package with their team.

4. We have an uneven number of girls. Can we pay the quad rate for three girls in a room?

No. The travel package prices have been calculated according to how many people are in each room.

5. Can we have five people in a room?

No. These Disney hotels do not allow more than four people to a room.

6. We are arriving in Orlando at 10:00 a.m. on Friday, will our hotel rooms be ready?

Most hotels do not guarantee check in until 4:00 p.m. However, if there are rooms ready in your block, the hotel will check you in early. Please be sure to communicate this to your entire group that is traveling with you.

7. Our team doesn't leave Orlando until 6:00 p.m. on Tuesday. What can we do all day?

Hotel check out is at 11:00 a.m. If you would like, you can take a Walt Disney World® Resort shuttle bus to Downtown Disney-West Side to shop or to one of the Walt Disney World® Theme Parks. The hotel will be glad to store your luggage for you, but you will be responsible for picking them up before you depart.

8. How do I request a refund?

All refund requests must be submitted in writing to your Registration Specialists Mendy Terrell at MTerrell@varsity.com for Teams A – D, Savannah London at slondon@varsity.com for Teams E-L, Missy Miller at mmiller@varsity.com for Teams M-R & International, LaKeishia Kearney at LKearney@varsity.com for Teams S-Z or faxed to 1-800-969-8295. include the school/team name, amount requested, who to make the check out to, where to mail the check, and a reason for the refund. The event office will review your account and issue a refund check based upon what they see in your file. All refund checks are processed AFTER the event is over. The average processing time for a refund is 4 weeks from the date the request is received. Refunds are not issued unless a written request is received.



TICKETS AND COMPETITION

1. When will we receive our Walt Disney World® Theme Park tickets for the Championship?

You receive your tickets when you register with NHSCC at your hotel in Orlando.



2. Do we use our 3 or 4 day PARK HOPPER® ticket for competition?

Yes. In addition to park admission each PARK HOPPER® purchased through the NHSCC also has admission to ESPN Wide World of Sports® Complex. This is <u>NOT</u> considered a theme park admission, and therefore does not use a day on your PARK HOPPER®.

3. What does "PARK HOPPER®" mean?

A PARK HOPPER® allows you to go from Theme Park to Theme Park. Example: you can use your PARK HOPPER® ticket to enter *Disney's Hollywood Studios*® for Competition Saturday morning and then go to Epcot that evening, and it is only considered one day of admission. However, these tickets are only valid for four days.

4. Will attending the UCA parties take days off of my PARK HOPPER® pass?

For the Special "UCA NIGHT" at Magic Kingdon® Park, a day of admission will be taken off your PARK HOPPER® pass regardless of what time you arrive. For the Championship Celebration Party at Disney's Hollywood Studios®, a day will not be taken off of your PARK HOPPER® pass. Please Note: YOU MUST HAVE A WRISTBAND TO ATTEND ALL PARTIES.

5. If we do not use all four days of our Walt Disney World® tickets, may we use them next year?

No. All of the discounted tickets sold at the NHSCC have an expiration date that is listed on the back of your ticket. (February 7, 2017 through February 15, 2017)

6. Do spectators have to purchase a *Walt Disney World® PARK HOPPER®* ticket in order to watch competition at the *ESPN Wide World of Sports® Complex?*

No! If you are only going to the ESPN Wide World of Sports® Complex, you may purchase a ticket at the door for \$30 per day per person. However, if you purchase a Walt Disney World® PARK HOPPER® ticket from the NHSCC it includes admission into the ESPN Wide World of Sports® Complex.

7. Are there discounted park tickets available for family and friends not on the travel package?

Yes, there are three different tickets.

- 1) 3-day PARK HOPPER® Ticket \$255.00
- 2) 4-day PARK HOPPER® Ticket \$285.00
- 3) 5-day PARK HOPPER® Ticket \$315.00

Information and pricing for these tickets can be found on page 9 and you may purchase and pay online at uca.varsity.com. Walt Disney World® PARK HOPPER® tickets are valid for unlimited admission into the Magic Kingdom®, Epcot®, Disney's Hollywood Studios®, and Disney's Animal Kingdom® Theme Park as well as three days of admission into ESPN Wide World of Sports® Complex. These tickets DO NOT include NHSCC bus transportation to the parks.

8. How do I find out when and where my team competes?

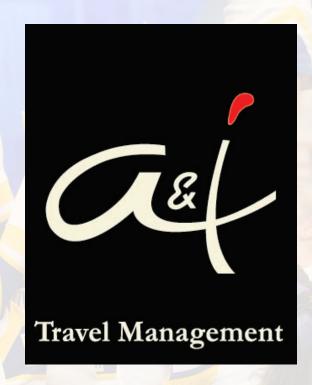
A detailed order of competition will be posted at uca.varsity.com in mid January. The detailed order of competition will tell you the location and exact times that your team will report backstage, take pictures, warm up, and compete.

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.





FEBRUARY 11-12, 2017 AT THE WALF DISNEPWORLD, Resort

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

For more information call

1.888.CHEERUCA

Or check it out on uca.varsity.com

The ONLY Championship Endorsed by the



