

# North Sound Junior Cheer Exhibition

## ***Rules & Details***

1. Team Categories:
  - A. **Rec Categories**
    - Mini: Teams whose participants are ALL 5-8 years old. Teams do not qualify to compete in the mini category if they have ANY members who are over 8.
    - Youth: Teams whose participants are ALL 11 years old and younger. Teams do not qualify to compete in the youth category if they have ANY members who are over 11.
    - Junior: Teams whose participants are 14 years and younger. Teams do not qualify to compete in the junior category if they have ANY members who are over 14.
    - Senior: Teams whose participants are 18 years and younger. No participants over 18 will be allowed to compete.
  - B. **Exhibition:** All teams competing in this category are considered “Show Off” teams only, and will not receive ranked awards. However, every team will be recognized for their performance and each team member will receive a participation ribbon. Please select this category if you are a non-stunting team.
2. There will be a 7 panel cheer floor for the competition (panels will run vertically). The mat will be in the center of the gym and will measure 42 feet long by 42 feet deep.
3. For mini and youth teams, all stunting must be “touch” stunting. Cradles are permitted. All stunts must be at prep level and below. For junior & senior teams, high school rules must be followed. Stunting must be taught under the guidance of a WIAA stunt certified coach who will be present during the exhibition. All WIAA and NFHS rules must be followed.
4. Music: Each team will need a designated music person (not the head coach) who will know when and how to play music (as soon as team hits the floor, after team’s cheer, etc.). They will need to have the music on a device that is NOT an iPhone 7. We have AUX cables that work with all other devices. You are responsible for making sure your music works with our system, so please have a backup device. There will not be a CD player. Music testing will be available on the day of the event. The designated music person must be at the music station 20 minutes before your team is set to perform and must stay at the music station until your team has exited the floor.
5. All athletes must have cheered during the season for the organization’s associated football, basketball or other sideline team(s).
6. Teams should be wearing uniforms with the color or logo that supports the team(s) they cheered for during the season.
7. Music and dance choreography must be considered age appropriate for our youngest athletes (age 5) and must not be suggestive in nature.
8. Uniforms must cover midriffs (no crop tops).
9. Routines must be completed in 2 minutes and 30 seconds. Teams must perform a cheer and dance routine, with music being no more than 1 minute and 30 seconds. Both the cheer and dance routine may incorporate stunts. Music can be broken into no more than two sections.
10. Performance teams must have between 5 and 36 members and can be co-ed, or all female/male. Size and boy/girl make-up of teams will not change competition category for rec teams.
11. Category changes can be requested, with proof of reason for the change, through the morning of the event. All requests must be made at or before the coaches meeting, on the morning of the event, before performances begin.
12. All judges are impartial and unaffiliated with any North Sound Junior Cheer team. There will be only one Judge’s Choice award across all rec categories.
13. Only teams in the “Exhibition” category will receive participation ribbons. This will be given as our “Excellence Award”. Teams that compete and earn 1st, 2nd, or 3rd place will receive “Winner” ribbons for each athlete as well as a team trophy. Teams that compete but do not place will not earn ribbons.

### **IMPORTANT:**

**The following paperwork is due in order to compete. If any of the paperwork is missing, your team will not be able to perform.**

- 1) Completed Registration Form (1 per performance team, due 10 days before the competition)**
- 2) Proof of liability insurance (per organization)**
- 3) Waivers for each participant: In a 9 X 12 envelope, please include a completed waiver for each participant. Attach a roster with team member's birthdays to the front of the envelope. Please include a separate envelope for each performance team.**

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**Registration Form**

Organization Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Organization Address: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Number of Participants (5-36): \_\_\_\_\_

Age Group (circle one):    Mini          Youth          Junior          Senior          Exhibition

Stunting (circle one):          Stunting Team          Non-Stunting Team

If Stunting (circle one): This team will...

- a) be performing thigh level stunts and below
- b) be performing shoulder/prep level stunts and below
- c) be performing extension level stunts and below
- d) be performing basket tosses and other stunts

**Music Person:** \_\_\_\_\_

**Cell Number:** \_\_\_\_\_

*Exhibition Registration is FREE. Register early as spots are limited.*

***There is a spectator cost of \$10 at the door (CASH ONLY). Please release this information to your families ahead of time so they are prepared.***

ADMIN USE ONLY
Registration Form:
Waiver Envelope:
Proof of Insurance:
Authorized By:

# North Sound Junior Cheer Exhibition

## **Medical Release and Liability Waiver**

Cheerleader's Name: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_ Group ID: \_\_\_\_\_

Insured Name/Relationship: \_\_\_\_\_ Policy #: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

Allergies (list): \_\_\_\_\_ Medical Conditions (list): \_\_\_\_\_

### **Release of Liability for Minor Participants (read before signing):**

In consideration of the above named, my child/ward, being allowed to participate in any way in the North Sound Junior Cheer (NSJC) related events and activities, the undersigned acknowledges, appreciates, and agrees that:

- The risk of injury to my child from the activities involved at these events is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

- For myself, spouse, and child, I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my child's participation; and,

- I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby release and hold harmless North Sound Junior Cheer; its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property incident to my child's involvement or participation in these programs, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

- I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby indemnify and hold harmless all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, even if arising from their negligence, to the fullest extent permitted by law.

- I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

### **Understanding of Risk**

I hereby certify that my child is in good physical condition and that any limitation pertaining to his or her physical condition has been properly communicated in writing and discussed with the staff of North South Junior Cheer.

### **Medical Release and Waiver**

I hereby certify that I am the parent or legal guardian of the above named cheerleader. I hereby give permission for NSJC to seek appropriate medical attention for the cheerleader and for medical attention to be given, and for the cheerleader to receive medical attention in the event of an accident, injury, or illness. I hereby grant consent to any and all health care providers designated by NSJC to provide the above cheerleader any necessary medical care as a result of any accident, injury, or illness. This consent includes first aid and transportation to/from health care providers. I will be responsible for any and all costs of medical attention and treatment, and have medical insurance to cover these costs. Additionally, I hereby state that NSJC is not responsible for any pre-existing injury or reoccurrence of any undisclosed pre-existing injury or illness in the above cheerleader prior to participation.

### **Photo Release**

In consideration of participation in the NSJC exhibition, the undersigned agrees that their likeness, or the likeness of their child/ward may be photographed or videotaped and that such image may be published in an outlet used to promote or publicize the program.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date