

**VAC Cheer Competition**

**February 11th @ Dysart High School**

**11425 N Dysart Rd. El Mirage AZ 85335**

* **Divisions:**
  + **Medium= 6-20 athletes**
  + **Large= 21+ athletes**

**A first place and second place trophy will be awarded in each division.**

* **A tentative schedule will be emailed to each coach/posted on BAND once all entry forms have been collected. Performance times will depend on the number of squads competing.**

**Admission:**

* **Doors open 30 minutes prior to each session**
* **Tickets are $5 for everyone and kids under 5 are free**
* **We have concessions: snacks, drinks available.**
* **We will have a limited amount of shirts for sale $20 each on the day of the event.**
  + **All t-shirts pre-ordered for $15 will be available for pick up upon registration.**
* **There will be a photographer for team and action shots. Pictures will be available for purchase.**
* **There will be shout outs- you can have our announcer wish your athlete good luck right before they take the floor for just $1 each.**
* **Roses will be available- 1 for $3 or 3 for $6 each**
* **We will have a card reader available but please bring cash if possible.**

**All Competitors must have a signed release form.**

**Please send registration forms to: Michelle Lopez: Email them to her at** [**michelle.lopez@dysart.org**](mailto:michelle.lopez@dysart.org)

**All registration forms must be received by TBD**

**If you have questions, you may contact her at** [**michelle.lopez@dysart.org**](mailto:michelle.lopez@dysart.org) **or call at 623-876-7500 x1510.**

**Valley Athletic Conference Cheerleading Competition**

**General Rules and Regulations**

**General Information:**

* **All current NFHS and AACCA Spirit Rules will be followed.**
* **A Team will not be cleared to compete until their coach has attended this year’s VAC cheer rules course.**
* **There will be three routine judges.**
* **All participants must have a signed medical/liability form at the competition.**
* **1st and 2nd place trophies will be awarded in each division.**

**Time Limitations:**

* **Cheer routines may not exceed 2 minutes and 30 seconds. The Music portion must not exceed 1 minute and 30 seconds.**
* **Timing will begin with the first movement or when the music begins.**

**Competition Area:**

* **The cheer competition area will be 9 standard cheer mats which is 42 X 54 feet.**
* **Signs or props may be used.**

**Judging:**

* **The judges will score using the same score sheet as used for the AIA cheer competitions.**
* **All decisions made by the judges will be final.**

**Procedure for Questioning:**

* **Questions concerning performance should be made immediately after the performance by the coach of the team. Questions are to be directed to the Competition Director.**

**Music:**

* **All music files will need to be digital. NO CD’s will be accepted**
* **Each team will have a coach from their school sit with the music technician during their school’s performance. The coach playing music is responsible for pressing play/pause and cueing the music.**

**Sportsmanship:**

* **All participants and coaches agree to conduct themselves in a manner displaying good sportsmanship at all times during the competition.**
* **The team’s coach will be held responsible for conduct of their team and parents.**
* **Upon arrival team drop off will be in the main entrance of the school, there is a loop that buses can go through If need be. Please go through the main gates, there will be an athlete there to direct you to the team check in. There they will make sure you have your liability forms- if you have not sent them to me please do so prior to the competition or bring them with you. You will not be able to compete if we do not have those forms.** 
  + **If your team pre-ordered shirts they will collect your payment and give you your shirts at check in. Shirts will not be given unless payment is received.**
* **We will have a coaches meeting at the times that will be indicated for each session on the schedule. We will go over any questions and the rundown of how warm ups and such will go.**
  + **Team pictures- 10 minutes**
  + **Stretching- 6 minutes**
  + **Tumbling/stunt mat- 6 minutes**
  + **Half mat warm up- 6 minutes**
* **You will also have an opportunity to check your music on our soundsystem at this time.** 
  + **We have an aux cord- please bring an adapter if needed.** 
    - **We will have a speaker available in warm ups.**

. **Valley Athletic Conference Cheerleading Competition**

**Team Registration Form**

**School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email of Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Athletic Director Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Number of Team Members: \_\_\_\_\_\_\_\_\_\_\_\_**

**Division: (Medium 6 – 20) (Large 21+)**

**Division: Medium Varsity Large Varsity**



Reminder:

All registration forms must be received by TBD

**Valley Athletic Conference Cheerleading Competition**

**Team Roster**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name (First and Last)** | **M or F** | **Grade** |  | **Name (First and Last)** | **M or F** | **Grade** |
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**Valley Athletic Conference Cheerleading Competition**

**Medical Treatment and Liability Release Form**

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School Name Participant's Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Street Address City, State &Zip

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Parent/Legal Guardian Emergency Contact Phone Number

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, as parent or legal guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby grant permission for my son/daughter to participate in the Valley Athletic Conference Cheerleading competition. I further agree to release and hold harmless Sunny slope High School and the Glendale Union High School District from any and all liability.

In order that my son/daughter may receive the necessary medical treatment in the event that he/she may sustain injury or illness during participation in this competition, I hereby authorize the cheer coach or other supervising adult to obtain medical treatment for my son/daughter. I understand that this activity will involve risk to my child.

I also understand that the VAC competition will enforce the safety guidelines as set forth in the NFHS and AACCA Spirit Rule Books. It is the coach’s responsibility to know and inform their squad of these rules by which my son/daughter must abide during participation in this activity, and that my son/daughter and I will be responsible for his/her failure to abide by those rules and regulations.

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Signature of Parent/Guardian Date

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Signature of Participant Date