Mark your Calendars NOW!

October 27, 2019

Location:

TBD

cheerchallengeva@gmail.com

Every Participant receives a T-Shirt!
Grand Champions receive special gift!
All teams receive a trophy!
Grand Champion teams win the coveted County Cup!
Jump and Tumble Stars!
Specialty Awards!

Early Bird Registration: $20.00 per participant by October 1st

On-time Registration: $25 per participant if received after October 1st

Exhibition Early Bird: $10.00 - Exhibition On-Time: $15.00

Come for your chance to be crowned the County Champ for 2019!

LET THE BATTLE BEGIN...
EVENT GUIDELINES

• Each participant must turn in a completed release form. They can be turned in the day of competition or at early registration the Friday before competition. No participant will be allowed to compete without a form properly filled out and signed.

• Registration form and payment are due by **October 1st** to receive Early Bird pricing. Registration form and payment will be accepted until **OCTOBER 11th**.

• Performance order will be determined by random drawing of teams prior to the competition.

• All teams will have 5 minutes on the stretch mat, 5 minutes on the tumble strip, and 5 minutes on a full cheer floor.

• Stunting will not be allowed in the hallways of the School.

• All teams will compete on a 42 x 42 regulation cheer floor.

• The only props permitted are signs and pom poms.

• Recreation divisions can mix ages. Division is determined by the oldest member.

• Cheer Challenge will not provide spotters. All routines should be self-spotted.

• Registration times will be on the coach’s confirmation packet.

• A preliminary schedule will be sent out one week before event.

• Final schedule will be posted by Wednesday prior to event.

• Routine time limits is 3 minutes.

• Music only division is required for all teams that do not have a cheer in the routine.

• The flag division is now the Mini division.

• The Minor division is now the Youth Division.

• Exhibition teams will perform in the Exhibition division and will not be placed, but will receive individual t-shirt and team trophy.

• Competitor age cutoff is 9/30/19.

• Middle school division will follow VHSL rules.
### County Battle Divisions

<table>
<thead>
<tr>
<th>Division</th>
<th>Ages</th>
<th>Tumbling Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini (Small &amp; Large) – Traditional Cheer</td>
<td>5,6,7 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Mini (Small &amp; Large) - Music Only</td>
<td>5,6,7 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Youth Level 1 (Small &amp; Large) – Traditional Cheer</td>
<td>8 &amp; 9 years old</td>
<td>Limited tumbling</td>
</tr>
<tr>
<td>Youth Level 1 (Small &amp; Large) – Music Only</td>
<td>8 &amp; 9 years old</td>
<td>Limited tumbling</td>
</tr>
<tr>
<td>Youth Level 2 (Small &amp; Large) – Traditional Cheer</td>
<td>8 &amp; 9 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Youth Level 2 (Small &amp; Large) – Music Only</td>
<td>8 &amp; 9 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Junior Level 1 (Small &amp; Large) – Traditional Cheer</td>
<td>10 &amp; 11 years old</td>
<td>Limited tumbling</td>
</tr>
<tr>
<td>Junior Level 1 (Small &amp; Large) – Music Only</td>
<td>10 &amp; 11 years old</td>
<td>Limited tumbling</td>
</tr>
<tr>
<td>Junior Level 2 (Small &amp; Large) – Traditional Cheer</td>
<td>10 &amp; 11 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Junior Level 2 (Small &amp; Large) – Music Only</td>
<td>10 &amp; 11 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Senior Level 1 (Small &amp; Large) – Traditional Cheer</td>
<td>12,13,14 years old</td>
<td>Limited tumbling</td>
</tr>
<tr>
<td>Senior Level 1 (Small &amp; Large) – Music Only</td>
<td>12,13,14 years old</td>
<td>Limited tumbling</td>
</tr>
<tr>
<td>Senior Level 2 (Small &amp; Large) – Traditional Cheer</td>
<td>12,13,14 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Senior Level 2 (Small &amp; Large) – Music Only</td>
<td>12,13,14 years old</td>
<td>No tumbling restrictions</td>
</tr>
<tr>
<td>Middle School Cheer</td>
<td>VHSL Age Guidelines</td>
<td>VHSL Rules</td>
</tr>
<tr>
<td>Exhibition</td>
<td>No Age Restrictions</td>
<td>No tumbling restrictions</td>
</tr>
</tbody>
</table>

*Small divisions are 15 or less members. Divisions will be split between small and large as long as there are two or more teams in the division.

*If your routine does not have a “traditional cheer” included in the routine, the team must register in the **Music Only Division**. The music only division will compete only to cheer music (no stop in music). If your music is continuous and has a cheer “voiceover”, it will still classify as “Music Only”.

*Each level and age group will compete against each other for the County Cup (Grand Champion). One County Cup will be awarded to the highest scoring team in each age group and in each level. We will award a level 1 Cup and a level 2 Cup in each age category (The mini division will be awarded one Cup because they are not broken up by level).

*For the complete description on level 1 and 2 tumbling rules, please check the last page in this packet for tumbling guidelines.

*The middle school division will be scored on the VHSL rules.
Cheer Challenge COUNTY BATTLE Championships
Registration Form
COUNTY BATTLE, October 27, 2019

TeamName: ____________________________
ContactName: ____________________________
Address: ________________________________
City: __________________ State: ___________ Zip: ___________
Phone: __________________ Alt. Phone: __________________
E-mail Address: ____________________________

DIVISIONS:
Please fill in the division you wish to compete in.
Please attach a Roster and Medical Release Forms.
Two coaches per team will be admitted free of charge. All extra coaches must pay the $10.00 admission.

RECREATION - # of competitors
Circle One: LEVEL 1 TRADITIONAL  LEVEL 1 MUSIC ONLY  LEVEL 2 TRADITIONAL  LEVEL 2 MUSIC ONLY

MIDDLE SCHOOL  EXHIBITION
Division: Please enter the amount of competitors in the division they will be competing in.

Mini #
Youth 1 Traditional #
Youth 1 Music Only #
Youth 2 Traditional #
Youth 2 Music Only #
Junior 1 Traditional #
Junior 1 Music Only #
Junior 2 Traditional #
Junior 2 Music Only #
Senior 1 Traditional #
Senior 1 Music Only #
Senior 2 Traditional #
Senior 2 Music Only #
Middle School #
Exhibition #

Number of competitors (Early Bird) X $20.00 each =
Number of competitors (On Time) X $25.00 each =
Number of Exhibition (Early Bird) X $10.00 each =
Number of Exhibition (On Time) X $12.00 each =
Number of Extra Coaches X $5.00 each =
Number of Extra T-Shirts X $10.00 each =
Total Number of Tumble Star X $5.00 each =

TOTAL ENCLOSED:


2019 Cheer Challenge County Battle
MEDICAL TREATMENT/LIABILITY and PHOTO RELEASE

Each participant must turn in a completed release form at registration; otherwise they may not participate in any Cheer Challenge, Inc event.

I, the undersigned parent or guardian, do hereby grant permission for my daughter/son whose name is:

First Name______________________  Last Name_____________________

School/Organization Name______________________________

Date of Birth_______/_______/_______

Event Attending_______________________  Event Date_________________

And hereafter shall be referred to as ‘participant’ in the Cheer Challenge COUNTY BATTLE Competition. In order that the participant receive the necessary medical treatment in the event of an injury or illness, I hereby release the event coordinator, facility and its representatives from any liability associated with the exercise of this authority.

I further acknowledge and agree that in taking part in this event, there is the possibility of physical illness or injury (minimal, serious, or catastrophic) and that the participant is assuming the risk of such illness or injury by participating.

I further hold harmless, Cheer Challenge, Inc. including its officers, directors, staff, agents and the facilities in which the event is held for any illness or injury incurred by participating in the event.

Medical History of Participant – Please circle all that apply and, provides details/explanation.

<table>
<thead>
<tr>
<th>Allergies</th>
<th>Asthma</th>
<th>Diabetes</th>
<th>Heart Trouble</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Lenses</td>
<td>High Blood Pressure</td>
<td>Convulsions/Seizures</td>
<td>Mental Disorders</td>
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<td>Pre – existing injury</td>
<td>Other</td>
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</tbody>
</table>

List Medications Participants is taking______________________________________

I give Cheer Challenge, Inc the right and permission to film, photograph and or video the participant, or me (advisor/coach/director/parent) at the event and during the entire event schedule, for any reproductions associated in or any way connected with said televised or filmed event; to be used for the sole purpose of Cheer Challenge, Inc. and all promotional materials. Signed this ________________ in the presence of:

Parents/Guardian Signature: ________________________________

Participants Signature: ________________________________

Participants Printed Name: ________________________________

Address: ____________________________________________________

City: ______________ State: _________ Zip: __________

Home Phone: ______________________ Work Phone: ______________________

E-Mail: ______________________________

Insurance Carrier: ________________________________

Policy/Group Number: ________________________________
Cheer Challenge COUNTY BATTLE Championships  
Individual Tumble Registration Form  
COUNTY BATTLE, October 27, 2019

Assocation Name:_________________________________________________________________________________________________

<table>
<thead>
<tr>
<th>Participant</th>
<th>Name</th>
<th>D.O.B.</th>
<th>Age</th>
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<tbody>
<tr>
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**INDIVIDUAL TUMBLE REGISTRATION - # of competitors at $5.00**

<table>
<thead>
<tr>
<th>Age Group</th>
<th># of Competitors</th>
</tr>
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<tbody>
<tr>
<td>Mini</td>
<td>_______</td>
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<tr>
<td>Youth</td>
<td>_______</td>
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<tr>
<td>Junior</td>
<td>_______</td>
</tr>
<tr>
<td>Senior</td>
<td>_______</td>
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Number of competitors X $5.00 each =
TOTAL ENCLOSED:

Every participant will receive a ribbon, and the top 3 finalists will receive a medal. There will be no tumble registration taken the day of the event! Each individual tumbler will need to be registered and paid by October 11th.

(Duplicate this form as needed)

Make checks payable to and mail registration forms to: Cheer Challenge, Inc  
413 Branchway Rd  
Richmond, Va 23236
CHEER CHALLENGE
COUNTY BATTLE T-SHIRT ORDER FORM

Please list the size for each team member along with 2 coaches per team.
You may also purchase additional t-shirts for extra coaches/parents.
Please duplicate this form for each team.

ASSOCIATION NAME: __________________________________________

<table>
<thead>
<tr>
<th>MINI</th>
<th>YOUTH</th>
<th>JUNIOR</th>
<th>SENIOR</th>
<th>COACH</th>
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</tbody>
</table>

This form must be turned in by October 11th, 2019 to guarantee team shirts for the competition.

If you would like to order extra for your other coaches, please include $10.00 per shirt. Make sure you include the number of extra shirts with the counts above.

# of Extra Shirts___________ X $10.00 = $ _______________
1. All pyramids and partner stunts are limited to two persons high "Two high" is defined as the base (bottom person) having at least one foot on the ground.

2. The top person in a partner stunt, pyramid or transition may not be in an inverted (head below the waist) position, with the exception of a double-based forward suspended roll.

3. Suspended splits in a transition are allowed provided there are a total of 4 bases that support the top person: at least three of the bases must support under the legs of the top person and, the fourth base may support under the legs or make contact with the hands of the top person. The top person must have hand contact with the bases.

4. Partner stunts and pyramids higher than prep level must have a continuous spotter for each person over prep level.

5. When one person is bracing another (including overlapping of arms), one of the individuals must be at prep level or below.

6. If a person in a partner stunt or pyramid is used as a brace for an extended stunt that brace must not be supporting a majority of the top persons weight.

7. Double based straddle lifts must have an additional base for the head and shoulders of the top person.

8. Basket tosses are limited to no more than four tossers and must be dismounted to a cradle position by two of the original bases, plus an additional base at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person. **Tosses may NOT involve more than 1 skill while in the air. No Flipping in basket tosses. Baskets are prohibited for Mini and Level 1 teams.**

9. Partner stunts, pyramids or participants may not pass over, under or through other partner stunts or pyramids. You may jump over another person.

10. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are, prohibited.

11. Double based forward suspended rolls are allowed as long as the bases have their feet on the ground, and the top person and the bases maintain hand-to-hand contact throughout the skill.

12. Backward suspended rolls and single based suspended rolls are prohibited.

13. Cradle dismounts from prep level and above must use a back base in addition to the number of bases required for the stunt. Exception: A "chair" does not require an additional spotter. (A cradle is defined as a dismount from a partner stunt or pyramid in which the top person is caught in a hollow position before being placed on the floor or remounting into another stunt or pyramid.)

14. Twists greater than one rotation in stunts, tosses or dismounts are prohibited.

15. Single full cradles to the front from side facing stunts such as Arabesques and Scorpions are legal.

16. Tension rolls and tension drops are prohibited.

17. Helicopter tosses are prohibited.

18. Single based split catches are prohibited.

19. Toe pitch and leg pitch flips are prohibited.

20. The use of mini-trampolines, springboards, or any other height-increasing apparatus is prohibited.
Tumbling/Gymnastics/Jumps

**LEVEL 1**

1. Dive rolls are prohibited. (A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground.)
2. All handsprings, flips, and twists (exception is in a round off) are prohibited.
3. A forward three-quarter flip to the seat or knees is prohibited.
4. The use of mini trampolines, springboards, or any other height increasing apparatus is prohibited.
5. Participants may not tumble under or through partner stunts, pyramids, or over or under individuals.
6. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a round-off into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
8. Skills Allowed: Forward rolls, backward rolls, cartwheels, round offs, back/front walkovers, handstand forward rolls. No back/front handsprings or flip skills will be allowed.

**LEVEL 2**

1. Dive rolls are prohibited. (A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground.)
2. All handsprings, flips, and twists are allowed. Twisting skills are limited to one twisting rotation.
3. A forward three-quarter flip to the seat or knees is prohibited.
4. The use of mini trampolines, springboards, or any other height increasing apparatus is prohibited.
5. Participants may not tumble under or through partner stunts, pyramids, or over or under individuals.
6. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (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 or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
9. Flipping skills are limited to one flipping and one twisting rotation. Double back tucks or double twisting fulls are not allowed.

ANY SAFETY INFRACTION WILL AUTOMATICALLY RESULT IN A 5 PT. PENALTY