

# CheerExpo Open Championships - Montreal

**Claude Robillard, Montreal, QC, Canada** **May 15<sup>th</sup>-16<sup>th</sup>, 2010**

CheerExpo Open Championships is an Expo/Trade Show event for cheerleaders, dancers and of course...their coaches! It's a coach's conference for coaches, a summer camp for athletes, awesome Two-Day Open Championship for all levels, and great shopping for everyone! Highlights of the CheerExpo include:

- Classes for coaches, athletes, and anyone interested in becoming involved in cheer & dance. Classes are included in your team registration. All schedules will be posted one week before the event. Last year there were 30 classes to choose from...and this year were adding more...all taught by industry experts from all over North America! Just pick which classes you want to attend and which performances you can't miss and create your own schedule! There is no advance sign up for individual classes.
- A cheerleading and dance trade show and shopping mall with many competing companies from all over the world showing off what they can offer you and your team at special event prices. CheerExpo is not associated with any other companies so you'll get the best selection possible and they'll all be competing for your business.
- Awesome Two-Day Open Championship Cheerleading and Dance Team Competition where every team performs twice!
- Two (2) coaches of each competing team attend free.
- NEW!! ALL SPECTATORS ATTEND FREE! There are no spectator fees for this event so the WHOLE family can come to cheer on the team.
- On time scheduling, loads of seating for spectators, huge backdrop and full 54 x 42 spring floor!
- NEW! Multiple style divisions for dance teams including Open, Jazz, Pom, Hip Hop and Production! All teams receive awards!
- Professional judges from all over North America for all teams (yes, including Minis and Tinys!)
- Completely non-biased event. Organizers have NO teams competing.
- Affordability! Affordability! Affordability!

## CheerExpo USASF Dance Divisions 2010

DIVISIONS	AGE	TEAM SIZE	MAX TIME LIMIT	PLEASE NOTE:
Tiny Open (any style)	5 years & younger	Minimum 4	2 minutes 30 sec	A studio/school can enter members or a full dance team in more than one category as long as each individual meets the age requirements of each division and the routine is suitable for each separate division. For example, Julie (who is 14 years old) can compete on an Open team, a Senior team and a Junior team. "Flash Dance" crew, who is made up of 14 – 18 year olds and has 25 members, can compete in Senior Jazz, Senior Hip Hop, Open Hip Hop and Open Production if they want to. Or members of a junior and senior team can join together to create a Senior Production routine, etc.
Mini Open (any style)	8 years & younger	Minimum 4	2 minutes 30 sec	
Youth Jazz	11 years & younger	Minimum 4	2 minutes 30 sec	
Youth Pom	11 years & younger	Minimum 4	2 minutes 30 sec	
Youth Hip Hop	11 years & younger	Minimum 4	2 minutes 30 sec	
Youth Production	11 years & younger	Minimum 25	5 Minutes	
Junior Jazz	14 years & younger	Minimum 4	2 minutes 30 sec	
Junior Pom	14 years & younger	Minimum 4	2 minutes 30 sec	
Junior Hip Hop	14 years & younger	Minimum 4	2 minutes 30 sec	
Junior Production	14 years & younger	Minimum 25	5 Minutes	
Senior Jazz	18 years & younger	Minimum 4	2 minutes 30 sec	
Senior Pom	18 years & younger	Minimum 4	2 minutes 30 sec	
Senior Hip Hop	18 years & younger	Minimum 4	2 minutes 30 sec	
Senior Production	18 years & younger	Minimum 25	5 Minutes	
Open Jazz	14 years & older	Minimum 4	2 minutes 30 sec	
Open Pom	14 years & older	Minimum 4	2 minutes 30 sec	
Open Hip Hop	14 years & older	Minimum 4	2 minutes 30 sec	
Open Production	14 years & older	Minimum 25	5 Minutes	

**AGE DIVISIONS:** The age of the competitor as of August 31st 2009 will be the age used for competition purposes throughout the 2009-2010 season for all divisions (Exception: the cut-off date for the maximum age of the Senior teams (18) will remain May 31st 2009 for the 2009-2010 season. For the 2010-2011 competition season it will change to August 31st 2010.

### DANCE CATEGORIES

**JAZZ** A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

**POM** Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

**HIP HOP** Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. (Examples: Dance Crew, Krumping, Breaking, Stepping, etc.)

**OPEN** A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity.

**PRODUCTION** Production teams must have at least 25 members, and routines must emphasize a theme or a storyline. Routines may be any style outlined on the USASF website or combination of styles of dance. Production routines will have a maximum of 5 minutes to complete their routine.

## COMBINING AND SPLITTING DIVISIONS

- USASF event producers may split divisions to accommodate **overall team size, all male or coed**. There must be a minimum of 10 teams in a division/category before **one** split may occur. No division may be split if it means that one team will be left in a division alone. When splitting a division, it is up to the event producer to determine where the split occurs in terms of the number of participants. Exception: If there are enough teams to have at least three teams in each division, any division may be split into separate school and studio divisions.
- Event producers **CANNOT** further divide or add categories and/or divisions by style, level, skill, age or ability. (*Examples: Event producers cannot offer a Stylized Jazz category and a Character Jazz category*)
- CheerExpo reserves the right to combine Jazz, Pom and/or Hip Hop divisions into an "Open" division if there are not at least 2 teams in each division. If one of the 3 divisions has enough competitors it will not be combined with the other two. The division will not be combined if, as a result of the combination, a studio/club would have 2 of their teams competing against each other. In this situation the division would remain split, even if it means that the team will be in a division by themselves. Production will not be combined with any other division.

## USASF DANCE GENERAL GUIDELINES

Check [www.usaf.net](http://www.usaf.net) for updates!

1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.
4. Teams must have at least **4** members. There is no maximum limit.
5. Each team will have a maximum of **2 minutes and 30 seconds (2:30)** to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. If Event Producers add the production/show category, the time limit may be increased to 5 minutes. **Event Producers may allow a maximum of 5 second leeway/grace period.**
6. Participants may compete in more than one dance division and/or category as long as they abide by the age restrictions in all divisions in which they compete
7. Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions.
8. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
9. Shoes are recommended but not required. Wearing socks **and/or footed tights** only is prohibited.
10. Jewelry as a part of a costume is allowed.

## TUMBLING & TRICKS

1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs. (**Exception: aerial cartwheels are allowed**)

The following are examples of skills that are and are not allowed:

ALLOWED	NOT ALLOWED
Forward/Backward Rolls Shoulder Rolls Cartwheels Headstands Handstands Backbends Front/Back Walkovers Stalls Head spins Windmills Kip up Aerial Cartwheels	Dive Rolls * Round-offs * Front/Back Handsprings Front/Back Tucks Side Somi Layouts  * see below for exceptions to these limitations*

2. **\* Allowed only for hip-hop:** Airborne skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position.
3. **Tumbling while holding poms or props is not allowed (Exception: forward and backward rolls).**
4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. (**Exception: Toe-touches to a push up position are not allowed.**)

## DANCE LIFTS & PARTNERING

### General Guidelines

1. Jumping or tossing from one dancer to another is not allowed.
2. Jumping or tossing from one dancer to or from the performance surface is not allowed.
3. Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.
4. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)
5. All tosses including toe-pitches are prohibited.

## DANCE LIFTS

1. Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down.

2. A lifting dancer (s) must maintain direct contact with the performance surface at all times.
3. A Lifting Dancer must have hand/arm to body contact, of the lifted dancer(s) at all times.
4. A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).
5. **Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times**
6. **Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (Exception: chorus line flips are not allowed)**

## DANCE PARTNERING

1. Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another, but are not elevated.
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance **surface**.

## CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine.
3. All choreography should be age appropriate.
4. All costuming and makeup should be age appropriate and acceptable for family viewing

## PROPS

1. Wearable and handheld items are allowed in **all categories** and can be removed and discarded from the body.
2. Standing props are only allowed in the prop category, **any items that bears the weight of the participant is considered a standing prop**. (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)

## USASF DANCE Glossary (*Updated 02-26-09*)

**Aerial Cartwheel:** Cartwheel executed without placing hands on the ground.

**Airborne:** To be free of contact with a person and/or the performing surface.

**Back Walkover:** A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

**Cartwheel:** A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

**Chorus Line Flips:** An assisted back/front tuck over the interlocked arms of additional dancers. (*Chorus Line Flips are illegal*)

**Dive Roll:** An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

**Elevated:** To move a dancer to a higher position or place from a lower one.

**Front Walkover:** A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Handstand:** A straight body inverted position where the arms are extended straight by the head and ears.

**Head Spin:** A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

**Headstand:** A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

**Kip-up:** From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.

**Lifts:** An action in which the partner is elevated to any height and set down. **Refer to the USASF/IASF Rules for Dance for a full definition.**

**Hip over head rotation:** A movement where hips move over the head, as in a back walkover or similar tumbling skill.

**Partnering:** Any type of trick that uses two individuals **where** one uses the other for support. **Refer to the USASF/IASF Rules for Partnering for a full definition.**

**Pony Sit:** Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

**Prop:** An object that can be manipulated.

**Shoulder Roll:** A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

**Shoulder Sit:** Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

**Stall:** A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

**Thigh Stand:** With bases in lunge positions with one leg bent and one leg straight, lifted dancer's feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancers leg and the other hand bracing the foot.

**Toe Pitch:** A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

**Toss:** An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

**Windmill:** Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

**Questions? Contact us at [info@cheerexpo.net](mailto:info@cheerexpo.net) or 250-890-0106**

CheerExpo is a division of CheerExpo Cheerleading and Dance Events, Inc.

# CheerExpo 2010 Open Championships (Montreal)

## Dance Team Registration Package

School/Studio Name: \_\_\_\_\_ Team/Group Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Position with Team: \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_ Email Address\*: \_\_\_\_\_

Mailing Address\*: \_\_\_\_\_

\*Please Include Postal Code. This is where orders for your team for videos and/or photos will be shipped (if applicable). If you have a P.O. Box, please also include a civic address (street address) for direct shipments. Use the back of this sheet if you need more space. The email address above will be the one used for emailing updates, competition schedule and anything else pertaining to the event. Please list additional email addresses if you wish.

**DIVISION:** (Use CheerExpo USASF Cheer Divisions to Select)

<u>Select One Type =</u>	Dance Studio/Club	Cheer Allstar/Club	School	University/College
<u>Select One Age Group =</u>	Tiny	Mini	Youth	Junior Senior Open
<u>Select One Category =</u>	Open Tiny & Mini Only	Jazz	Pom	Hip Hop Production

Number of Males in Group = \_\_\_\_\_

**TEAM REGISTRATION FEES**

**Early Registration (must be RECEIVED by Feb 15th)**

Early Bird Competitor Rate	_____	@ \$50/participant	= \$ _____
Early Additional Coach (First 2 coaches are free)	_____	@ \$35/participant	= \$ _____
Early Watch and Learn Only / Spare	_____	@ \$40/participant	= \$ _____

**Standard Registration (must be RECEIVED by April 12<sup>th</sup>)**

Standard Competitor Rate	_____	@ \$60/participant	= \$ _____
Standard Additional Coach (First 2 coaches are free)	_____	@ \$45/participant	= \$ _____
Standard Watch and Learn Only / Spare	_____	@ \$50/participant	= \$ _____

**Second Dance Team** (for individuals who are competing on more than one dance team (or in more than one division) within the same studio/school. Individual must pay regular rate for one of the teams.

\_\_\_\_\_ @ \$20/participant (\$100/group) = \$ \_\_\_\_\_

**LATE: After April 12<sup>th</sup>**

\_\_\_\_\_ ADD \$300 Per Team = \$ \_\_\_\_\_

**SUBTOTAL 1** = \$ \_\_\_\_\_

**+ 5% Tax (GST)** = \$ \_\_\_\_\_

**SUBTOTAL 2** = \$ \_\_\_\_\_

**+ 7.5% Tax (QST)** = \$ \_\_\_\_\_

**TOTAL REGISTRATION** = \$ \_\_\_\_\_

Add 4% Convenience Fee (credit card payments using paypal only) = \$ \_\_\_\_\_

Credit Card Payment Total = \$ \_\_\_\_\_

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

Name	Age	Name	Age
1.		24.	
2.		25.	
3.		26.	
4.		27.	
5.		28.	
6.		29.	
7.		30.	
8.		31.	
9.		32.	
10.		33.	
11.		34.	
12.		35.	
13.		36.	
14.		<b>COACHES:</b> * use back if needed	
15.		Free Coach 1:	
16.		Free Coach 2:	
17.		3.	
18.		4.	
19.		<b>WATCH &amp; LEARN / SPARES</b> *use back if needed	
20.		1.	
21.		2.	
22.		3.	
23.		4.	

Please use one page per team

**Possible Scheduling Conflicts:**

For scheduling purposes, please indicate with a **star beside their name(s) (above)** which competitors and/or coaches are associated with other teams and indicate which other teams(s) they are associated with here (whether the other team is part of your organization or not). All efforts will be made to create a workable schedule. However, CheerExpo will not be held responsible for scheduling conflicts. For example, Sally Sue may end up competing with ABC dance team at the same time she is scheduled to practice with XZY school team. Use the back if you need more space.

Name	Other Team Name:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

**COACH DECLARATON:**

I hereby declare that all participants named are currently and legitimately enrolled in the school or organization named above and will be on the day of competition. The team has the permission of the school or organization to participate at the event in their name. I also verify that I have read, understand and agree to fully adhere to all statements in all 4 pages of the Coach Agreement and Details section and verify that all athletes meet the age and eligibility requirements for the division for which we are registering.

Head Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Advisor Signature (school teams only): \_\_\_\_\_ Date: \_\_\_\_\_

# CheerExpo Waiver Form

Please fill out the entire form. One form must be FULLY READ and completed for/by EACH member AND COACH. The original signed copy must be remitted to CheerExpo.

Participants Name: \_\_\_\_\_ Age: \_\_\_\_ Grade: \_\_\_\_

Date of Birth (D/M/Y): \_\_\_\_\_ School/Studio Name: \_\_\_\_\_  
(Please list all)

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

Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Position of Participant (circle one): Coach Athlete Teacher Advisor Parent Ex-Athlete Other

Insurance Company\*: \_\_\_\_\_ Policy Number\*: \_\_\_\_\_  
(\*Required for foreign and US residents only)

**REQUIRED\*: Canadian Residents Only.** Provincial Health Program Number (i.e. Health Card Number, Medicare, etc): \_\_\_\_\_ Expiry Date: \_\_\_\_\_  
(if applicable)

Medical Conditions: \_\_\_\_\_

Allergies: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_

Additional Emergency Contact Name(s): \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_

In this activity, as in all athletic activities, there is an inherent risk of injury and/or death. I do hereby on behalf of myself and/or my child, my family and friends, release and forever discharge the event facility (venue), CheerExpo Cheerleading and Dance Events Inc (CheerExpo), and their respective employees, partners, members, volunteers, instructors, exhibitors, clients, contractors, directors, speakers, officers, and owners from any and all claims, demands, and causes of action for any injury to persons or property resulting from participation in CheerExpo competitions, events, and or activities, including traveling to and/or from the event(s). I further attest and acknowledge that I/my child am/is in good medical condition and am/is physically able to participate in this event. A chaperone/Adult (over the age of 21) is required to attend with participants. This chaperone will be responsible for the participants at all times. CheerExpo is not responsible for the supervision of these participants. In the event of event cancellation, CheerExpo will reimburse fees paid to CheerExpo only, and will not be held responsible for travel, accommodation or any other costs incurred as a result. I understand and consent to the fact that myself/my child may be photographed and/or videotaped at the event for CheerExpo promotional purposes.

I also understand that in the event of injury or sickness, first aid will be rendered and/or if necessary, or instructed to do so, I give permission to take myself/my child to such a place as may be necessary for proper care. I grant permission for any hospital or clinic staff members to administer immediate treatment if necessary. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may result. More information about CheerExpo, including contact information, can be found at [www.cheerexpo.com](http://www.cheerexpo.com)

**Parent/Guardian**

Signature: \_\_\_\_\_ Date (D/M/Y): \_\_\_\_\_

Participant Signature if 18 or Over

# CheerExpo Montreal 2010 Coach Agreement & Details

## Registration Information

This is what you will need to send in to be registered:

1. Completed Registration Pack(s). You will need to fill out one package PER TEAM you are registering.
2. Payment (**ONE** certified cheque, bank draft or money order per team/gym), payable to CheerExpo. Business or school cheques will be accepted only if received prior to April 12<sup>th</sup>.
3. You will need a completed waiver form for each participant (competitor, spare and/or watch & learn) **and coach** attending. You must include a waiver form for each member on your team, even if they are on another club, school or dance team. If they are crossover athletes, you will need a completed waiver for each team they compete with. Please ensure that waiver forms are in the same order as the team roster when presented to CheerExpo. Coaches are responsible to ensure that the person signing each waiver form has read and understood the form entirely before signing.
4. **If you are registering a school team, a letter of permission from the school principal or athletic department recognizing that the team is participating at the event** is required. **If you are a University/College team** You will also need an official roster of team members and have the registrars office sign off stating that all team members are students of the school. Minimum number of courses a student must be registered in to be eligible for CheerExpo is 1 (one).

Once you have all of this together, mail to:

**CheerExpo Competitors, 556 Deerwood Place, Comox, B.C., Canada, V9M 4G3**

No time to mail? Fax in your forms to (250) 890-0116 and pay with a credit card via paypal to info@cheerexpo.net. Just add a 4% convenience fee to your registration. Do not fax waiver forms. Waiver forms must be mailed in or passed in at the coaches meeting.

## Additional Registration Information:

1. Prices are **per competitor**. Teams will be allowed to bring two coach/helpers free of charge. The coach/helper is responsible to play and stop the music. This person is also responsible to have all medical information pertaining to the competitors including health card numbers, insurance companies (if applicable), any allergies or potential considerations, and all emergency contact information. If the group or individual is part of a team, this/these coach/helpers must be the actual coach(es) of the team. Additional coaches may come at the discounted rate. Coaches who are also athletes on a team have pay to compete.
2. Please note that you will only receive the early bird rates above for the things you register for by the early deadline. Any additional registration for your team (i.e. adding members, adding another routine style, etc.) after the deadline will use the standard or late rates.
3. **RETURNED CHEQUES:** Cheques that are returned for any reason will be charged a \$50 return fee in addition to the principal amount. Cheques will no longer be accepted as a method of payment from the team/individual/issuer in the future. Payment will only be accepted in the form of Money Order, Certified Bank Cheque/Draft or Cash.
4. Special Needs teams are welcome to participate at no charge.
5. All competitors must be registered by April 12<sup>th</sup>. A late fee of \$300 **per team** will be assessed for anyone registering after the deadline and will only be permitted if it does not conflict too much with the scheduling of the event. Check for availability. This is not just a "ploy" to get you to register early. We turn away teams at every event because we feel that the teams who took the time to register on time deserve to have correct schedules well in advance and family & fans deserve an event program that is accurate.
6. All teams must compete using the appropriate USASF rules of play. These rules are available online at [www.usasf.net](http://www.usasf.net). Use the CheerExpo USASF Dance Divisions when selecting divisions. All score sheets and judging guidelines can be found on the website.
7. Changing divisions after the April 12<sup>th</sup> deadline will cost \$250 per division switch. The schedule may or may not change.
8. There are absolutely **NO** refunds for fees paid to CheerExpo unless the event is canceled by CheerExpo. In the event that the competition is canceled due to bad weather the event will be rescheduled. Those unable to attend will not be refunded. There are no refunds after April 12<sup>th</sup> (awards have already been purchased) but you may transfer your credit (i.e. if Sally Sue was removed from your team, you can replace her with someone else at no extra cost, or transfer her paid amount to someone else in the form of watch & learn passes for family members/fans). You can also use your credit towards additional divisions (i.e. jazz, pom, etc) if time/space permits. Check for availability.
9. Teams/individuals may enter more than one division as long as they meet all requirements of each division. Crossovers (participants competing in more than one team division per club) are permitted provided the following conditions are understood:
  - Each participant will pay separately for each team/performance they compete with. The cost for the first competitive division is \$50 plus tax (early rate). Each additional division that person registers in will cost \$20 plus tax.
  - A participant may not compete on two teams in the same division. For example, *Sally Sue who is 14 yrs old may compete with a senior dance team, a junior dance team, and an open dance team but she cannot compete on two senior dance teams competing in the same division. She cannot compete against herself. But she can compete in Senior Jazz and Senior Pom.*
10. There are no special pricing options for individuals that compete on both a school and studio dance team (or any two teams that are not part of the same organization). Each member must pay full price for each team. **Further, each member must submit a completed waiver form for EACH TEAM they are competing with.**
11. **Proof of Age/Grade:** Although proof of age/grade is not required during registration for competitors, all reasonable accusations will be investigated. Any **coach** may request an investigation into the age/grade of a participant by submitting proper written documentation including the reasons the individual(s) are suspected of performing illegally, to Laura Mar, **NOT** to the judges. If sufficient evidence warrants an investigation, the parents, coach, and administrators **will** be notified of the source of the accusation. Coaches must provide proof of age/grade if it is requested. If the individual is found to be in violation of the age/grade requirements before the competition, that individual will not be allowed to compete in that division. If an individual is found to be performing illegally after performance, all titles will be revoked from the individual/team/group, and the awards for the other teams in that division will be adjusted accordingly.
12. Coach, extra coach, and team member bracelets allow access to all classes, practice space, the shopping mall, and to watch the competition. There is no need to purchase Watch & Learn passes if you are competing. This is for interested friends/parents that may be

traveling with you. If you are not ready to compete you can register your team for watch and learn passes instead. Individuals can also register for watch and learn passes. Waiver forms are required. See details in the watch & learn section of the website.

## General Event/Competition Rules

13. CheerExpo reserves the right to cancel or combine divisions depending on registration in each division.
14. All teams will compete twice (once Saturday and once Sunday). You will receive all scores after the Stunt Group and Individual Awards Ceremony on Saturday...including team score sheets. You can pick them up at the Info booth. The Sunday score sheets will be available after your team's awards ceremony. Any score sheets that are not picked up will be discarded. Your final scores will be a combination of day one and day two. That means that each performance is worth 50% of your final score.
15. Nobody is permitted to talk to the judges when they are judging. Further, nobody is allowed to talk to the judges or tally judges about the competition when they are **not** judging except for during the designated class time in the Coaches Oasis (see below).
16. Please also note that teams will go in reverse order in their divisions on Sunday. This is to ensure that teams get to see all of the other teams that they are competing against. Although every effort is made to avoid conflicts in the schedule, overall judging accuracy and consistency must be taken into consideration when scheduling. In the event that a team must compete twice in one day, they will compete at the beginning and end of their divisions. This is to ensure that the judges are accurately scoring you against the other teams in your division. Those teams competing twice will have scheduled practice times for their second run but will most likely not have time to use them. You will also not receive your score for the first run until all of the scores are released.
17. All competitors (including dancers) will compete on the matted competition floor provided.
18. Coaches / team designated adults (over the age of 21) are responsible for the conduct and safe participation of participants at all times during the CheerExpo, including during classes.
19. There will be no event spotters for this competition. Coaches will be responsible to assess the ability level of their team and create routines suitable for the ability level of each participant. Routines with ANY falls, including ones that are caught properly, will be deemed above the ability level of the team and will result in significant deductions on the score sheet.
20. Inappropriate language, music or movements are prohibited.
21. Music:
  - You must bring two quality CD's of your music. Due to the fact that all music equipment is different, coaches are strongly advised to create routines that finish at least 5 seconds before the maximum time limit in order to avoid penalties for time limit violations. Please make sure that your CD is "finalized" so it will play. Note: Do not use CD-RW!
  - A representative from your group must run your music. Please get that person to go to the sound system WHEN THE TEAM/PERFORMANCE BEFORE YOU IS STARTING so the announcer knows you are ready and is not searching for you. Once your team is announced, they will have 10 seconds to press play.
  - The sound system will be set at one volume level. To prevent sound system failure, nobody is allowed to adjust the volume level of their music without prior permission.
  - Any participant(s) that makes mistakes due to poor music quality, or their own equipment, supplies, or personnel, will NOT be allowed to repeat their performance. Mistakes occurring due to CheerExpo sound system failure WILL be allowed a repeat performance.
22. All participants (including teams, individuals, groups, etc) must enter and exit the performance area in a timely fashion. Placement of props should take place immediately after the previous performance. DO NOT wait until you are called to perform to place your props. **Formal entrances (from the time your team is announced to perform) or exits involving jumps, tumbling, stunting, or organized motions, cheers or spell-outs are prohibited and will result in a 2 point deduction.** All competitors should enter onto the floor as quickly as possible and immediately begin their performance when called. As soon as the announcer STARTS to announce your team you should go to your spots. You then have 10 seconds to start your routine. When finished, you have been allotted 15 seconds to put your last stunt down, and exit the floor.
23. Please also read the General Safety Rules on the USASF website ([www.usasf.net](http://www.usasf.net)).

## Coaches Meeting, Check In & Practice Times:

On Friday May 14<sup>th</sup> at 7pm we will have a coaches meeting at the Complexe Sportif Claude Robillard. This is a mandatory meeting and each team must send at least one coach to the meeting. Please arrange your travel accordingly.

The meeting will take place in front of the competition floor. During that meeting the following things will happen:

1. You will have a tour of the facility so that you know where to find the practice space, the info booth, each class spaces, the announcer/music station, the coaches room, first aid personnel, etc. so that you can pass this information onto your team members. We will also walk through the process that your team will follow the next day and during awards ceremonies.
2. Any last minute changes that need to be made will be made then. You will have an opportunity to ask any last minute questions you have about the event. We will discuss anything that you would like to see changed/added for next year's event. All suggestions are welcome. This event is team driven...meaning that YOU will have a lot of say in what happens each year. After the competition, I will also send out a feedback email requesting feedback on all aspects of the event so you will have an opportunity to forward your comments afterwards as well.
3. Each team will be registered and receive passes for each competitor and coach that you have registered with your program. You will then be responsible to get the passes to each of your team members for the next day. This is also when you will pass in any waiver forms that you have not yet passed in, pay any amounts that are due, add anyone to your team, and/or deal with any issues (i.e. Sally Sue has quit and John Doe is taking her spot), etc. All payments made at the event will be cash only unless they in the form of a certified cheque/bank draft, or cheque from your school. Personal/non-certified business cheques will not be accepted. Teams will be registered in alphabetical order but if you coach multiple teams you can register them all at once when the first group is called.
4. During this time, our instructors (TBA) will lead a class. This class is for the coaches only. The purpose of this class is to a) kick off the learning of the weekend and b) give you something to do while you are waiting go get your team(s) registered. Expect the entire meeting to be about 1.5 hours (7:00pm – 8:30pm).

24. If you absolutely cannot make it to the coaches meeting you have two options: 1) show up early on Saturday if you are in one of the first divisions to get your team registered and pass out all of your passes, or, 2) if your division is later, avoid the morning rush and wait until after 9:30am to try to get in. The team registration desk will only be set up until 11pm. You will miss any last minute info, the tour, any discussions concerning the next years' event, and the coaches' class. If you are one of the first four teams to compete on Saturday morning, the coach only may come in to the registration desk to register the team at 8am. The team must wait outside until their allotted time (see number 31).
25. **Bracelets:** During the competition, all competitors and coaches will wear Tyvek bracelets. You will wear these at all times (**even when you are competing**). The judges know that you will be wearing them and will not deduct any points. These bracelets will allow you into all class spaces and the practice space for your practice time. They must be worn on the wrist. They are waterproof so no need to worry about swimming in the pool at your hotel (if applicable). They should only come off if ripped or cut off. If this happens, you can get your bracelet replaced at the box office or the info booth but you must have the old one to pass in. If the old bracelet is lost, it will have to be re-purchased. The passes should be put on tight enough so they do not slip off but not so tight that they cut off circulation. This is to prevent people from handing their passes to their friends to get in. My main concern is that these people would then have access to the classes without filling out a waiver form so if something happened to that person we would have no medical information.
26. All teams will be checked in at the coaches meeting on set up day (Friday the 14<sup>th</sup>). All teams must be registered (fully paid, waivers received and bracelets on) before they take the floor or enter the practice area.
27. You will be assigned practice times but they are not mandatory. All competitive schedules and the practice schedules for the event will be posted at least one week before the event. There will be no separate floor times for Specialty Divisions (except Dance) on the large practice floor although specialty divisions will have designated times on the tumble strip sections.
28. Your practice times are for set times. If your team shows up four minutes into your 5 minute\* practice time, you will get 30 seconds on the floor; not 5 minutes from the time you are ready. So as soon as the team before you is done, go to your spots and start. As soon as your practice time is up, quickly exit the floor. Please be considerate of the team after you and get off the floor as soon as your time is up. There will be someone there running floor times. When they say "30 seconds left" that means it is time for your team to start **coming off of the floor**; not that you have an extra 30 seconds left to practice, do not try to "sneak in" just one more dance...I know how you people think, I use to be a coach too! \*Actual amount of time per practice mat will be announced with schedules approx. 1 week before the event.
29. There will be other groups practicing at the previous two stations while your team is having practice on the full floor. For safety reasons, music will be kept low during your team practice time so the other groups can hear their back spotters and/or coaches calling counts.

### General Info/Rules:

30. The Complexe Sportif Claude Robillard is located at 1000 Avenue Emile Journault, Montreal, Quebec, Canada H2M 2E7
31. At 8am each event day (Saturday and Sunday) the exhibitors will be allowed entrance. The groups doing the first few performances of the day will be allowed entrance a little earlier than everyone else. Schedules for this will be sent out before the event. Only the COACHES and team members may enter at this time (NO PARENTS or FANS). These teams must proceed directly to the practice area and not enter the competition arena as exhibitors will still be setting up. No one else may enter the CheerExpo before 8:30am Saturday or Sunday. Note to coaches: Please do not ask your team to meet at 7:45am and expect to get in the door. If you are concerned about people being late for your practice time, please select another meeting location and/or inform your parents and cheerleaders that they will not be permitted entrance at this time. Please make sure parents and fans understand that they will not be permitted entrance until 8:30am no matter how early their sons/daughters are permitted to enter. Any parents, coaches, fans or cheerleaders creating a conflict over this issue will not be permitted entrance at all. The competition will begin at 8:55am with the first team taking the floor at approximately 9:05am. The exhibits do not officially open until 9am.
32. Teams must come ready to compete (i.e. hair done, costume on, etc). There are no separate change rooms for teams.
33. NEW this year: Spectators are FREE! Spectators may view competitions and shop in the shopping mall but cannot attend classes. If you want to attend classes but are not competing see the Watch & Learn pass information on the website.
34. There are a limited number of spectator seats available. Due to fire code regulations, when they are full, no more spectators will be permitted. There will be seats reserved for coaches around the competition floor. We will also be doing a priority seating area for teams only, when they are not back to back. Preferred seating will be in the seats right in front of the competition floor. What is priority seating? As soon as the team before the team you want to watch is finished, all of the club members, feeder school members, parents & fans of that team can sit up front to watch the team. There will be about 50 seats allocated for this. When the team is done, they exit out of the seats for the next wave of fans to come up and sit in those seats. You CANNOT sit and watch all of the teams from this area. The seats will be emptied and re-filled for every team. There will be event barriers around this area to better control it.
35. Absolutely no stunts or gymnastics are to be performed outside the performance, practice and/or warm up area.
36. **For people that coach multiple teams/divisions:** Please review the competition schedule and practice mat schedules carefully!! Although there should not be any times when you are competing at the same time, there MAY be times when one group is competing or about to compete while another group of yours is in the practice room. Make sure you have a plan for someone else with a proper bracelet to run your floor times if this happens.
37. Team photographs of the competitors will be taken in the practice room before your practice time on Saturday. Please report to the practice room 5 minutes before your picture time to make sure you are prepared. There are no scheduled pictures for specialty divisions except for dance.
38. Team photos and event videos will be available for purchase at the CheerExpo. Your parents and fans are welcome to take pictures or videotape from the stands but they cannot sell or offer free distribution of the photos or videos, or block any thruways, walkways, EMS, judges, spectators, or official event photographers or videographers.
39. There will be a "on deck" area (meaning you are the next team to compete) behind the competition floor. This is for your team to stretch and get ready. ALL teams must warm up before competing. There will also be a waiting area for the team that is next in line for the on deck area. You should report to the waiting area ("The Hole") 10 minutes before your scheduled compete time (i.e. immediately after your practice time). When you are in these areas, PLEASE BE QUIET! There are teams competing. You will enter the competition floor from the "on deck" mat and exit the floor on the opposite side.
40. There will be emergency response personnel available to ensure that athletes and spectators can be well cared for if necessary. The role of these people is to deal with injuries, not to tape wrists and ankles. Kindly plan to bring your own athletic tape. EMS will have ice if you need it. Do not put it in drinks. DO NOT BLOCK THE VIEW OR EMERGENCY PATHWAY OF EMS.

41. Where do we put our bags? There is an unused blocked off area behind the competition floor where teams can put bags. Please note that all team members have access to this area and belongings left there are done so at your own risk. CheerExpo will not be held responsible for lost or stolen items. Parents also make great dumping stations. Do not leave valuables in the dressing rooms or restrooms. There will be a lost and found at the info booth if you've misplaced something. After the event you can contact the Claude Robillard Centre directly to inquire about lost items.
42. The classes are scheduled around the competition schedule (for example: we wouldn't want the Level 6 class to be during the level 6 division of the competition) so once the competition schedule is complete, the class schedule will be put together as well. For this reason, scheduling is a little more complicated than other events (not to mention that we also have judges who may also be teaching) therefore, once the schedule is complete, there will be no changes. So please take the time to review your team's division and make sure that everything is correct. If there is anything that you would like me to consider (i.e. I have two kids that have to leave by 3pm on Saturday, etc) before creating the schedule please let us know when you register or by April 12<sup>th</sup> at the latest.
43. Class sizes are limited and filled on a first come first served basis. Class topics vary from event to event. The class schedule will be online at least 1 week before the event. All competitors and coaches, and anyone who has a Watch & Learn pass can go to any class they choose. You do not have to pre-register. CheerExpo assumes NO responsibility in the validity of information taught in classes, or quality of products purchased at the Expo. Even though companies have booked classes or booths, we cannot guarantee their attendance at the event.
44. There is a debit machine close to the main entrance of the facility. Some vendors will have debit at their booths but otherwise everything is cash only.
45. After the last performance in each block on Sunday, we will begin to prepare for the awards ceremony. All competitors must clear the floor area. All athletes must wear uniforms/costumes to the awards ceremony (no pajama pants, etc). All teams will be announced and will have awards for all divisions. A CheerExpo representative will deliver the award to each team (no need to send up a representative...although it would be helpful to have someone meet them halfway) **except** the first place team. All members and coaches of the first place team in each division will come forward to receive the award and get a team picture taken right then. Then we will continue on with the next division. All teams will be announced for each division so obviously if there are 5 teams in your division and your team wasn't called for 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup> or 2<sup>nd</sup>...you know that you have won. Please discuss this with your team so that they know not to go crazy until they are actually announced as 1<sup>st</sup> place so that they do not ruin the moment for the second place team. Everyone please keep in mind though that these are **kids** and in the moment they will probably forget and get excited when they realize that they have won. They are not doing it to insult anyone...they are just excited. More information about the awards ceremony will be emailed to the coach/contact of each competing team when we get closer to the event.
46. To keep awards ceremonies manageable, there will be separate awards ceremonies set up throughout the day on Sunday. Please let your teams know that the only teams/competitors that are actually involved in the awards ceremony at that time should be around and in front of the floor during those ceremonies. This will help the awards go much more smoothly.
47. Accommodations are your responsibility. CheerExpo assumes no responsibility for the quality of stay at any hotel.
48. The staff of the facility will have a concession stand set up and we have no say in what is sold. No outside food or drink is permitted in the building. We are not that picky on this issue but we have to relay the message. That being said, there is **absolutely no food or drink permitted in the practice space or class spaces except water**. There is also no food or drink permitted on or around the competition floor or practice mats. This includes suckers AND GUM.
49. No outside footwear is permitted in the class space or practice space...yes, this includes coaches. If you only have outside footwear, please remove your footwear when entering the room and especially before walking on the mats. Wear socks...bare feet are not permitted.
50. Mailing: After April 12<sup>th</sup>, please do not mail anything else to the office or it may be sitting in our mail box during the event! Our office is on Vancouver Island and mail is notoriously slow to get here. If you want to register something after this date CALL US! If you are already registered but you have items we need (i.e. waivers, payments, etc) you can pass those items in at the coaches meeting. If you have an issue that affects the competition schedule, please call me. If you need to reach me **after May 1<sup>st</sup>** you can call me on my cell phone at 250-218-4301 as we will be at a satellite location, not in the office. I will have very little access to email, so again, if you need to reach me, call me on my cell at 250-218-4301. **Before May 1<sup>st</sup>** you can just call me at the office (250-890-0106) or email me (info@cheerexpo.net).
51. Last but certainly not least...this competition will be run with the spirit of fairplay and sportsmanship in mind. Any participant, coach or spectator causing interruptions during the CheerExpo will be removed without refund and all teams are at risk to be banned from future CheerExpo events if there are upsets during or after the awards ceremony. Let's teach our athletes to be good sports.

**IMPORTANT: There will be a mandatory coaches meeting on Friday 14<sup>th</sup> starting at 7pm by the competition floor. Please book your travel arrangements accordingly.**