



## 2019 USA JUNIOR NATIONALS SUPPLEMENTAL REGISTRATION PACKET (SRP)

Congratulations! Based on your team's performance and qualification at a USA Regional or Classic competition, the United Spirit Association invites your team to participate in the **2019 USA Junior Nationals** in Anaheim, CA on **February 24, 2019**. The competition will take at the Anaheim Convention Center.

All competition takes place on Sunday. Divisions with 10 or more teams after initial registration will be split by size and the resulting divisions will have preliminaries and finals with both performances on the same day. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size. Teams must compete in both performances to be eligible for awards.

Headquarters for the 2019 USA Junior Nationals will be the Hilton Anaheim Hotel. The hotel is located across the promenade from the Anaheim Convention Center and various southern California amusement attractions, including the *Disneyland*<sup>®</sup> Resort. Discounted hotel prices are available only through the USA.

The competition takes place near the *Disneyland*<sup>®</sup> Resort. The *Disneyland*<sup>®</sup> Resort includes the *Downtown Disney*<sup>®</sup> District, *Disneyland*<sup>®</sup> Park, and *Disney California Adventure*<sup>®</sup> Park. The *Downtown Disney*<sup>®</sup> District offers dining, entertainment and shopping. A theme park admission ticket is not necessary to visit the *Downtown Disney*<sup>®</sup> District.

Discounted theme park tickets are available for purchase through your team's registration packet (limited supplies available).

Please register your teams on-line at [usa.varsity.com](http://usa.varsity.com). Make sure to read through this supplemental registration packet and submit any required forms by the deadline(s) indicated within.

If you have any questions regarding the 2019 USA Junior Nationals event, registration process, etc., please contact the USA office at 800-886-4872 or [usacompetitions@varsity.com](mailto:usacompetitions@varsity.com).

**We look forward to seeing you at the  
2019 USA Junior Nationals in Anaheim!**

## GENERAL INFORMATION

### REGISTRATION

**Please do not wait to qualify before registering as registration will close before all regional competitions have taken place. If a team does not qualify, all monies paid will be refunded.**

Event registration is done on-line on the USA website at [usa.varsity.com](http://usa.varsity.com). Registration deadline for hotel packages is **November 30, 2018**. Registration deadline for all commuting registrations is **January 11, 2019**. **We encourage schools/teams to register for USA Junior Nationals prior to the deadlines as the event may close prior to the registration deadlines due to event capacity.** Approval in advance from the USA office is required for registrations submitted after **January 11, 2019**.

### PAYMENT INFORMATION

Registrations are not confirmed until payment is received. The date payment is received will be the date used for performance order determination.

**Schools/Teams Purchasing a Hotel Package** - \$75 per person deposit to secure hotel rooms is due on or before **November 30, 2018**. Final balance is due on or before **January 11, 2019**.

**Schools/Teams Commuting** - Payment in full is due on or before **January 11, 2019**.

**A late fee of \$20 per participant will be assessed on registrations without payment by the deadline or submitted after the deadline.** Registrations that are not paid in full or guaranteed by school purchase order by **January 11, 2019** are subject to cancellation.

### HOTEL INFORMATION

The Hilton Anaheim Hotel is the host hotel for the 2019 USA Junior Nationals. A limited block of guest rooms have been reserved for USA Junior Nationals participants and guests. No one is able to reserve a room at the USA discounted rate directly through the hotel – all reservations must be made as part of the team registration through the United Spirit Association. Rooms are booked on a first-come, first-served basis as deposits are received and teams qualify for the event. The hotel block may be filled before the hotel registration deadline of November 30, 2018. Rooms are not confirmed until you receive a registration confirmation from the USA office. Early registration for hotel rooms is highly recommended.

### EVENT ADMISSION – PARTICIPANTS AND COACHES

All participant and coach wristbands will be included in the team's registration packet. Two (2) complimentary coach/advisor wristbands per team will be provided. Up to two (2) additional coaches wristbands per team may be purchased in advance through the team registration.

### EVENT ADMISSION – FAMILY AND GUESTS

Event admission can be purchased at the Anaheim Convention Center. Single day adult event admission and child admission is not sold in advance and only may be purchased at the event site during the competition. **Cash only is accepted for general admission tickets purchased at the event.**

#### One-Day Admission

\$25.00 (adults)

\$10.00 (children ages 5 – 11)

Under five (5) will be admitted free of charge

### **SUPPLEMENTAL REGISTRATION PACKET**

Please complete and submit the additional registration paperwork included in this packet. All paperwork must be received in the USA office on or before **January 11, 2019**. **Please see the registration check list on how to submit the completed forms.** All release forms must be originals. Please do not fax or email release forms. It is recommended (not required) that the release forms be sent via a traceable method (i.e. UPS, Fed Ex, etc.) and that you make copies of documents prior to submitting them. The USA is not responsible for packages that are lost in the mail. **During the busy Nationals season, the USA office will not always be able to verify the receipt for release forms sent via the USPS so sending the forms via a traceable method allows you to know that the forms have reached the office.**

### **PERFORMANCE ORDER/SCHEDULES**

Typically performance order is based on registration confirmation. Registrations are confirmed when the deposit/payment is received. The first registration confirmed will be the last to perform in that division and the last registration confirmed will be the first to perform in that division. Adjustments may be necessary due to division/team conflicts.

**All teams will be given an assigned check-in and warm-up time prior to competition.**

The contact on the registration will be emailed a tentative line up with performance times at least 2 weeks prior to the competition. These times are subject to change. The final schedule will be available by checking [usa.varsity.com](http://usa.varsity.com) after 5:00 PM (PST) the Wednesday prior to the competition. As of this day, performance times usually remain the same regardless of scratches. It is the advisor/coach's responsibility to check the schedule for accuracy of divisions, team size, etc. prior to the day of competition.

### **PERFORMANCE AREA**

All Show Cheer will perform on a carpet bonded foam mat measuring 42' (front to back) x 54' (side to side). All stunts and/or tumbling must be **completed** on the mat surface. There will be a three-point deduction off your final averaged score for each infraction of this rule. Group Stunt teams will perform on a carpet bonded foam mat, measuring at least 28' (front to back) x 42' (side to side) -- 4 strips. All Song/Pom teams will perform on a marley, basketball court or similar type of dance floor, measuring at least 42' (front to back) x 42" (side to side). Performance areas may change as a result of final registration.

### **SAFETY RULES/ PENALTIES**

Routines at all USA competitions must follow the 2018-19 AACCA School Cheer Safety Rules, 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Limitations, 2018-19 Traditional Rec Cheer/Club Rec Show Cheer Division Limitations, 2018-19 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Rec Teams and General Information (available on-line at [www.usacamps.com/jrinfo](http://www.usacamps.com/jrinfo)).

Points will be deducted from the final team average for violations of safety rules and/or time limits.

For specific safety rules for divisions, as well as time restrictions, skill restrictions, and other rules, please refer to the USA website at [usa.varsity.com](http://usa.varsity.com).

### **MUSIC**

Teams may use as many songs in the music portion of their routine as they like. Music guidelines are being followed at all USA and Varsity Brands events. Competition music must be properly licensed and a team must be able to provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For further details visit [varsity.com/music](http://varsity.com/music).

Music is defined as any recorded sound amplified through the competition sound system.

A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Directors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

All teams must provide their own MP3 device or smart phone for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused

during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a head phone jack. One or several selections of music may be used, as long as they follow the music licensing rules

### **FINALS**

Divisions with 10 or more teams after initial registration will be split by size and the resulting divisions will have preliminaries and finals with both performances on the same day. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size. Teams must compete in both performances to be eligible for awards.

### **AWARDS**

At the conclusion of each section of the competition, awards will be presented to the top teams in each division. Scoresheets will be made available following the competition.

For the 2019 USA Junior Nationals competition, trophies will be presented to 50% of the teams competing in each division. For teams placing 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, individual medallions will be given to each participant. First place teams also receive a Nationals banner and each individual team participant will receive a Champion gift.

### **REGISTRATION PACKETS**

Registration packets will be available for pick-up by the authorized team representative only starting on Thursday, **February 21, 2019 at 9:00 AM**. Packets will not be mailed in advance. Individuals are not allowed to pick up portions of the registration packet. This ensures that all tickets and wristbands are received and accounted for by the school representative.

### **HOW TO CONTACT THE UNITED SPIRIT ASSOCIATION**

5770 Warland Drive, Suite B

Cypress, CA 90630

800-886-4872

866-761-9365 (fax)

[Usacompetitions@varsity.com](mailto:Usacompetitions@varsity.com)



## 2019 USA JUNIOR NATIONALS PRICING

### Hilton Anaheim Hotel

Hotel Room Only (Maximum occupancy is 4 people per room) \$237.00 per room/per night  
(Room tax and resort fees included. Hotel parking fee is not included. Entry fees to all other events are extra. Transportation not included in this package.)

Hotel rooms are available on the nights of February 20 – 25, 2019

### Entrance Fees

**Competitor Entrance Fee** (all competitors/alternates must purchase a competitor's entrance fee) \$75.00 per person  
**Extra Coaches Admission** \$25.00 per person  
Up to two (2) additional coaches wristbands per team may be purchased in advance through the team registration.

**Spectator Entrance Fee-Daily Admission** (Tickets sold at event for cash only)  
(adults ages 12 and over) \$25.00 per person  
(children ages 5 - 11) \$10.00 per person

### Additional Categories

- **Crossover Fee** \$15.00 per person  
(competitors competing in more than one division)
- **Group Stunt** (4 – 5 competitors, All Female or All Male) \$75.00 per group





## REGISTRATION CHECK LIST

Please use this check list to assist you with the National's registration process

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### Input Registration On-Line

- For schools/teams purchasing hotel rooms through the United Spirit Association, the nationals registration must be inputted on or before **November 30, 2018**.
- For schools/teams not purchasing hotel rooms through the United Spirit Association, the nationals registration must be inputted on or before **January 11, 2019**.
- **Do not wait to qualify to register on-line. If a team does not qualify for Nationals, any monies paid will be fully refunded.**
- Go to [usa.varsity.com](http://usa.varsity.com) for the link for Junior Nationals registration
- Please use the "How To Register" document on the USA website for easy steps on how to register for Nationals

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### Pay Deposit (for schools/teams purchasing hotel rooms only)

- For schools/teams purchasing hotel rooms through the United Spirit Association, a \$75 per person deposit **must** be received on or before **November 30, 2018**

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### Submit Additional Nationals' Paperwork

- **Release and Waiver Forms** – send in complete, original Release and Waiver forms for all participants and for each coach on or before **January 11, 2019**. Do not send in release forms for parents attending the event. It is suggested, but not required, that release forms are sent a traceable way (e.g. Fed Ex, UPS, etc.) so that you can track the documents to ensure they have been received.
- **Policies and Procedures** – this document will be sent to the contact on the registration for signatures via DocuSign. Either complete the form via DocuSign or download the original form, gather the appropriate signatures and either mail in the original or email the form to [kbetts@varsity.com](mailto:kbetts@varsity.com) on or before **January 11, 2019**.
- **Registration Packet and Score Sheet Pick Up Information** – this information will be requested via email or use the following link to access the form <http://bit.ly/2xGQOse>. Please make sure to complete and submit the request on or before **January 11, 2019**.
- **On Site Contact Information** – this information will be requested via email or use the following link to access the form <http://bit.ly/2N9AVzr>. Please make sure to complete and submit the request on or before **January 11, 2019**.
- **Proof of Music Licensing** - send in proof of music licensing via email, fax, or mail the original to the USA office on or before **January 11, 2019**.



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#### **Submit Balance Due or Payment in Full on or before January 11, 2019**

- Please submit the final balance due or payment in full on or before **January 11, 2019**.

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#### **Submit Changes or Cancellations on or before January 11, 2019 (if applicable)**

- All changes and/or cancellations must be made through the Nationals Registration Portal on the USA Website. Changes/cancellations will not be accepted over the phone or via email. **Please do not submit multiple change requests for the same change. Once a change has been processed you will receive an updated invoice showing the change.**
- For hotel room cancellations, the cancellation fee is \$100 per room.
- There are no refunds for changes/cancellations made after **January 11, 2019** and full payment will still be due.
- Changes received after **January 11, 2019** are subject to a \$25 administrative fee.

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#### **Prepare for USA Spirit Nationals On-Site Registration**

- Onsite registration is available starting at 9:00 AM on Thursday, February 21, 2019. Please watch for an email with detailed registration information prior to the event.
- To speed up the registration process, please make sure all registrations forms have been submitted to the USA Office per the directions above. **Please do not bring forms to the event.**
- Ensure that your account does not have a balance due. Payment in full for all registrations is due on or before **January 11, 2019**. **Please do not bring payment to the event.**



## 2019 USA JUNIOR NATIONALS PARTICIPANT RELEASE AND WAIVER FORM

**This form is due in the USA office by JANUARY 11, 2019. Please do not fax or email this form.**

*Every participant must have submitted a completed, original and signed release form in order to participate.*

*Please use **blue ink**. Photocopies will not be accepted.*

Minor's Name \_\_\_\_\_ Name of Parent or Legal Guardian \_\_\_\_\_  
Address \_\_\_\_\_ School /Team Name \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Division \_\_\_\_\_  
Phone Number (\_\_\_\_\_) \_\_\_\_\_ Event Location **Anaheim Convention Center**  
E-mail \_\_\_\_\_ Event Date **February 24, 2019** Cheer [ ] Dance [ ]

**Liability Release:** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I \_\_\_\_\_, as parent or legal guardian of \_\_\_\_\_, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above Event to be conducted by Varsity Spirit LLC dba United Spirit Association. I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit LLC dba United Spirit Association, Varsity Spirit's Corporate Sponsors (hereinafter "Sponsors"), the Hosting site, (university, hotel, convention center, high school) on whose premises the Event will occur (hereinafter the "Location"), the affiliates of Varsity Spirit LLC dba United Spirit Association and the Location, U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") and the respective directors, officers, representatives, members, agents and employees of Varsity Spirit LLC dba United Spirit Association, Sponsors, and their respective affiliates (hereinafter collectively "Releasees") from any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: **X** \_\_\_\_\_ Date: \_\_\_\_\_

**Supervision:** A chaperone/adult (age 21 and over) is required to attend with participants. This Chaperone will be responsible for the participants at all times. Varsity Spirit LLC dba United Spirit Association, AACCA and USASF are not responsible for participants' supervision.

**Appearance Agreement:** I understand that Varsity Spirit LLC dba United Spirit Association from time to time produces promotional material relating to its programs. I understand that as participant and/or a spectator at the Event that Minor may be included in videotapes, DVDs, podcasts and videocasts or photographs taken during the Event. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to Varsity Spirit LLC dba United Spirit Association, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and / or videotape Minor and to utilize such videotapes and photographs and Minor's name, face likeness, voice and appearance as a part of the Event or in any other media now in existence or hereafter developed, in advertising and promoting the Event, in advertising and promoting similar future events or in advertising and promotions relating to Varsity Spirit LLC dba United Spirit Association without reservations and limitations. I further understand that neither Varsity Spirit LLC dba United Spirit Association nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges herein granted. I waive any right to inspect or approve the programs, copies thereof and any promotional materials related thereto.

**Medical Release:** I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the event. In the event of such illness or injury, I authorize Varsity Spirit LLC dba United Spirit Association to obtain necessary medical treatment for Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him / her to the Event and that he / she shall consume the prescribed dosage for such medications.

Medications (if any): \_\_\_\_\_

Allergic to (if any): \_\_\_\_\_

I acknowledge that the Minor suffers from the following conditions: \_\_\_\_\_

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Release and Waiver Form releases from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: **X** \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Minor \_\_\_\_\_ Minor Birthdate \_\_\_\_\_ Minor SS# \_\_\_\_\_

(Not required but helpful for quick verification of insurance policy by hospital/clinic.)

**2019 USA JUNIOR NATIONALS COACH/ADVISOR RELEASE AND WAIVER FORM**

***This form is due in the USA office by JANUARY 11, 2019. Please do not fax or email this form.***

*Every advisor/coach must have submitted a completed, original and signed release form in order to attend event.*

*Please use blue ink. Photocopies will not be accepted.*

Adult's Name \_\_\_\_\_ School/Team \_\_\_\_\_

Address \_\_\_\_\_ Event Location **Anaheim Convention Center**

City, State, Zip \_\_\_\_\_ Event Date **February 24, 2019**

Phone Number (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

**Liability Release:** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I agree to participate in the above Event to be conducted by Varsity Spirit LLC dba United Spirit Association. I, further agree to release and to hold harmless Varsity Spirit LLC dba United Spirit Association, Varsity Spirit's Corporate Sponsors (hereinafter "Sponsors"), the Hosting site, (university, hotel, convention center, high school) on whose premises the Event will occur (hereinafter the "Location"), the affiliates of Varsity Spirit LLC dba United Spirit Association and the Location, U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") and the respective directors, officers, representatives, members, agents and employees of Varsity Spirit LLC dba United Spirit Association, Sponsors, and their respective affiliates (hereinafter collectively "Releasees") from any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that I may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by myself or by any other persons on the account of damages of any character resulting in me in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

I, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I have signed this document voluntarily and of my own free will.

Signature of Adult X \_\_\_\_\_ Date \_\_\_\_\_

**Supervision:** I acknowledge that Varsity Spirit LLC dba United Spirit Association, AACCA and USASF are not responsible for my supervision.

**Appearance Agreement:** I understand that Varsity Spirit LLC dba United Spirit Association from time to time produces promotional material relating to its programs. I understand that as participant and/ or a spectator at the Event I may be included in videotapes, DVDs, podcasts and videocasts or photographs taken during the Event. Therefore, without reservation or limitations, I hereby assign, transfer and grant to Varsity Spirit LLC dba United Spirit Association, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and / or videotape me and to utilize such videotapes and photographs and my name, face likeness, voice and appearance as a part of the Event or in any other media now in existence or hereafter developed, in advertising and promoting the Event, in advertising and promoting similar future events or in advertising and promotions relating to Varsity Spirit LLC dba United Spirit Association without reservations and limitations. I further understand that neither Varsity Spirit LLC dba United Spirit Association nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges herein granted. I waive any right to inspect or approve the programs, copies thereof and any promotional materials related thereto.

**Medical Release:** I acknowledge and agree that such participation subjects me to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I acknowledge that I am assuming the risk of such illness or injury by participating in the event. In the event of such illness or injury, I authorize Varsity Spirit LLC dba United Spirit Association to obtain necessary medical treatment for me and hereby release and hold harmless Releasees in the exercise of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred for any illness or injury that I may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

I represent that any medication to which I am allergic or medications that I am currently taking are listed below. I agree that I will bring medications I am currently taking to the Event and that I shall consume the prescribed dosage for such medications.

Medications (if any): \_\_\_\_\_

Allergic to (if any): \_\_\_\_\_

I acknowledge that I suffer from the following conditions: \_\_\_\_\_

I hereby warrant that I have read this Release and Waiver Form in its entirety and fully understand its contents. I am aware that this Release and Waiver Form releases from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I further acknowledge that nothing in this Release and Waiver Form constitutes a guarantee that the Event will occur. I have signed this document voluntarily and of my own free will.

Signature of Adult X \_\_\_\_\_ Date: \_\_\_\_\_

## 2019 USA JUNIOR NATIONALS POLICIES & PROCEDURES

### I. **GENERAL RULES**

The competition will follow the 2018-19 AACCA School Cheer Safety Rules, 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations, 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations, 2018-19 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Rec Teams and General Information. (Available on-line at [www.usacamps.com/jrinfo](http://www.usacamps.com/jrinfo))

The competition will consist of the categories/divisions listed on the 2018-19 USA Junior Nationals Age Grid posted at [www.usacamps.com/jrinfo](http://www.usacamps.com/jrinfo).

Categories/divisions may be subdivided or combined at the discretion of the competition director if the total number of teams in a division warrants this. **The USA reserves the right to adjust days of performance for all divisions based upon final competition enrollment.**

Teams may enter as many categories as they wish; however, no individual may participate on two teams in the same category. (example: Show Cheer is a category. Therefore, the same individual *may not* compete in Small and Large divisions of the Show Cheer category or Show Cheer- Advanced and Show Cheer-Novice).

#### **Athlete Eligibility**

Entrants must be registered students in the school they are representing and/or full-time spiritleaders of their team. The penalty for an eligibility violation will be disqualification.

**TRADITIONAL REC CHEER TEAMS (Sports Squads)** - Entrants for traditional rec cheer teams must represent a youth sports team. The team is typically governed by a board that oversees the youth cheer organization. Teams typically may combine participants from various teams within their organization and may not begin practices for any "open" divisions until the completion of the sports team game season. To compete in this category, a team must adhere to these guidelines: The primary role of the team must be to cheer for an organized sport during a defined season. The team is affiliated with a governing youth organization (i.e. Pop Warner Football, P.A.L., local youth basketball or football league, etc.). The youth organization must include cheerleading/song/pom bylaws and follow a standardized set of cheerleading safety rules as part of the organization's charter. The cheerleading team must support, be affiliated with and be required to cheer for **all** games in their organized sport (i.e. football, basketball) during the regular season. The team must have a defined season that is stated in their by-laws and is aligned with the sport(s) for which they cheer. Teams are generally limited to enrolling participants within a set time from the beginning of their season. Teams may add football players from the team they are cheering for after football season is complete, provided they can show the players are on the league certified football roster for which the squad cheered. The advisor/coach of a traditional rec cheer team must have in her/his possession at the USA competition a copy of their current official league roster, which includes proof of registration/age of each of the competitors on the cheerleading/song/pom team. It may or may not be asked for by the competition officials, but must be available. The participant's age as of August 31, 2018 will be used throughout the 2018-19 competition season. All team members must be within the age range for each division. For example, Youth Show Cheer is 12 yrs and younger. Therefore, you cannot be 13 years old and compete in this division.

**CLUB REC CHEER TEAMS (Independent Squads)** - Entrants for club rec cheer teams are not associated with a youth organization (as defined above), or with an all star cheer gym/dance studio. Club rec cheer teams are typically organized primarily as a performance team that may or may not cheer for an organized sport. To compete in this category, a team must adhere to these guidelines: The team does not compete as an all star cheer gym/dance studio at any competition during the 2018-19 season (August 1<sup>st</sup>-July 31<sup>st</sup>). No more than **three** athletes that are registered at any time with the United States All Star Federation (USASF) during the 2018-19 season may also compete with any one independent squad at a USA event. The team may or may not be affiliated with a youth sports organization that includes cheer safety rules and cheer bylaws as part of its charter. It is not mandatory that this team supports, is affiliated with, or cheers for an organized sport. Club rec cheer teams are required to provide a team roster for USA events. The participant's age as of August 31, 2018 will be used throughout the 2018-19 competition season.

Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

## Routine Violations

For a list of routine violations refer to the “2018-19 Composite Scoresheet” for your particular division(s) found at [www.usacamps.com/jrinfo](http://www.usacamps.com/jrinfo)

All teams must compete in the same categories in which they qualified for USA Junior Nationals through a Regional or Classic (Show Cheer-Advanced, Songleading/Pom Pon, etc.), unless prior written approval is received from the USA office. Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

If a team qualifies two or more times for USA Junior Nationals rating in the Advanced level at a Regional or Classic competition, then that team may not move to the Novice level at USA Junior Nationals, unless prior written approval is received from the USA office.

## Time Limitations

Timing of a routine will begin on the first note of music, the first vocal command (for cheer teams), or the first cheer movement, and will stop with the end of the cheer or the last note of music. Penalties for exceeding the total routine time limit will be deducted from the final averaged score. In Show Cheer for all teams, up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). In the Songleading categories, females must use two poms for at least half of the total routine. Please refer to the division information for time limits in each category. (Available on-line at [www.usacamps.com/jrinfo](http://www.usacamps.com/jrinfo).)

**We recommend that you “time” your performance several times prior to the competition and give yourself at least five seconds of “cushion” to allow for speed variations in sound equipment.**

Judges are looking for enthusiasm and showmanship during entrances and exits. Teams are encouraged to move on and off the floor as quickly as possible.

## Music Guidelines

- a. 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.
- b. 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](mailto:info@usacheer.net) and song/pom teams should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please check Preferred Provider list periodically for updates and changes.
- c. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- d. If a team does not have the required paperwork, they will be given the option to perform to an approved track of music or a track with counts (provided by Varsity Spirit).
- e. If a team does not have the required paperwork, and chooses not to perform to the approved track of music or a track with counts, the team will be disqualified from the competition and not be allowed to perform.
- f. If there are concerns regarding a team’s use of music, a Challenge Form must be completed immediately following the team’s performance.
- g. A challenge can only be made by the official coach, advisor, director or gym owner of a team competing at the event at which the challenge is being made.
- h. Challenge Process
  - i. All music challenges must be submitted in writing to the event director.
  - ii. There will be a \$100 fee to request a music challenge, which must be in the form of a check made payable to St Jude Children’s Research Hospital.
  - iii. Challenges will be reviewed and finalized within 48 hours of the event.
  - iv. If the challenge is correct, fees collected will be voided. If the challenge is incorrect, fees will be donated to St. Jude.

- i. Each team is required to have a representative 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 hold on to your music until the time of your performance. A team representative must remain at the sound station during your team's performance. If using an MP3, smart phone, etc. please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a head phone jack. If you are using a smart phone, please ensure that no interruptions (i.e. phone call, alarm, etc.) occur during your performance. Place the smart phone in "airplane mode," ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of contest penalty.

### Video Media Policy

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

### Logo Usage

Teams will not be allowed to use any Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office. The use of the brand letters will be allowed.

## **II. PERFORMANCE AREA**

All Cheer will perform on a carpet bonded foam mat measuring 42' (front to back) x 54' (side to side). Group Stunt teams will perform on a smaller carpet bonded foam mat surface measuring at least 28' (front to back) x 42' (side to side) (4 strips). All stunts and/or tumbling must be performed on the mat surface. There will be a **three point** deduction off your final averaged score for each infraction of the rule.

All Song/Pom teams will perform on a marley, parquet, basketball court or similar type of dance floor measuring at least 42' (front to back) x 42' (side to side).

## **III. SPOTTER POLICY**

**"Team Spotters"** = are part of the performing team and required as part of specific types of stunting/pyramid/toss, etc. skills.

**"Additional (Routine) Spotters"** = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team and do not take the place of "team spotters" required by specific types of stunting/pyramid/toss, etc. skills.

In an effort to promote a higher level of safety for competing athletes, USA will provide additional spotters at all USA school and rec cheer competitions. School and rec 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 (routine) spotters" will be provided by the USA. Additional (routine) spotters cannot be provided by the performing team, they must be provided by the USA.

**These USA-provided "additional (routine) spotters" will be mandatory on the competition floor.**

Reminder – To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

#### IV. INTERRUPTION OF PERFORMANCE

##### Unforeseen Circumstances

- a. 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.
- b. 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.

##### Fault of Team

- a. 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.
- b. 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.

##### Injury

- a. The only persons that may stop a routine for injury are: a) competition officials, b) the director/coach from the team performing or c) an injured individual.
- b. 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 re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
- c. The injured participant that wishes to perform may not return to the competition floor unless:
  - i. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/director of the competing team.
  - ii. 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.
  - iii. 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**).

##### Uniform Distractions

- a. The Legality Official, Head Judge or any other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.).
- b. Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.
- c. If a judge stops the routine the penalty will vary from 3 three points to possible disqualification of the routine.

#### II. APPROPRIATENESS OF CHOREOGRAPHY, MUSIC, OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to the performance taking place.

### III. **HOW TO HANDLE PROCEDURAL QUESTIONS**

Any questions concerning the rules or procedures of the competition will be handled exclusively by the captain or the advisor of the team and will be directed only to the Competition/Venue Director or their designee. Such questions must be made prior to the team's competition performance. Any questions concerning the performance of the team must be made to the Competition/Venue Director immediately after the performance. **Should a director or coach wish to lodge a formal complaint against another team in the competition for any violation of "Policies & Procedures" or competition rules, this complaint must be submitted in writing, signed, dated and presented to the Competition/Venue Director prior to any awards ceremony for which the team in question may be eligible to receive an award. It is to the discretion of the Competition/Venue Director whether investigation into the complaint will be completed prior to or after the awards ceremony.**

### IV. **SPORTSMANSHIP**

All participants and spectators affiliated with a team must conduct themselves in a manner displaying positive sportsmanship throughout the competition. The advisor, head coach and/or captain of each team is responsible for seeing that team members, coaches, parents/guardians and any other persons affiliated with the team conduct themselves accordingly. Unsportsmanlike conduct may include, but is not limited to, taunting, bragging, suggestive expressions/gestures, discriminatory comments/actions, approaching other teams, competition judges and/or any competition personnel with inappropriate comments, outbursts or gestures; confrontation with members of another team and/or between spectators of teams. Unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff are also considered unsportsmanlike conduct. Cases of unsportsmanlike conduct at any time during the event are grounds to receive a 1-point penalty per occurrence, up to and including disqualification. The USA also has the right to deny entrance to or to remove an individual from the competition site. Additionally, barring a school/team and/or individual from future USA events may occur.

Payment for any damage caused by participants, parents, family and/or friends to hotel property will be the sole responsibility of the individual(s) and/or the school involved. School administration may be notified of any damages that occur.

### V. **SCORES AND RANKINGS**

Individual judge's 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 prior to the final results of each division being announced. Score sheets will be available only to advisors or captains at the conclusion of the competition on Sunday. No scores or rankings will be given over the phone. Scoring officials will only discuss my routines and/or scores/deductions. Coaches/directors may not challenge scores/deductions of other teams.

### VI. **APPEARANCES, ENDORSEMENTS AND PUBLICITY**

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the USA office.

Teams will not be permitted to use the USA and/or Varsity logos, without the express written permission of the United Spirit Association. This includes usage on items such as banners, rings, t-shirts, bows, etc.

**VIII. INTERPRETATIONS AND RULINGS**

Any interpretation of any aspect of these Policies & Procedures or any decision involving any other aspect of the competition will be rendered by the Competition Rules Committee. The Rules Committee will render a judgement in an effort to insure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of but is not limited to the Event Director(s), the Head Panel Judge, the Head Legality Official and the Director of Special Events.

**IX. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the USA office.

**X. FINALTY OF DECISIONS**

By participating in this competition, each team agrees that decisions by the judges will be final and will not be subject for review. 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.

Any school/team and/or individual that does not adhere to the terms and procedures in the "Policies & Procedures" may receive a penalty, up to disqualification from the competition, and automatically forfeit the right to any awards presented by the competition. In addition, the school/team and/or individual may also forfeit the opportunity to participate in any competition produced by the United Spirit Association the following season or subsequent seasons. Any fees (team and/or spectator based) associated with participation in the event will be forfeited in the event of disqualification. The USA reserves the right to deny registration to any team.

*We have reviewed the "Policies & Procedures" with our entire school/team and we accept the "Policies & Procedures" as a fair and integral part of the rules of this competition and agree to adhere to the rules, policies and procedures contained herein.*

School/Team Name \_\_\_\_\_ Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Advisor/Coach/Director's Signature \_\_\_\_\_

Principal \_\_\_\_\_

**THIS FORM IS DUE BY JANUARY 11, 2019**

**PLEASE EITHER SUBMIT FORM VIA DOCUSIGN REQUEST OR MAIL ORIGINAL WITH RELEASE AND WAIVER FORMS TO USA OFFICE,  
OR EMAIL COPY TO KBETTS@VARSITY.COM**



## VIDEO OF STUNTS AND TUMBLING

We recommend that every team send a video of the stunts and tumbling that are choreographed in the routine that will be performed at Nationals.

It is the coach's responsibility to ensure a routine is penalty-free. Do not rely on choreographers, or prior rulings from USA, or other Varsity competitions, to be your final determination on legalities. Unfortunately, penalties are not always caught during live regional performances. Emailing a video is the best method to avoid these oversights.

It is the policy of the United Spirit Association not to give any final rule interpretations over the phone and/or via e-mail without a video of the stunt(s) or tumbling in question.

All videos must be emailed to the USA office by **January 18, 2019**.

All videos must include the following:

1. Name of the *School/Organization* and *Division Level* in the *Subject Line* of the email.
2. Clear, close up views of the skills.
3. Include your name, team name, division level, and phone number within the body of your email.
4. Do not send the entire routine, only the **SKILL(S) can be reviewed**.
5. Emailed videos should be in either Windows Media Player or QuickTime formats.

If any of your skills are of major concern, please communicate that in the email and video that portion of the routine from different angles so we get a complete view.

USA will contact you by **February 8, 2019** to inform you of the results of your "safety rules" video review. If you do not hear from us by **February 8, 2019** please call the USA office to ensure that your email was received.

If you make changes in your routine after the video has been approved you may send a second video following the same procedure. These emails will be viewed as first come, first served and all videos may not be able to be addressed before the event.

For specific cheerleading **stunt and safety questions that pertain to the AACCA School Cheer Safety Rules, or to the 2018-19 USA Junior High/Middle Schools/Rec Teams Show Cheer Division Limitations** please call 1-800-686-5718.

For specific song/pom **safety questions that only pertain to the 2018-19 USA Song/Pom and Pep/Short Flag General Safety Rules**, please call 1-800-886-4872 and ask for Carina Clendenin.