



REGIONAL COMPETITION

Bella Vista High School

February 1, 2020

Doors will open at 7:45 AM. All teams should report to the registration table no later than 45 minutes prior to the beginning of their division. Two free passes will be allotted to each school for advisors and/or coaches at registration. Additional spectator or team alternates wristbands may be purchased on-site for \$12.00 – cash only. Exact change will be appreciated. Children aged five and under, will be admitted free of charge. Admission may be pre-purchased for spectators by going to the following website – <https://www.eventbrite.com/e/76473655763>. For pre-purchased admission wristbands upon arrival, proceed to general admission and show proof of purchase at the expedited “Eventbrite/Pre-Purchase” designated line. You will receive a wristband which will allow you to enter the event. Pre-purchased admission cannot be used without receiving a wristband first. Note that the pre-purchase opportunity closes prior to the event.

We ask that you submit an alphabetized list of all participating students as well as a signed USA participant release and waiver form for each participating student. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT AN ORIGINAL, SIGNED PARTICIPANT RELEASE AND WAIVER FORM. WE ASK THAT ALL RELEASE AND WAIVER FORMS PLEASE BE ALPHABETIZED.**

Competition will begin at 8:30 AM. Please refer to the enclosed tentative performance schedule. Please check the USA website (<http://usa.varsity.com>) on the Wednesday before the competition after 5:00 p.m. (PST), for a final schedule. A final schedule will also be available at the registration table on the day of the event. All teams must be ready to perform 15 minutes prior to their scheduled time. Any division changes must be made prior to the competition date. No changes will be allowed on the day of the event. **There will be no practicing on the performance floor prior to the competition.**

There will be no seat saving permitted. All seats are on a first-come, first-serve basis. As a reminder, the USA and/or host facility will not be responsible for lost/stolen items at the competition. Please encourage team members to leave valuables, bags etc. in their vehicles. **Do not leave bags unattended.** For security reasons all competitors must stay in possession of their bags at all times. We will not permit bags in the facility to save seats.

First aid staff will be on site to provide assistance for emergencies only. Taping of wrists/ankles for individual performers will not be available. Any participant who has a suspected concussion/head injury will not be allowed to return to participation the day of the incident.

* **Please Note** - Normally we allot a minimum of 30 minutes for each team's costume changes. Due to the size of this Regional event, several teams only have between 20-25 minutes between performances. Teams are asked to be ready at assigned performance times; however the USA competition directors will be there to help you if you run into an issue and have less than 20-25 minutes between numbers.

Absolutely no hard-soled shoes allowed on gym floor. Tap shoes are not permitted on the gym surface and character shoes must have a rubber sole & heel. Failure to comply will result in disqualification. (Dancers are permitted to compete bare-foot or with half-soles, but must wear full-soled shoes at all times while not on the performance floor.)

(OVER)

MUSIC RULES: Music guidelines are being followed at all USA and Varsity Brands events. Competition music must be properly licensed and a team must provide a printed copy of proof of licensing at team registration. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For further details visit www.varsity.com/music.

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. Advisors/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. Ability to play routine from a CD **will not** be available.

Changes to divisions or solo names - For previously submitted registrations, division/solo name changes will be accommodated only if notice is submitted in writing (via email to mkrieger@varsity.com) no later than 21 days prior to the affected Regional. If changes are received **20 days or less** before the affected Regional, a **\$25 fee** per division/name change will be due at the time the change is submitted. Changes to divisions or solo names will not be accepted after the Friday the week before the event. No exceptions.

Scoresheets will be distributed to all teams at the conclusion of awards. Only an authorized team advisor/coach who is designated at team registration may pick these up. A photo I.D. will be required for scoresheet pick up. Recaps will be available at score sheet pick-up after awards. **Audio feedback of each routine will be provided. In order to receive this feedback, please bring a USB flash drive, clearly labeled with your school's name, to the registration table when you check in on the day of competition.**

If you have any questions about the schedule or competition, please contact Melanie Krieger at 1-800-886-4USA x2038 or mkrieger@varsity.com.

Bella Vista High School
8301 Madison Avenue
Fair Oaks, CA 95628
(916) 973-5031

*** Please check driving directions with your own map or internet source to get complete driving directions.**

UNITED SPIRIT ASSOCIATION • 5770 Warland Drive Ste B, Cypress, CA 90630
<http://usa.varsity.com>



United Spirit Association



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USA Dance Regional Competition - Bella Vista

February 1, 2020

Tentative Schedule

Please check the USA website usa.varsity.com on the Wednesday before the competition after 5:00 p.m. (PST), for a final schedule.

** Please Note - For any divisions in which sizes are combined at Regionals/Classics, teams in those combined divisions would still compete in their original division sizes at USA Nationals (qualifications will transfer).*

(Facing Side A)

SOLO A

- 8:30 Ashley Miya, Albany
Cassidy Stagi, Lincoln
Jade Woodworth, Lincoln
8:52 Madi Fetisoff, Mercy
Abigail Rheem, University Prep
Allison Tilzey, University Prep
9:14 Capri Recce, Whitney
Megan Midkiff, Oak Ridge
Allie Pedego, Oak Ridge
9:36 Brighton Smedt, Presentation
Maya Sato, Homestead
Asuka Tomonaga, Monta Vista
9:58 Kylie Chang, Monta Vista

(Facing Side B)

SOLO B

- 8:30 Eva Horovitz, Lincoln
Fernanda De La Rosa, Lincoln
Caroline Waraas, El Camino
8:52 Jayda Parhma, University Prep
Crystal Robertson, University Prep
Gabby Dorado Chandler, Whitney
9:14 Tabitha Bland, Whitney
Jordan Sanders, Oak Ridge
Abbey Taylor, Presentation
9:36 Janine Hernandez, Presentation
Leah Jang, Homestead
Isabella He, Monta Vista
9:58 Jana Tsai, Monta Vista

BREAK - 5 Minutes

SMALL MILITARY (6-14)

- 10:15 Elk Grove
Wilcox
10:32 Mesa Verde
El Camino
10:49 Bella Vista
Mira Loma

JV DANCE/POM (6+)

- 11:06 Del Campo
Carondelet
11:23 Liberty
Mesa Verde

- 11:40 Presentation
Heritage

ALL-MALE (6+)

- 11:57 NP3

X-SMALL DANCE (2-5)

- 10:15 Mercy
University Preparatory
10:32 Oak Ridge
Monta Vista
10:49 Homestead
Presentation

SMALL DANCE (6-9)

- 11:06 Heritage
Monta Vista
11:23 Lincoln
Presentation

KICK (6+)

- 11:40 El Camino
Monta Vista

LUNCH BREAK

(Announcement of Top 6 Solo Finalists @ 12:45pm)

(Facing Side A)
SMALL DANCE/DRILL (6-14)
 12:50 NP3
 Mira Loma
SMALL LYRICAL (6-10)
 1:07 Homestead
 Presentation
LARGE HIP HOP (18+)
 1:24 Monta Vista
JV DANCE (6+)
 Carondelet
 1:41 Heritage

 Mira Loma
 1:58 Bella Vista

 Presentation
LARGE JAZZ (18+)
 2:15 Carondelet
 University Preparatory School
INTERMEDIATE/LARGE DANCE (14+)
 2:32 Lincoln
 Deer Valley
 2:49 Presentation
 University Preparatory School

(Facing Side B)
LARGE DANCE/DRILL (6+)
 12:50 Mesa Verde
 Deer Valley
LARGE MILITARY (18+)
 1:07 Bella Vista
 NP3

 1:24 Mesa Verde
SMALL JAZZ (6-10)
 Presentation
 1:41 Homestead
MEDIUM DANCE (10-13)
 Albany
 1:58 Whitney
DANCE/POM (6+)
 Liberty

 2:15 Heritage
 Oak Ridge

 2:32 Whitney
 Homestead
 2:49 Carondelet

BREAK

MEDIUM/LARGE LYRICAL (11+)
 3:15 Deer Valley
 Lincoln
 3:32 Monta Vista
 University Preparatory School

 3:49 Presentation
CHARACTER DANCE (5+)
 Lincoln
 4:07 Monta Vista

 Bella Vista
 4:26 Whitney
 Mesa Verde
JV HIP HOP (6+)
 4:45 Presentation

MEDIUM JAZZ (11-17)
 3:15 Albany
 Del Campo
 3:32 Whitney
 Heritage
SMALL HIP HOP (6-10)
 3:49 El Camino

 NP3
 4:07 Mira Loma
NOVELTY (6+)
 Deer Valley
 4:26 Presentation
 NP3

 4:45 Mira Loma

BREAK - 5 minutes

SOLO FINALS
 5:00 Finalist #1
 Finalist #2
 Finalist #3
 5:15 Finalist #4
 Finalist #5
 Finalist #6

DRILL DOWN & AWARDS 5:40PM

Share your event photos with us on Instagram - @usa.danceprogram #usadance
 Thank you for choosing the United Spirit Association!

2019-2020

USA/VARSITY SCHOOL BASED DANCE COMPETITION POLICIES AND PROCEDURES

USA/Varsity Spirit has implemented policies and procedures for all events. In order to provide a positive, fair and professional competition environment the coach/gym owner is required to sign this form, but before signing, please read and review the following:

A. GENERAL

1. Coaches' wristbands/credentials must be worn at all times. You will not be allowed to enter the warm up area without this identification. Wristbands or lanyards attached to bags do not count.
2. The school/organization and all participating teams will follow all USA Cheer/AACCA (school-based teams) or Varsity Recreation Cheer Rules (recreation/youth teams) as applicable. Any violation of these rules and regulations could result in a penalty, point deduction or disqualification.
3. All USA/Varsity Spirit registration and competition guidelines applicable to each specific event will be followed and complied with at all times.

B. SAFETY GUIDELINES

1. All safety rules pertaining to each division (athlete eligibility, safety) will be followed and complied with at all times.
2. It is understood that Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

C. SCORING

1. Scoring officials will only discuss my routine and scores. Coaches/program directors may not challenge scores and/or deductions of another team(s).

D. MUSIC GUIDELINES

1. The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event 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.
2. 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 and dance teams should email dancemusic@varsity.com. Please check the Preferred Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
4. 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).
5. 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.
6. If there are concerns regarding a team's use of music, a Challenge Form must be completed within 10 minutes following the team's performance.
7. A challenge can only be made by the official coach, advisor, program director or gym owner of a team competing at the event at which the challenge is being made.
8. 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.
9. 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.

10. 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 so that a jack may be easily inserted into the device. All necessary adapters must be acquired in advance if your player does not have headphone jack. One or several selections of music may be used as long as they follow the music licensing rules.

E. INTERRUPTION OF PERFORMANCE

1. UNFORSEEN 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.

2. 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.

3. INJURY

- a. The only persons that may stop a routine for injury are: a) competition officials, b) the gym owner / 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 must 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:
 1. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent or legal guardian (if present) **AND THEN** the head coach/advisor of the competing team.
 2. 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.
 3. Any athlete who exhibits signs or symptoms consistent with concussion must 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**).
- d. In addition to the USA Cheer head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.

F. 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 USA/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. Any team travelling with a video crew may be disqualified.

G. LOGO USAGE

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

I have read, understand and will abide by all Varsity rules and regulations and at all times I will support the results of the competition, as I am a role model for my program.

Program Name _____ Team Name _____

Event Name _____ Coach/Director's/Authorized Team Rep _____

Coach/Director/Authorized Team Rep's Signature _____ Date _____

Please list divisions competing in today.

**UNITED SPIRIT ASSOCIATION
PARTICIPANT RELEASE AND WAIVER FORM
GIVE A COPY OF THIS FORM TO EVERY PARTICIPANT**

*Every participant must have a completed and signed release form to turn in at registration at the door 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 _____
Email _____ Event Date _____ 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 ("Varsity Spirit") dba United Spirit Association ("USA"). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit, 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, the National High School Cheerleading Championships, Inc., a not for profit corporation ("NHSCC"), U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), USA Federation for Sport Cheering, a not for profit corporation ("USA Cheer") and the respective directors, officers, representatives, members, agents and employees of the proceeding parties (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: _____ **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. The Releasees are not responsible for participants' supervision.

Appearance Agreement: 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, 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, and for any other use or purpose whatsoever without reservations and limitations. I further understand that neither Varsity Spirit 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 any 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 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): _____ Allergies (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 Liability 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 Liability Release and Waiver Form 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 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. Minor and I understand that Sponsors may distribute samples of their products at the Event.

Signature of Parent or Legal Guardian: _____ **Date:** _____

Relationship to Minor _____ Minor Birthdate _____

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: _____ **Date:** _____