



Regional Competition – Portola High School January 22, 2022

At Varsity Spirit, the health and safety of our athletes, coaches, employees, families and friends is our top priority.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this event, you voluntarily assume all risks related to exposure to COVID-19. Please keep each other safe and healthy by following the guidance provided.

Please note the following guidelines will be in place for all athletes, coaches and spectators.

- Masks are mandatory for everyone two years and older. Personnel will be stationed at each building entrance to ensure all entrants wear masks. Masks must cover the individual's nose and mouth. Plastic face shields are not considered masks and may only be worn in addition to a mask.
- Should someone have a condition that precludes them from wearing a mask, they will not be allowed into the venue.
- We are advising anyone over the age of 65; anyone (of any age) with an underlying health condition or a compromised immune system; or anyone who has any specific concerns about COVID-19 exposure to not attend.
- Any athlete, coach or spectator with any symptoms (Fever of 100°F or higher, cough, sore throat, congestion or runny nose, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, nausea or vomiting, diarrhea) may not enter.
- **Masks are required for all athletes while in the venue. Masks must be worn while moving between areas within the venue.**
- For all teams, masks may be removed during warm-up and performance, but must be worn at all other times while in the venue.
- The USA reserves the right and may penalize teams for any spectators and or performers that do not comply with the mask requirement.

This event will follow our Option B plan for Events. This is In-Person with Limited Spectators

- Spectator viewing limited to team performance time only.
- Spectators will have a designated entry and exit door for traffic flow. Spectators will not be allowed to enter the building more than 30 minutes prior to their team's performance. Spectators will move from zone to zone with physical distancing protocols in place.
- The viewing area will be done on a rotation basis with physical distancing protocols in place.
- All spectators will need to leave the facility after each team performance to limit the number of people allowed in the facility.
- **We request spectators are limited to 2 per performer per routine.**
- Physical distancing measures will be required. Direction signage will guide spectators and athletes throughout the venue.
- Congregating in the common areas of the venue is not allowed.
- All teams will receive score sheets and rankings.
- Virtual awards ceremony.

Spectator Ticketing

Spectators – **No cash admission purchases will take place on-site during the event.** Online admission sales will open the week of the event. Admission **must be** pre-purchased for spectators by going to the following website – [General Admission Tickets](#)

Cost is \$5.00. Children 5 years of age and under enter free. Additional fees for online ticket purchases may apply. For pre-purchased admission wristbands upon arrival, proceed to general admission and show proof of purchase. You will receive a wristband which will allow you to enter the event. Pre-purchased admission cannot be used without receiving a wristband first. We highly recommend pre-purchasing your admission to the event, as purchase on-site by cash is not available and electronic purchase the day of may not be available and/or may delay your entry.

Registration

For school and rec teams, the coach with the USA Cheer Coach Membership must check in their squad(s) at the on-site registration. Registration check-in will begin at 6:30 AM. Advisors/coaches may register their team(s) at any time during the competition, but no later than 45 minutes prior to their warm-up report time. Only one coach per team will be allowed at the check-in location and physical distancing protocols will be enforced. All **performers** must wear a wristband, provided in your registration packet, in order to enter the competition venue and the official practice area.

Advisors/Coaches will need to submit all completed program waivers during Registration/Check-In. Please have all pertinent event required documentation ready to help speed up the check-in process.

- School-Based Teams: This includes squad roster, individual waivers for athletes and other personnel with a Cheer/Dance/Professional Membership going into warm up.
- Recreation Teams: This includes individual waivers for athletes and other personnel with a Cheer/Dance/Professional Membership going into warm up. A Varsity Recreation Cheer Verification form and Varsity Rec Cheer Roster for each team competing on the day of the event must be submitted in person at registration.

Coaches/Professional Membership Check-In

All School-Based and Recreation Advisors/Coaches will need to present a photo I.D. and proof of USA Cheer/Dance/Professional Membership to receive your backstage wristband at coaches check in.

NEW - USA Cheer Membership Requirement for School and Recreation Cheerleading and Dance Teams

Varsity Spirit will require that all school and recreation coaches, choreographers and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a USA Cheer Coach, Dance or Professional Membership. All coaches and personnel wishing to access the warmup area, backstage, or coaches' box at our competition will need to check in a coaches check in and present proof of their Cheer/Dance Coach Membership or Professional Membership and photo I.D. in order to receive a wristband.

Coaches & Team Information

Masks for coaches must be worn at all times. Masks are required for all athletes while in the venue, with the exception of during times previously noted. Masks must be worn while moving between areas within the venue. All athletes need to bring their own water bottle labeled with their name. Water bottles may not be able to be refilled inside the venue. Team rooms and Coach's Hospitality will not be available.

School-Based and Recreation Teams: A signed USA participant/adult participant release and waiver form must be submitted for each participating performer, coach and personnel listed on the roster. **COMPETITORS/COACHES/PERSONNEL WILL NOT BE ALLOWED TO COMPETE/ENTER THE WARM UP AREA WITHOUT AN ORIGINAL, SIGNED PARTICIPANT RELEASE AND WAIVER FORM. WE ASK THAT ALL RELEASE AND WAIVER FORMS PLEASE BE ALPHABETIZED.**

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, per Varsity Spirit corporate policy.

There will be no seat saving permitted. All seats are on a first-come, first-serve basis. As a reminder, the USA and/or the host school 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. All bags (spectators/performers) are subject to search.

Participants and authorized advisors/coaches only will be allowed in the assigned warm-up area and in the "Getting Ready" and "On Deck" areas.

Competition will begin at 8:00 AM. Please refer to the enclosed tentative performance 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. 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. In order to avoid a possible penalty, any changes must be received in the USA office in writing by 5:00 p.m. (PST) the Friday one week prior to your competition date. **No changes will be allowed on the day of the event.**



United Spirit Association



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There will be a 7 minute assigned warm-up/practice time offered for each team. Please report to the team check-in doors at the time designated on the performance schedule. Teams will not be permitted to enter the warm-up area earlier than their assigned check-in time. All cheer teams will have the opportunity to practice/warm-up on a carpet bonded foam mats measuring at least 30' x 42' (5 strips). **All cheer teams will perform on a carpet bonded foam mat measuring 54' x 42' (9 strips).**

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/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 will 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.

Spirit teams, please note the USA Cheer School Cheer Safety Rules, USA Song/Pom and Pep/Short Flag General Safety Rules, and the Show Cheer and Song/Pom Division Limitations posted at usa.varsity.com. Remember that points will be deducted from the final team average of each occurrence of an illegal procedure and/or performance error deductions will be assessed for cheer teams.

Recreation teams, please note the 2021-22 Varsity Youth and Recreation Safety and Level Rules posted at usa.varsity.com. Remember that points will be deducted from the final team average of each occurrence of an illegal procedure and/or performance error deductions will be assessed for cheer teams.

Scoresheets will be distributed to all teams on the day of the event. There will be judges available to review any Point Deductions and/or Legality penalties should a team request a review. Bids to USA Spirit or Jr. Nationals will be awarded to all school-based and recreation teams achieving the required points needed in their performance to qualify for Nationals.

Video Taping Policy - For safety and security we respectfully request that videotaping be limited to performances of your school/organization only. Tri-pods for cameras and/or cameras with a specialized lens attachment may not be used. Again, videotaping is permitted, but only of the routine(s) that are being performed by your participant's team. Livestreaming of the event is not permitted.

Portola High School • 1001 Cadence, Irvine, CA 92618

CIF Sanctioned for School-Based Cheer Teams - Sponsoring CIF School, Portola High School

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