



Northern California Dance Regional I – Bella Vista High School February 4, 2023

Please read through all the following important information for the upcoming competition.

Spectator Ticketing

Spectators – **No cash admission purchases will take place on-site during the event.** We are a cashless event with advanced ticket purchase required through Eventbrite. 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](#) . Please share this information with all spectators, so they are prepared for this cashless event.

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. Doors open one hour prior to the first performance.

Registration

Registration check-in will begin at 6:30 a.m. Directors/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. All **performers** must wear a wristband, provided in your registration packet, in order to enter the competition venue and the official practice area.

Directors/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 USA Cheer Dance Coach/Professional Membership going into warm up.

Coaches/Professional Membership Check-In

All Directors/Coaches will need to present a photo I.D. and proof of USA Cheer Coach/STUNT Coach/Dance Coach/Professional Membership to receive your backstage wristband at coaches check in.

USA Cheer Membership Requirement for School Dance Teams

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

School-Based 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 directors/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.**

Changes to divisions or solo names - Changes to divisions or solo names will not be accepted after the Friday the week before the event. No exceptions.

* **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.)

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.

Scoresheets will be distributed to all teams on the day of the event. Recaps will be available at score sheet pick-up after awards and audio comments will be sent electronically the Monday following the event.

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.

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United Spirit Association



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