

These pages contain Contest of Champions information regarding classifications, categories, rules, regulations and safety guidelines. For additional information and details, please call 1-800-421-4159 or visit www.contestofchampions.com.

SCHEDULE OF EVENTS

<u>EVENT</u>	<u>LOCATION</u>	<u>DATE/TIME</u>
All-Star Cheer & Dance Competition & Awards	Disney's Wide World of Sports® Complex "Milk House Gymnasium"	Saturday, February 27, 2010
** Contest schedule is subject to change anytime at the discretion of the Event Director **		

CONTEST DIRECTORS

ROGER HAYES Event Producer

This is Roger's seventeenth year as the Event Producer for the Contest of Champions. Roger resides in Dallas, Texas, he is the owner of Spirit Productions, Inc. He was an instructor for the National Cheerleaders Association for 10 years and was a Collegiate All American. He is a former cheerleader for Tulane University, the NFL New Orleans Saints and Mississippi State University. While living in New Orleans, Louisiana, he was the Official Mascot for the 1984 Louisiana World's Fair, Seymore D. Fair. He is currently serving as Event Producer of the Macy's Thanksgiving Day Parade. He has produced and choreographed cheerleading performances for Mike Miller & Associates, SPECIAL EVENTS, the Macy's Thanksgiving Day Parade, the Jeep Eagle Aloha Bowl, the St. Patrick's Day Parade in Dublin, Ireland, London's Grand Christmas Parade, in London, England and the Southwestern Bell Cotton Bowl Classic Pre-game and Half-time shows in Dallas, Texas. In 1994 he was a production assistant for the Miss Texas Scholarship Pageant and choreographed for the 75th Annual Miss America Boardwalk Parade. As the former founder and owner of America's Best, Roger conducted cheer and dance camps and championships nationwide. He has served as a judge for the National Cheerleaders Association, Atlantic Cheer & Dance, American Cheer Power, Mardi Gras Nationals, Golden State Spirit Association and the 2005 USASF Cheerleading Worlds in Orlando, Florida.

For specific cheer competition related questions, please contact Roger Hayes at:
RHayesCOC@msn.com

LAURA DAVIS Event Producer

Laura is from Dallas, Texas and has been active in the field of Dance/Drill Team since the early 70's. This is Laura's tenth year as the Director of Dance/Drill Competition for the Contest of Champions. She is an Executive Director, Owner & Partner of Starmakers Dance & Performance Camps, Inc. of Richardson, Texas. Her background includes attending Kilgore College earning an Associate of Arts degree while performing as a Rangerette Lieutenant and Swingster. She completed her degree in Dance from North Texas State University and earned her Masters Degree in Physical Education at the University of Texas at Tyler. Laura formerly directed the South Garland High School Southern Belles and was later the Assistant Director and Choreographer of the Kilgore College Rangerettes. Laura was on the Dance Faculty at Kilgore College and Richland College. She was an instructor for N.C.A. SUPERSTAR for 16 years ultimately serving in the office as Curriculum Coordinator. She is currently serving as the Event Producer for the Macy's Thanksgiving Day Parade. Additionally, she has choreographed numerous bowl game pre-game & half-time shows such as the Aloha Bowl and Cotton Bowl. She has had extensive choreographic involvement in the dance productions coordinated by Mike Miller & Associates as part of the Macy's Thanksgiving Day Parade each year since 1986. Laura has served as the 1st Vice President & as Sergeant at Arms for the Dance Drill Team Directors of America. She has been an adjudicator and choreographer throughout the country for the past 30 years.

For specific dance competition related questions, please contact Laura Davis at:
Laurabdavis@verizon.net

HOW TO REGISTER

1. COMPLETE ENTRY FORMS

Download the appropriate entry forms from the forms section of the website or request them to be mailed to you with the agreement. We have a “first to enter, last to compete” rule, based on your deposit date. Entry forms and non-refundable fees are not required immediately, but must ultimately be in our office no later than January 13, 2010 to avoid additional fees and forfeiture of “first to enter, last to compete” privilege. Send in the forms with payment to:

Contest of Champions Nationals
1553 Boren Drive
Ocoee, FL 34761

2. INCENTIVE OFFERS

2010 Early Booking Incentive Offer

Confirm your school/gym/company's participation in the 2010 Contest of Champions Nationals by sending in a non-refundable* \$50.00 per person travel package deposit on or before October 1, 2009 and receive:

One Free Quad Rate Coach or Participant Travel Package

** The per-person deposit and the Free Quad Rate Package deduction will be reflected in your group's final invoice. Final group numbers, official entry forms and travel package selection does not have to be ready at the time of deposit. Offer is per account, not per group within the account. Example: 3 teams traveling together as one group get one Quad Rate Package discount taken off. Deposits received in our office after October 1st are not eligible for the incentive offer.*

2010 Referral Program

Refer a new group who participates in the 2010 Contest of Champions National Competition and receive:

\$100 Off One Coach or Participant Package

A new participating group is defined as a new coach/director and/or new school/gym/company who has never participated in the Contest of Champions before.

**In order to receive this referral program offer, the referring company must mention their referral upon initial phone call or e-mail to set-up their own group's travel details or have their referral person tell us who referred them upon their initial contact with us. The referred account must compete in the 2010 competition in order to receive the discount offer. All incentive discounts will be reflected in the group's final invoice. Coaches/Directors can refer other cheer or dance teams from their own school as long as they meet the requirements and are booked as separate accounts.*

These programs above are for those purchasing travel packages. Please ask about early booking and referral programs for Florida commuter patrons.

EVENT PARTICIPATION & ENTRANCE REQUIREMENTS

1. EVENT PARTICIPATION

The Contest of Champions is an open competition, independent of any association or camp, requiring no qualifier to participate. The All-Star Cheer and Dance event is open to all cheer and dance companies nationwide. Participation in our event requires purchase of a competition package. A contest only commuter package is available to Florida groups. Travel package rates do not include transportation or competition entry fees. For more detailed information about the 2010 competition, please contact our experienced contest event coordinators at 800-421-4159. Additional information is available through our website at www.contestofchampions.com.

2. ENTRY FEES & FORMS

You must send in your contest entry fees and completed entry form prior to January 13, 2010. Please remember that all competition entries are non-refundable from the time they are received into our office. Upon signature of the entry form, the Director is agreeing that they have read, have understood and have agreed to the competition rules & regulations, awards and penalties, and accept its contents.

Changes to entries made after February 3, 2010 will not be reflected in our pre-printed contest programs or adjudication sheets and critique tapes. The name change will be announced the day of competition.

3. CONFIRMATIONS

Once your forms and fees have been processed, you will receive a confirmation letter and payment receipt. A written confirmation will be sent after each change that has been received and processed in our office. It is the Director's responsibility to make sure all information contained in each confirmation is correct.

4. RELAX!

Your event coordinator will be in contact with you throughout your Contest of Champions experience to assist in all aspects of your trip.



All new contest entries, additions or changes must be received in our office no later than 5:00 p.m. on Wednesday, January 13, 2010 in order to avoid the additional fees below. This is not a post marked due date, it is an in our office due date. All fees are for each new, late or revised entry.

Post January 13, 2010 Deadline Fees:

January 14, 2010 - February 3, 2010: \$100.00
 February 4, 2010 - February 17, 2010: \$200.00
 After February 17, 2010: \$400.00

Note: Entries are not official until all entry forms and fees have been received in our office. Phone calls to make changes or deletions will not be accepted. This policy is in place to aid in the prompt distribution of the final Contest information. You may fax your changes to 407-656-7466. Changes are not official until you have received written confirmation from our office.

5. WAIVER/RELEASE FORM:

Each performer's and alternate's legal guardian must sign a 2010 Waiver Release Form. This is a standard form that releases the Walt Disney Company, as well as the Contest of Champions from any liability. Please duplicate as needed. These forms are due no later than February 5, 2010.

ALL-STAR CHEER DIVISIONS

All-Star teams are created with the primary focus on performance and competition. All-Star squads have a 36 member limit (unless otherwise noted). Divisions are based on participant's age and skill level. The competitor's age as of August 1, 2009 will be the age used for competition purposes throughout the 2009-10 competitive year. Small teams consist of 5-20 members and large teams consist of 21-36 members. Contest of Champions reserves the right to combine or close divisions at any time prior to the event.

LEVEL 1—Refer to the USASF Level 1 Rules section for skill limitations.

TINY	5 yrs. & younger	Male/female	5-36 Members
MINI	8 yrs. & younger	Male/female	5-36 Members
YOUTH	11 yrs. & younger	Male/female	5-36 Members
JUNIOR	14 yrs. & younger	Male/female	5-36 Members
SENIOR		Male/female	5-36 Members

LEVEL 2 - Refer to the USASF Level 2 Rules section for skill limitations.

MINI	8 yrs. & younger	Male/female	5-36 Members
YOUTH	11 yrs. & younger	Male/female	5-36 Members
JUNIOR	14 yrs. & younger	Male/female	5-36 Members
SENIOR	18 yrs. & younger	Male/female	5-36 Members

LEVEL 3 - Refer to the USASF Level 3 Rules section for skill limitations.

MINI	8 yrs. & younger	Male/female	5-36 Members
YOUTH	11 yrs. & younger	Male/female	5-36 Members
JUNIOR	14 yrs. & younger	No males	5-36 Members
JUNIOR COED	14 yrs. & younger	1 or more males	5-36 Members
SENIOR	18 yrs. & younger	No males	5-36 Members
SENIOR COED	18 yrs. & younger	1 or more males	5-36 members

LEVEL 4 - Refer to the USASF Level 4 Rules section for skill limitations.

YOUTH	11 yrs. & younger	Male/female	5-36 Members
JUNIOR	14 yrs. & younger	No males	5-36 Members
JUNIOR COED	14 yrs. & younger	1 or more males	5-36 Members
SENIOR	18 yrs. & younger	No males	5-36 Members
SENIOR COED	18 yrs. & younger	1 or more Males	5-36 members

LEVEL 4.2

SENIOR	18 yrs. & younger	Male/female	5-36 Members
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LEVEL 5 - Refer to the USASF LEVEL 5 RULES section for skill limitations.

YOUTH	11 yrs. & younger	Male/female	5-36 Members
JUNIOR	14 yrs. & younger	No males	5-36 Members
JUNIOR COED	14 yrs. & younger	1 or more males	5-36 Members
SENIOR OPEN*	18 yrs. & younger	0-4 males	5-36 Members
See tumbling USASF			
SENIOR LIMITED	12-18 year olds	No males	5-36 Members
SENIOR COED LIMITED	12-18 year olds	1-4 males	5-36 Members
SENIOR SEMI-LIMITED	12-18 year olds	5or more males	5-36 Members
SENIOR UNLIMITED COED	11-18 year olds	5 or more males	5-36 Members

LEVEL 5 – INTERNATIONAL DIVISIONS

INTER. OPEN	14 yrs. & older	No males	5-24 Members
INTER. OPEN COED	14 yrs. & older	1-12 males	5-24 Members

LEVEL 6 – Refer to the USASF Level 6 Rules section for skill limitations.

OPEN	17 yrs. & older	No males	5-24 Members
OPEN	17 yrs. & older	1 or more	5-24 Members
COED		males	

SPECIAL NEEDS

SPECIAL NEEDS	Any Age	Male/female	unlimited
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ALL-STAR DANCE TEAM DIVISIONS



All-Star Dance teams are created with the primary focus on performance and competition. All-Star Teams have a 36-member limit (unless otherwise noted).

Divisions are now based on participant's age. The age of the competitor as of August 31, 2009 will be the age used for competition purposes throughout the 2009-10 season. Contest of Champions reserves the right to combine or open divisions at any time prior to the event. Note: All dance team performances will take place on a 42 x 54 foot carpeted spring floor.

TINY	5 years and younger
MINI	8 years and younger
YOUTH	11 years and younger
JUNIOR	14 years and younger
SENIOR	18 years and younger
OPEN	18 years and older

CATEGORIES

All routine categories offered for each division.

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

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

HIP HOP Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

VARIETY Routines clearly emphasize Jazz, Pom, Hip Hop, and Kick styles. Each of the four styles will be scored equally and should be emphasized equally throughout the routine. At least 4 eight counts of kicks must be performed to encompass the kick portion of the score.

ALL-STAR CHEER & DANCE GENERAL PERFORMANCE INFORMATION

TIME LIMITS

SQUAD/ TEAM EVENTS	2½ Minutes
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All-Star Teams may elect to perform any or all of their 2 ½ minute routine to music. Timing does not include entering positioning or exiting the performance floor. Timing will begin with the first beat of music or the first word of your cheer until the last beat of music or last word of your cheer. Formal entrances are prohibited and will not be judged. Timing penalties will apply (see penalty information).

PERFORMANCE FACILITIES

All teams will perform on a 42 feet deep x 54 feet wide Spring Floor, located at Disney's Wide World of Sports® Complex.

PERFORMANCE SCHEDULE

Performances are scheduled by division in order the order deposits are received by our office. If you are the first group to submit your deposits in your division, you will be the last to perform.

Performances will be adjusted accordingly to facilitate costume changes and is subject to change for any reason the Contest Director deems necessary. The decision of the Contest Director is final in all scheduling situations.

Teams that choose to have crossover performers need to be aware of the following: Warm-up times may overlap. Contest of Champions can not guarantee more than a 15 minute "window" between competition times.



WARM UP

All teams will have a timed warm-up on a 42 feet deep x 54 feet wide spring floor. Prior to your warm-up time, squads may stretch and warm-up outside on the fields at the Sports Complex. However, due to liability no squads will be permitted to stunt unless they are on the warm-up mat. Disney Security, Ushers and Contest Staff will enforce this policy on the day of competition.

MASCOTS & CHARACTER COSTUMES

The use of mascots and character costumes are permitted for performances at Disney's Wide World of Sports® Complex. These costumes may not be worn in the *Walt Disney World*® Theme Parks.

MUSIC & TAPE REQUIREMENTS

All music should be recorded on a quality CD, Mini-Disk, or MP3 player that has excellent musical clarity. Music should be appropriate for all ages - free from inappropriate language and content. The music should be cued and clearly marked with your team name and classification/category.

The Contest of Champions and the *Walt Disney World*® Resort use professional sound systems and are not responsible for any music that has not been recorded on quality materials. Portable compact disc players will not be permitted to plug into the sound system. A sound technician will control the system, however, a team representative will be required to operate your music. This person must stay at the music table throughout each performance.

COSTUMING/CHOREOGRAPHY

Suggestive, offensive or vulgar choreography that is deemed inappropriate for family audiences will be penalized. All routine choreography should be appropriate for all ages, keeping in mind that all performances take place on *Walt Disney World*® property. Vulgar or suggestive material is defined as any movement or choreography that is implying something improper or indecent, sexual in content or utilizes profane gestures. All choreography should be age appropriate. Costuming should be appropriate for all performers

PROPS/HAZARDOUS MATERIALS

The only props allowed are poms, megaphones and signs. The use of mini-tramps, springboards, bells, hats or any other props will not be permitted. Flags and banners may not be used in conjunction with stunting or tumbling.

SCORING PROCESS AND AWARDS

A five member panel of experienced and qualified judges will serve as the judging panel for all events. The high and low score will be discarded and the three middle scores will be added to arrive at the final score. A Point Deduction judge will assess penalty points for obvious bobbles/mistakes, major mistakes, and major falls in the following categories for cheer: stunts, pyramids, standing tumbling, running tumbling, tosses, jumps, dance/motions and transitions/formations. A Legality Judge will assess penalty points for time limit violations, safety violations and general competition guideline violations. These deductions will be subtracted from the final score. Ties will not be broken. Scoresheets are available for the coaches to pick-up approximately 30 minutes after each performance.

POINT DEDUCTIONS

Obvious Bobble/Mistakes

Obvious errors during technical skills (Ex: hands down on tumbling, obvious missed skills; shaky stunts/pyramids; incomplete twisting cradles, memory mistakes involving obvious execution of incorrect moves; etc.) will result in a .5 point deduction for EACH mistake.

Major Mistakes

Major errors during technical skills (Ex; falls from individual stunts, falls during tumbling skills, falls to floor during dance or transitions) will result in a 1 point deduction for each mistake.

Falls

Major falls during technical skills or OBVIOUS SEVERE mistakes (Ex: multiple falls in a single sequence/series by a couple or stunt group, pyramids that fall or that are severely missed) will result in a 2 point deduction for each mistake.

Time Limit Violations

1 – 10 seconds overtime	10 points
11 or more seconds overtime	15 points

Safety Violations/General Competition Guidelines

A 15 point penalty will be deducted from your total combined score for each infraction of the Contest of Champions safety guidelines.

Inappropriate Choreography/Costuming/Music

Any choreography, costume/uniform or music that is deemed inappropriate will result in a 10 point penalty.

Spotting: A 20 point penalty will be deducted from your total combined score if a spotter assists a stunt more than spotting for safety.

AWARDS

1st, 2nd & 3rd place trophies will be awarded in each team division of competition.

National Champions will receive a National Champion banner, trophy and individual award.

Each High Point Team Champion will be awarded to the team with the highest score within each Level (Level 1 - 6) regardless of division. The High Point Team Champion will receive a banner.

National Grand Champion will be awarded to the team with the highest score in the competition regardless of division. Each member of this team will also receive a unique, one-of-a-kind award.

All-Star Gym Grand Champion will be awarded to the all-star gyms with the highest combined scores from three teams. Both cheer and dance team scores can be used to determine the highest combined score. The top three gyms will be awarded \$10,000, \$5,000 and \$3,000.

**There must be a minimum of 15 All-Star Gyms registered that qualify to receive this award.

CHEER SAFETY GUIDELINES USASF

As a coach it is your responsibility to be knowledgeable of and to adhere to the Contest of Champions Safety Guidelines. All questions must be in writing. No phone calls will be accepted. You may email any questions concerning safety guidelines, rules and regulations to the Contest Director, Roger Hayes, at RHayesCOC@MSN.com, or fax questions to Roger's attention to the following number (407)656-7466. For Stunt approval, you must send a VHS videotape at least 4 weeks prior to competition day of the mounting and dismounting of each stunt in question. You will receive a written reply confirming your stunts legality. Spotters **will not be provided** by the Contest of Champions. Your routines should be self spotting. The Contest of Champions and the *Walt Disney World*® Resort **WILL NOT** be responsible for any injuries as a result of a performance.

USASF SAFETY GUIDELINES AND LEVEL LIMITATIONS can be found at

www.USASF.net



*The decision of the Penalty Judge and
Contest Director is final
in all situations concerning penalties.*



2010 Legality Deduction Sheet



Team Name: _____

DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTIONS
Time of Routine _____ Overtime: _____	Overtime (check) _____ 1-10 Seconds (10 points) _____ 11 + seconds (15 points)	_____

Number of Participants: _____

Safety and General Guidelines Violations				
Rule Infraction	Warning	Category	Rule #	x 15 pts
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total Safety and Guidelines Violation:				_____

TOTAL LEGALITY DEDUCTION _____

2010 CHEER



Team Name: _____

MOTIONS/DANCE

5-6 points-basic motion/dance skills executed at a slow pace
6-8 points-intermediate motion/dance skills executed at an average pace
8-10 points-advanced motion/dance skills executed at a fast pace

JUMPS

5-6 points-basic jumps/technique
6-8 points-intermediate jumps/technique
8-10 points-advanced jumps/technique

PARTNER STUNTS

5-6 points- basic stunt skills/technique
6-8 points- intermediate stunt skills/technique
8-10 points- advanced stunt skills/technique

PYRAMIDS/TOSSES

5-6 points- basic stunt skills/technique
6-8 points- intermediate stunt skills/technique
8-10 points- advanced stunt skills/technique

TUMBLING

5-6 points- basic tumbling skills/technique
6-8 points- intermediate tumbling skills/technique
8-10 points- advanced tumbling skills/technique

SHOWMANSHIP

Expression, Projection, Voice (if applicable)

CHOREOGRAPHY

Use of Floor/Flow of Routine/ Creativity/ Incorporation
Spacing/Formations

TECHNIQUE

Timing/Sharpness/Synchronicity/Execution

DEGREE OF DIFFICULTY

Overall Difficulty of Skills
(Motions/Dance, Jumps, Stunts, Pyramids/Tosses, Tumbling)

PERFORMANCE IMPRESSION

Creativity, Visual Appeal, Perfection of Routine

JUDGE: _____

Total:

2010 Point Deduction Sheet



Team Name: _____

ST
RT
S
PY
T
MD
J

:00 - :15 Seconds

ST
RT
S
PY
T
MD
J

:15 - :30 Seconds

ST
RT
S
PY
T
MD
J

:30 - :45 Seconds

ST
RT
S
PY
T
MD
J

:45 - :60 Seconds

ST
RT
S
PY
T
MD
J

1 Minute - 1:15

ST
RT
S
PY
T
MD
J

1:15 - 1:30

ST
RT
S
PY
T
MD
J

1:30 - 1:45

ST
RT
S
PY
T
MD
J

1:45 - 2:00

ST
RT
S
PY
T
MD
J

2:00 - 2:15

ST
RT
S
PY
T
MD
J

2:15 - 2:30

LEGEND

- ST = Standing Tumbling
- RT = Running Tumbling
- S = Stunts
- PY = Pyramids
- T = Tosses
- MD = Motions/Dance
- J = Jumps
- Obvious Bobbles/Mistakes = .5 point
- Major Mistakes = 1 point
- Major Falls = 2 points

COMMENTS

.5 x ____ = ____

1 x ____ = ____

2 x ____ = ____

TOTAL: _____