

NECA OPEN CHEER & DANCE CHAMPIONSHIP



New England
Cheerleaders
Association



March 6, 2010

**East Haven High School
East Haven, CT**

**Over \$20,000 in camp
scholarships will be awarded!**



**2009
Winners!**

2009 WINNER was Shelton High School: Recipient of the 2009 Silver Cup!

NECA: There's nothing else like it!

MARCH 6, 2010 • EAST HAVEN HIGH SCHOOL, EAST HAVEN, CT

EVENT SANCTIONED BY:

CSAC, NHIAA

NEW WARM-UP PROCEDURES!!

**Over \$20,000 in camp
scholarships will be awarded!**

NHIAA – NH Interscholastic Athletic Association
CSAC-CT Student Activities Council

EVENT SANCTIONED BY:

**EAST HAVEN HIGH SCHOOL
EAST HAVEN, CT**

**MARCH 6, 2010
to receive the Early Bird Discount**

REGISTER NOW

**NECA OPEN CHEER & DANCE
CHAMPIONSHIP**

Uncasville, CT 06382

P.O. Box 124

PRISCILLA L. LUTZ, President

Cheerleaders Association Inc.

New England



Attention: Cheerleading Enthusiast or

PRSR1 STD
U.S. POSTAGE
PAID
MILLBURY, MA 01527
PERMIT NO. 4

NECA OPEN CHEERLEADING CHAMPIONSHIP

NECA Exclusive:

First Place Teams AND Stunt Groups will receive a TEAM BID to the Pro-Bowl from All American Cheer and Dance.

Only available at NECA events!

Over \$20,000 in overnight camp scholarships will be awarded!

The "traveling" SILVER CUP will be awarded to the first place team in the open division.

DIVISIONS	GRADE LEVEL	MEMBERS	SKILL LEVELS OFFERED
Pee Wee/Recreational	5th and under	5-36	n/a
Youth/Elementary School	6th and under	5-36	Novice, Advanced
Junior High/Middle School	9th and under	5-36	Intermediate, Advanced
Junior Varsity Non-Tumble	11th and under	5-36	n/a
Junior Varsity Tumble	11th and under	5-36	n/a
Varsity Co-ED	12th and under	5-36	n/a
Varsity Non-Tumble	12th and under	5-36	Intermediate
Varsity Tumble	12th and under	5-36	Novice, Intermediate, Open
College	HS graduate	5-36	All-Girl, Co-Ed
Dance	Per division	5-36	Youth, JR.High, JV, Varsity, College
Stunt: All-Girl	Per division	4-5	Youth, JR.High, JV, Varsity, College
Stunt: Co-Ed	Per division	2-3	Varsity, College

contact the NECA Office at (860) 848-0040 or (888) 551-1388 at the earliest possible date.

NECA COMPETITION RULES

General Rules

- The use of props is prohibited with the exception of signs, poms, and/or megaphones.
- Glitter is NOT permitted on the hair, body, face, or uniform. This rule pertains to scholastic, recreation, AND College Teams. Signs made with glitter must be laminated.
- Jewelry is not permitted for any team (exception: medical/religious medals must be taped to the body).

COMPETITION SURFACES

- The competition surface will be a cheerleading mat measuring approximately 42'x42'.
- Practice surfaces may vary with facility and may be either of the following: wrestling mat, gymnastics mat, other acceptable safety surfaces.
- All skills are to be performed on the matted surface. No stunting or tumbling is permitted outside these areas.

SAFETY GUIDELINES:

The National Federation of State High School Associations Spirit Guidelines (NFHS) will be the foundation for all rulings for scholastic and recreation cheer and dance teams. Pee Wee and Youth teams are expected to follow the safety guidelines put forth by their local, state, or national cheerleading organizations. College teams will follow nationally recognized safety guidelines put forth by AACCA. All coaches are responsible for the safety of their cheerleaders and should use appropriate judgment when allowing teams to perform skills.

NOTE:

NECA has placed "skill limitations" in the novice and intermediate divisions to assist coaches in selecting the appropriate division for their teams. Please read descriptions and consider carefully when selecting. It is the coach's responsibility to know the limitations of the division they enter. Division changes will be at the discretion of the tournament director and NO division changes will be made within one week of the event.

DIVISIONS & DESCRIPTIONS

Pee Wee & Youth Novice: Stunts in this division are limited to shoulder level. Extended stunts, twist dismounts, and basket tosses are prohibited. Back tucks, punch fronts, or full twisting tumbling is prohibited. One-legged stunts AT SHOULDER LEVEL are allowed.

Youth Advanced: There are no additional skill limitations in this division. League, State, or National Federation Guidelines should be used.

Junior High Intermediate: The following skills are prohibited: extended "one-legged" stunts that are not braced, twist dismounts, back tucks, punch fronts, or full twisting tumbling. "One-legged" Hitch/Stretch/Lib Pyramids may be performed but must be braced (by either the hand or foot) at shoulder level before extending.

Junior High Advanced: There are no skill limitations in this division. National Federation Guidelines will be followed.

Junior Varsity: Junior varsity team members should be in 11th grade or below. National Federation Guidelines followed.

Junior Varsity Non-Tumble: Tumbling is not allowed in this division. This includes handstands and forward rolls.

Varsity Cheer: All varsity teams must adhere to National Federation Guidelines. NOTE: there are additional "skill limitations" or restrictions for the novice and intermediate divisions to assist coaches in selecting the appropriate division for their team(s) abilities. Please read carefully and select the appropriate division. It is the coach's responsibility for knowing the rules of each division.

• **Varsity Novice:** The following skills are prohibited: extended "one-legged" stunts that are not braced, twist dismounts, back tucks, punch fronts, or full twisting tumbling. "One-legged" Hitch/Stretch/Lib Pyramids may be performed but must be braced (by either the hand or foot) at shoulder level before extending.

• **Varsity Intermediate Non-Tumble:** Tumbling is not allowed in this division. This includes handstands and forward rolls. The following stunts are prohibited; double twisting dismounts.

• Varsity Intermediate Tumble:

The following stunts are prohibited; double twisting dismounts and/or full twisting tumbling.

- **Varsity Open:** Teams follow National Federation Rules exclusively.
- **Varsity Co-Ed:** Teams involving one (1) or more male participants. NECA will offer a small (1-4 males) and a large (5+males) varsity co-ed division if the number of registrations warrants it. National Federation Guidelines followed.

College Cheer: Divisions include both All-Girl and co-ed. NECA will offer a small (1-4 males) and a large (5+males) varsity co-ed division if the number of registrations warrants it. College Teams must follow recognized college cheerleading guidelines. The routine may or may not be performed entirely to music.

Top Gun Stunts (All-Girl): Levels include pee wee, youth, junior high, junior varsity, varsity, and college. Top gun groups will include no more than 5 members (including the spotter) and will be allowed a maximum of 1 minute to demonstrate their skills.

- Stunting sequences must be continuous and be performed entirely to music.
- The flyer is allowed to return to the ground during the routine.
- The spotter is allowed contact with the stunt.
- No participant may compete in more than one top gun group; however teams may enter more than one group per school.
- Tumbling, Jumps, Dance and/or Cheer are not permitted in this category. Deductions will be taken if these skills are preformed.
- Scholastic and recreation teams will follow skill limitations outlined in the divisions and descriptions section according to the top gun division they enter.
- College teams will follow national college guidelines.

Top Gun Stunts (Co-Ed): Levels include varsity and college. Co-Ed groups will follow the same rules as the All-Girl groups with the following exceptions:

- Co-Ed groups may include no more than 3 members (including the spotter).
- The main participants must be 1 male and 1 female partner.
- The spotter is only allowed contact during dismounts.

GENERAL COMPETITION INFORMATION

Competition Day

- Team Registration times will be posted online one week prior to the event at www.cheermeca.com. Coaches should verify times the day before the event as they are subject to change.
- Teams MUST register together (as a group) with their coach/school official.
- Each team member must have an official signed copy of the release form to participate.
- There will be no changes to the order of appearance once it is posted.
- There will be no division changes on the day of the event.
- The first five teams in each session, must arrive and be stretched in time for the start of warm-ups.
- Teams who fail to appear for warm-up may NOT be allowed to compete.
- Spray Glitter, Lose Glitter, and/or Body Paint MAY NOT be used at this event by cheerleaders OR spectators due to possible damage to the facility.
- Entrants agree that the time, manner, and method of judging shall be solely within the discretion of the competition director and/or head judge and the decisions of all judges are final.
- Dance teams must have soft soled/rubber shoes on the competing surface.
- Video taping of the event is prohibited. The competition will be professionally recorded and available for purchase.
- Alcoholic beverages are prohibited from this event. Cigarette smoking is not allowed on the school grounds.
- Teams will be seated in a section separate from spectators. Banners and large signs are prohibited from this section.
- It is very important that if your team will be unable to attend after registering, that you

Music & Timing

- Timing will begin with the first movement, voice, or beat of music.
- Teams have a maximum of 3 minutes to perform. Stunt groups will have a maximum of 1 minute. Music specifications are as follows:
 - Cheer Divisions: Must adhere to state regulations.
 - Pom/Dance Divisions: music MUST be used throughout routine.
 - College Divisions: music may or may not be used throughout routine.
 - Top Gun Stunt Groups: music MUST be used (limit 1 minute).
- Deductions will be assessed for going over the time limit.
- Teams must have a representative to play their music.
- All music must be appropriate and suitable for "family viewing".
- Music must be furnished on a high quality CD. A "back-up" should be "in-hand" in case the original is damaged.
- IMPORTANT:** Test your CD's in several players before the competition (house, car, boom box, etc.) to avoid compatibility issues.
- CD-RW should not be used.
- Music must be cued and ready to begin.
- In the event team performance is interrupted due to failure of the tournament equipment, that team will be allowed to start from the beginning of their routine or the point of the failure.
- In the event team performance is interrupted due to failure of the team's equipment, supplies or method, the team must either continue or forfeit the competition.
- NECA and/or facility medical staff reserves the right to stop a performance due to injury if deemed necessary.

REGISTRATION FORM

Registration and Fees

- "EARLY BIRD" Registration Fee is \$150.00 per team (must be postmarked by Dec. 31, 2009).
- TEAM REGISTRATION is \$175.00 per team if paid after Dec. 31, 2009.
- Top Gun Stunt Groups are \$40.00 per entry.
- Competition fees are non-refundable.
- Deadline for Registration is February 20, 2010.
- Late registrations will be accepted until March 1, 2010 and will require a \$25.00 late fee.
- Order of Appearance is determined by postmarked date on the entries.
- General Admission for spectators is \$10.00. Children 8 and under are \$5.00.

Rule Interpretations

1. Questions regarding safety rules and regulations may be expressed using a photograph, sketch, or video tape AND a full explanation of the stunt in question.

2. Questions should be addressed to NECA, PO Box 783, Millbury, MA 01527 or emailed to Info@cheerneca.com

3. All questions must be received at least 14 days before the event date.

NOTE: rulings will be based on the information received. An advanced ruling does not guarantee that safety deductions will not be incurred during team performance if judges feel a rule is violated during the actual performance.

Sportsmanship

NECA believes strongly in the importance of good sportsmanship and expects all participants, coaches, parents, and/or spectators to treat each other in the highest regard. The following rules will be in effect from the time each individual enters the facility until the time that they leave.

1. Coaches are responsible for the behavior of their teams at all times.
2. Participants, coaches, parents, and/or spectators are to display sportsmanlike behavior at all times.
3. Penalties will be assessed for "unsportsmanlike" behavior which may include but is not limited to the following:
 - a. Approaching judges, event staff, coaches, spectators, and other cheerleaders in a disrespectful manner.
 - b. Declining to follow instructions of event staff and/or campus personnel.
 - c. The use of profanity or obscene gestures (either on or off the competition surface).
 - d. Chanting or shouting negative remarks at other teams, cheerleaders, staff, and/or spectators.

Penalties

Penalties/Disqualifications will be assessed by the President of the New England Cheerleaders Association, the head judge, event staff, and/or category judges. All decisions of the judges are final. Penalties may include but are not limited to the following:

1. Infraction of Safety Guidelines
2. Infraction of General Competition Rules
3. Exceeding the appropriate time limit or team members
4. Unsportsmanlike conduct
5. Inappropriate moves, gestures, or music
6. Use of profanity

Deductions will be made for each infraction.

IMPORTANT NOTE:

Please photocopy and fill out a SEPARATE registration form & roster for EACH team competing.

School/Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

School Telephone: _____ E-Mail: _____

Coach's Name: _____ Home Phone: _____

E-Mail Address: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Assistant Coach _____ Phone: _____

E-Mail: _____ Division: _____

Total # of High School Seniors: _____ School Enrollment (grades 9-12) _____

REGISTRATION TERMS & FEES (Registration Fees are non-transferable and non-refundable). Make checks payable to NECA.

- Cost is \$175.00 per team. Stunt Groups are \$40.00 per team.
- Teams MUST register by mail with a check or money order to reserve space. Phone registrations will not be accepted.
- Registration Deadline is February 20, 2010. Late registrations will be accepted until March 1, 2010.
- Teams with outstanding fees will not be allowed to compete.

FOLLOW THESE EASY STEPS TO REGISTER

1. Circle the appropriate division below (column 2).
2. Write the number of competitors in the box to the left (column 1). *NOTE: If co-ed please write the number of males.
3. Circle the level in column 3 (novice, intermediate, advanced, etc.) if applicable.
4. Complete the team roster on the reverse side of this form and obtain appropriate signatures.
5. Mail Registration and Fees to: NECA P.O. Box 783 Millbury, MA 01527
6. E-mail questions to info@cheerneca.com.

Number of Participants *co-ed write in # of males.	Division (circle one)	Levels (circle one) *if no level is indicated there is only one.	Payment Received (For Office Use)
	Pee Wee/Recreational	n/a	
	Youth/Elementary School	Novice, Advanced	
	Junior High/Middle School	Intermediate, Advanced	
	Junior Varsity	Non-Tumble, Tumble	
	Varsity Co-Ed	n/a	
	Varsity Non-Tumble	Intermediate	
	Varsity All Girl	Novice, Intermediate, and Open	
	College Cheer	All-Girl, Co-Ed	
	Dance Teams	Junior High/JV, High School, College	
	Top Gun Younger Teams	Pee Wee, Youth, Junior, J.V.,	
	Top Gun Varsity	Novice, Intermediate, and Open	
	Top Gun Varsity Co-Ed	Co-ed	
	Top Gun College	All-Girl, Co-Ed	

NOTE: The competition director reserves the right to combine and/or split divisions if the number of team registrations warrants it. Divisions will be broken down into 2 sessions (morning & afternoon). Registration, warm-up, and compete times will be assigned and may be found at www.cheerneca.com the week before the event.

TEAM ROSTER

SCHOLASTIC TEAM ROSTER: List team members below and have your school principal or AD sign the statement of eligibility.

- | | |
|-----|-----|
| 1. | 16. |
| 2. | 17. |
| 3. | 18. |
| 4. | 19. |
| 5. | 20. |
| 6. | 21. |
| 7. | 22. |
| 8. | 23. |
| 9. | 24. |
| 10. | 25. |
| 11. | 26. |
| 12. | 27. |
| 13. | 28. |
| 14. | 29. |
| 15. | 30. |

TOP GUN ROSTER: List stunt group members and indicate a team leader.

Group 1

Group 2

Group 3

- | | | |
|----|----|----|
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| 5. | 5. | 5. |

PRINCIPAL'S STATEMENT: I hereby give the above students permission to compete in the scholastic event hosted by the New England Cheerleaders Association. I am verifying that each participant listed on the aforementioned roster is a student enrolled at this school and is cleared for athletic participation.

Principal's Signature

Date

STATEMENT OF ELIGIBILITY: Coaches please read and verify.

I do hereby certify that my team is eligible for the division chosen according to the requirements listed in this brochure or on the www.cheerneca.com website.

I have read the section on sportsmanship and agree to review this section with my team before entering the competition site.

I attest that each participant has had an annual physical and that there are no restrictions or limitations on physical activity for each participant to my knowledge.

Coach's Signature

Date