

**2014 Prince William County All-County  
Cheer Competition**

**10/8/2014**

**7:15pm**



**DATE:** Wednesday, October 8, 2014

**LOCATION:** Osbourn Park High School Main Gym  
8909 Euclid Ave.  
Manassas, VA 20111

**TIME:** Doors Open to Teams 3:30pm *(An OP JV "busy bee" and team holding room will be provided for each team)*

Coaches Meeting 4:10pm *(It is suggested Head Coaches drive over separately from squads to avoid bus delays)*

Warm-ups Begin 4:30pm *(Team 1 to Locker Room)*

Doors Open to Public 6:15pm *(to lobby area, 6:35pm to main gym)*

Teams Line up for  
Processional 6:30pm *(teams will filter through locker rooms)*

Judges Meeting 6:40pm *(in hospitality room 1058)*

Processional 6:50pm *(Team 1 will proceed straight to warm-ups after, Team 2 straight to Locker Room)*

Competition Begins 7:15pm *(1<sup>st</sup> team to Warm-ups by 7:05)*

**MEET DIRECTOR:** Jes Turch [osbournparkcheer@gmail.com](mailto:osbournparkcheer@gmail.com)

(703) 869-3606 (cell)

(703) 365-6500 (office)

**ADMISSION:** \$6 for Adults and Students age 5+ (under 5-free)

**ENTRIES:** Each team should complete the attached entry form. Please submit entry form and one team photo via email to Jes Turch by Wednesday, September 17<sup>th</sup> at 5:00pm.

Max of 20 participants, 5 alternates, 1 head coach, 3 assistant coaches, and 1 team manager. There is no entry fee for squad participation.

**GOODIES:** Programs, raffle, video sales, “good luck” grams, and concessions will be available on site. T-shirts will be available through pre-order. ☺

**RULES AND SCORE SHEETS:** The current National Federation Spirit Rules Book, and the VHSL Regulations distributed in League Notes will govern this competition. The VHSL State routine score sheet and deduction sheet will be utilized. The competitive cheer scoring rubric (updated 2013) will be utilized.

**FACILITY:** A matted (wrestling mat) warm-up area with a high ceiling will be provided. The competition area will be matted on the main gym floor. (1” thick cheer mat, 7 panels, 42’ x 42’)

**WARM-UP:** Warm-up rotation will be the same as the competition order. Safety Judges will not preview and time routines to identify any infractions that may penalize a team during competition.

**PERFORMANCE:** Each squad shall wait for its introduction before entering the competition area or beginning its performance. There should be no “team huddling”, etc. on the floor prior to performance. At the conclusion of the routine, the squad shall immediately vacate the performance area through the doors on the lobby side of the gym.

**INJURY PROCEDURE:** If a serious injury occurs (identified by the on-site trainer) during warm-ups that jeopardizes the safety of a team - that team will be put at the end of the performance order rotation. The performance times of other schools will not be changed. If the injured team is already slated to perform last, they will be given a 10 minute warm-up period before going on the mat.

**ROUTINE:** The routine must be a minimum of two minutes and thirty seconds and a maximum of three minutes. The routine must consist of jumps, a cheer and at least one of each of the following: cheer dance, partner stunts, pyramids, tumbling, etc.

**MUSIC:** The music portion of the routine shall not exceed 90 seconds. Each coach needs two CD’s. The extra CD could be needed in case of mechanical problems. Coaches may use IPod, but is STRONGLY encouraged to have the two CD’s as backup, in the event the IPod connection fails. A coach or alternate cheerleader is required to cue their own music. A maximum of two coaches are allowed on the floor during competition. Coaches are asked to check music with DJ upon arrival.

**MUSIC MALFUNCTION:** If music cuts off in the beginning and it is a mechanical error- VHSL will let you do the routine over. If music cuts out in the middle of the routine and it’s the mechanical error, that team will be able to start from the point of error and finish the routine. If the music cuts off and it’s the coach’s/alternate cheerleader’s error, the team

does not get to start over. In the event of a music malfunction, final music call will be made by the Meet Referee.

**PROPS:** Pom Poms, Megaphones, and Signs may be utilized.

**NO** competing schools' name should be used in the routine.

**COMPETITION OFFICIALS:** A panel of five routine judges to adjudicate the competition routines, three safety judges to identify deductions of safety and execution regulations, one judge will serve as the head judge, two timers (one for music and one for overall routine length), an announcer, sound technician, athletic trainer, a meet director, and a meet referee.

**JUDGING CRITERIA:** The following categories will be judged up to the maximum points shown by each category. A perfect score is 100 points. Ideally five judges will be used. When using five judges, the routine score will be based on dropping the high and low scores and **TOTALING** the three remaining scores. The Safety Judges will submit one score sheet with applicable deductions that will be subtracted from the team's routine score. If less than five judges are used, the judges' scores will be **TOTALED** and any safety judges' deductions would then be taken.

<b>FUNDAMENTALS</b>	<b>ROUTINE EXECUTION</b>
Motion - 15	Projection/Voice - 5
Jumps - 15	Choreography/Timing - 5
Tumbling - 15	Transitions/Flow - 5
Partner Stunts/Pyramids - 15	Degree of Difficulty - 5
Dance - 15	Overall Impression - 5

**SAFETY/EXECUTION DEDUCTIONS:** The following deduction will be taken per infraction

Over/Under Performance Time Limit - 10	Fall to Ground - 5
Exceeding Music Time Limit - 10	Fall Caught by Bases - 3
Exceeding Boundary Limits - 1	Tumbling Falls to hands, knees, or buttocks - 5
Dangerous Use of Props - 1	Unsportsmanlike Conduct - 10
Illegal Props or Stunts - 20	Appearance Infractions jewelry, hair, nails, hair device - 1
Illegal Execution of Stunt - 10	
Improper Spotting Technique - 3	

**TIE BREAKER PROCEDURE:**

**#1** Add back the high and low scores. **#2** If teams are still tied --Have the two teams compete again.

**Warm-up Rotation (matches Competition Rotation Order)**

TIME	GIRLS LOCKER ROOM (stretch time)	WRESTLING ROOM	MAIN FLOOR
4:30-4:38	Battlefield		
4:39-4:47	Brentsville	Battlefield	
4:48-4:56	Forest Park	Brentsville	Battlefield
4:57-5:05	Freedom	Forest Park	Brentsville
5:06-5:14	Gar-field	Freedom	Forest Park
5:15-5:23	Hylton	Gar-field	Freedom
5:24-5:32	Osborn	Hylton	Gar-field
5:33-5:41	Osborn Park	Osborn	Hylton
5:42-5:50	Patriot	Osborn Park	Osborn
5:51-5:59	Potomac	Patriot	Osborn Park
6:00-6:08	Stonewall	Potomac	Patriot
6:09-6:17	Woodbridge	Stonewall	Potomac
6:18-6:26		Woodbridge	Stonewall
6:27-6:35			Woodbridge

**Processional Begins 6:50pm, with Competition Beginning at 7:15pm**

*(Teams will compete in alphabetical order according to PWC Athletics guidelines)*

*(Team 1 Back in the Wrestling room directly after Processionals by 7:05)*

TIME	GIRLS LOCKER ROOM (stretch time)	WRESTLING ROOM	MAIN FLOOR
7:15-7:23	Forest Park	Brentsville	Battlefield
7:24-7:32	Freedom	Forest Park	Brentsville
7:33-7:41	Gar-field	Freedom	Forest Park
7:42-7:50	Hylton	Gar-field	Freedom
7:51-7:59		Hylton	Gar-field
8:00-8:08	Osborn		Hylton

8:09-8:17	Osborn Park	Osborn	Judges Switch Sides/ Exhibition
8:18-8:26	Patriot	Osborn Park	Osborn
8:27-8:35	Potomac	Patriot	Osborn Park
8:36-8:44	Stonewall	Potomac	Patriot
8:45-8:53	Woodbridge	Stonewall	Potomac
8:54-9:02	All Star Legacy Exhibition	Woodbridge	Stonewall
9:03-9:11		All Star Legacy Exhibition	Woodbridge
9:12-9:20			All Star Legacy Exhibition

**Awards Ceremony: 9:30pm**

*Trophies will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams.*

*The team with the most spirited, crazy fans will also be awarded the “TOP SPIRIT” award.*

We are looking forward to providing a fun, positive environment for our Varsity gals & guys to SHOW THEIR STUFF!!! 😊

**2014 Prince William County All County  
Cheer Competition  
Entry Form**



School \_\_\_\_\_ Varsity Head Coach \_\_\_\_\_

Assistant Coaches

\_\_\_\_\_

Head Coach Contact Email \_\_\_\_\_

Head Coach Contact Cell \_\_\_\_\_

1.	15.
2.	16.
3.	17.
4.	18.
5.	19.
6.	20.
7.	Alternates:

8.	21.
9.	22.
10.	23.
11.	24.
12.	25.
13.	Mascot:
14.	