



Cheer Rules, Regulations, and General Information

COMPETITION RULES:

1. Entry fees must be paid in full before the Line-up and final instructions will be sent.
2. There is a penalty of \$100.00 for late entries.
3. **NO REFUNDS** will be issued after the deadline.
4. All participants must have their own accident/medical insurance. The Director or Coach must have and show copies of NRG medical waivers for each participant on the team the day of the event at check in. A team or soloist will not be allowed to perform without them.
5. Teams are allowed to enter more than one team per division HOWEVER, a routine may only be used once in that division. (Penalty: Disqualification)
6. All teams are required to have a Director, Coach, Advisor, or District Employee present to accompany their team and stay with them during all NRG events. The team/soloists will not be allowed to perform without above said person with them.
7. All props must have protective coverings to protect gym floor regardless of the division. (carpet, felt, or rubber/tape MUST be used) Any of the above will be subject to disqualification and well as accessing damages to the team.
8. NRG is at liberty to disallow any props that may cause damage to the performance facilities.
9. Only rubber soled shoes may be worn on the gym or theater floor.
10. NRG safety guidelines will be enforced

DIVISIONS:

**NRG reserves the right to add, delete, combine and/or split divisions.

**Maximum age limit is very important. A younger student is permitted to perform with an older group, however, an older student must not compete on a team with younger students.

The age of the oldest student will determine in which division the team will compete.

Show Cheer / Performance Cheer

Mascot - 3rd Grade and under

Elementary - 6th Grade and under

Junior HS/ Middle School - 8th Grade and under

All Star Cheer

Tiny Novice (3-6 years old)

Mini (5-8 years old)

Youth (5-11 years old)

Junior (5-14 years old)

Jr. Co-ed (5-14 years old)

Senior (5-18 years old)

Sr. Co-ed (5-18 years old)

All Star Prep

Tiny (5-6 years old)

Tiny Prep (5-6 years old)

Mini Prep (5-8 years old)

Youth Prep (5-11 years old)

Junior Prep (5-14 years old)

Senior Prep (10-18 years old)

TIME LIMITS:

Show Cheer/Performance Cheer – 2:30 maximum (up to 1:30 must be music)

All Star Cheer – 2:30 maximum

Prep – 2:00 maximum

Stunts – 1:00 maximum

Solos – 1:30 maximum

PENALTIES:

All penalties are at the discretion of the judges and the NRG Directors.

SOUND SYSTEMS AND MUSIC:

1. NRG audio systems allow for MP3/IPOD players. Cell phones must be put into airplane mode before performance. CD's may still be used as a backup, but should NOT be the primary music source.
2. Each team must provide a SEPARATE/SINGLE playlist with ONE song only on their MP3 or CD. Directors/coaches will give music to audio table as their team is taking the floor and pick up as their team is leaving the floor.
3. No music check will be allowed.
4. A team representative must be in close proximity to the music system during performance in case of technical problems. Coaches should ALWAYS have a back up to their main music source!

AWARDS:

1. Ties will be broken by the high score for execution, then if needed showmanship, then routine composition.
2. Scoresheets, Recaps, and Judges Audio Recordings will be available to participating directors at the end of the event. Participating Director may make arrangements for a representative.
3. NRG is not required to mail trophies, recaps, or scoresheets.

ENTRY FEES: *(apply only to GOLDEN STATE CHAMPIONSHIP, SO*CAL CLASSIC AND NATIONALS)*

****KNOTTS BERRY FARM WESTERN REGIONALS has a different fee schedule*

1. Team Divisions - \$100 per team performance
2. Solo Divisions – \$50
3. Stunt Divisions - \$70
4. Contests prior to awards - \$1.00

SPECTATOR FEES:

*(Apply only to GOLDEN STATE CHAMPIONSHIP, SO*CAL CLASSIC AND NATIONALS)*

****KNOTTS BERRY FARM WESTERN REGIONALS has a different fee schedule*

1. \$10.00 per person
2. Children 5 and under free
3. Each team will receive 2 coaches/directors admission complimentary

CONCESSIONS:

1. NRG requests that all teams support the provided concession stands and NRG Plaza sales. We ask that you don't bring outside food and set up "camp". Our intent is to supply enough healthy choices to feed everyone all day long.

DRESSING ROOMS:

1. NRG WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. It is suggested to leave your valuables at home, with a designated parent /chaperone, or locked in your vehicles.
2. Please make sure your team respects the space and others personal items. You should leave your dressing area CLEANER than you FOUND IT. Take all trash out with you at the end of the day.

VIDEO RECORDING:

It is requested that ALL Directors, coaches, performers AND spectators record ONLY their own teams/solos/duets routines. NRG is NOT responsible for monitoring video recording!