



General Rules and Regulations

1. All Pop Warner, Recreation, Elementary, Junior High, Middle School, High School, All-Star, College, Open, and Dance teams are welcome.
2. Mail Registration Packets to: **GottaCheer P.O. Box 555 Long Valley, NJ 07853**. Please make checks payable to: **GottaCheer**.
3. GottaCheer reserves the right to combine, delete and add divisions, if necessary.
4. GottaCheer reserves the right to change any schedule at any time.
5. Order of appearance will be determined by first to register, last to compete.
6. For each team participating, 2 coaches will be admitted at no charge. All coaches names must be included on registration form. All additional coaches will be charged a \$10.00 entrance fee.
7. Exhibition Only teams will receive a score sheet from each judge, but will not be ranked with the other teams.
8. Individual medals will be awarded to first, second and third places. All teams will receive a trophy. Banners will be given to winners of Overall Grand Champ for each session.
9. Time Limits:
Cheer Teams – 2 minutes and 30 seconds
Dance Teams – 2 minutes and 30 seconds
Stunt Groups – 1 minute and 30 seconds
Individuals – 1 minute and 30 seconds
10. Timing will begin on the start of the first word or beat of music and will end with the last word, beat of music, or motion.
11. Music is to be provided by each team in the form of a CD/iPod/MP3 Player. A sound system will be provided. Please bring 2 high quality copies to the event.
12. **ALL JUDGES DECISIONS ARE FINAL!!** Placements will not change once announced. In the event of a complaint, we will discuss with the head judge and decide on appropriate action.
13. Pop Warner teams will follow Pop Warner rules (www.popwarner.com).
14. Elementary, Junior High and Middle School teams will follow AACCA rules (www.aacca.com), with the exception of using a Spring Floor, if they choose to (See Rule # 18). (If your team follows different guidelines, please let us know.)
15. High School teams will follow National Federation rules (www.nfhs.org), with the exception of using a Spring Floor, if they choose to. (If your team follows different guidelines, please let us know.)
16. All-Star and Rec teams will follow USASF guidelines (www.usasf.net). (If your team follows different guidelines, please let us know.)
17. Please be aware and familiarize yourself with the changes and updates of the rulings that your team follows.
18. Please note that we will be considering the new guidelines for AACCA, but we will allow tosses. However, it will be a separate category and teams will not be at a disadvantage if tosses are not in place.
19. Important Note: If your organization or school district requires that your routine be choreographed under more stringent restrictions than the rulings above, please notify our office at the time of registration, and we will make sure your team is judged accordingly. Documentation of these restrictions from the organization or other sanctioning body will be required in order to be judged accordingly.
20. It is the responsibility of all coaches to know the rules and regulations for their sport and division.
21. All teams/athletes must be supervised by a qualified director or coach at all official functions.
22. In the event of an injury, all teams, directors, and coaches should have an emergency response plan.
23. Food will be available for purchase, and will only be allowed in designated areas. No food or drink is allowed in the gym.
24. No loose glitter is allowed on the spring floor.
25. Competition organizers and/or the school or venue are not responsible for lost or stolen items. Please do not leave valuables unattended.
26. A Parents Section will be provided for the spectators of teams that are performing at that time. Spectators may only sit in this section when their team is performing.
27. All participants and spectators will maintain proper sportsmanship throughout the day. All infractions will be dealt with immediately and severely. The coaches of each squad are required to ensure their squad members, as well as guests of the squad members, are aware of this rule!