

# **CHEER AND DANCE EXTREME**

## **POLICIES AND GUIDELINES**

### **ALL STAR PREP, ALL STAR TRADITIONAL & ALL STAR DANCE**

#### **COACHES BACKGROUND CHECK**

To enter the warm-up room at a USASF Sanctioned event, the requirements are as follows:

##### **Athlete**

1. Athlete membership is paid for the current membership term.
2. Listed on the roster as an active or reserve athlete for the team entering the warm-up room.

##### **Coach**

1. Career membership fee has been paid for the current membership term.
2. Green Light Background Check Status issued by the National Council of Safety Initiatives.
3. Listed on the roster as a coach for the team entering the warm-up room.

##### **Other Gym Staff or Volunteer**

1. Green Light Background Check Status issued by the National Council of Safety Initiatives.
2. Listed on the Personnel Roster (for non-coaching staff).

#### **CLICK ON LINK BELOW FOR DETAILS**

[http://www.usasf.net/members/coaches\\_other\\_professionals/background/](http://www.usasf.net/members/coaches_other_professionals/background/)

#### **WARM-UP**

All Star Coaches who present with proper background checks will be permitted into the warm-up area of this event. Those who have background check's pending cannot access warm ups. Coaches of these teams will be given credentials from CDE to be properly identified.

#### **SPOTTERS**

Cheer and Dance Extreme will not be providing Spotters our events. We feel that programs know their routines best and it is safer to allow programs to provide their own spotters, though it is not required. The spotter should not be uniformed members of the competing teams. A spotter is there to catch a fall, however, not to assist or "save" a skill. Spotters should not count builds or cheer along with the performing team. Any type of this behavior (coaching) will not be permitted and penalty points will be assessed. If you will have spotters for your routines the **head coach must sign a spotter waiver** at check in.

## COACHES QUESTIONS

1. There will NOT be a meeting for coaches at the event. CDE follows USASF Level Rules for Cheer (Recreation, All Star Prep, and All Star Traditional) and USASF Dance. You can visit [www.usasf.net](http://www.usasf.net). For score sheets visit [www.cheeranddanceextreme.com](http://www.cheeranddanceextreme.com)
2. If you have any questions about your routine, you should clear them up prior to arriving to the competition. You can email Tara, Registration Coordinator, at [Tara@cheeranddanceextreme.com](mailto:Tara@cheeranddanceextreme.com).
3. Our goal at CDE is to offer excellent customer care and be there for our coaches. If you need anything or have any questions you can always ask an Extreme Staff Member. We have communication equipment in the KEY areas of our events. If they do not know the answer they will seek out an Executive Team Member to help you. **You can always visit Cheer and Dance Extreme's Check-in and Information Booth for answers as well.** During the competition, you are NOT to approach the judges table but channel your questions through an Event Director.

## MUSIC

Music is accepted on a CD, IPOD, or IPHONE. If using an IPHONE or IPOD/IPAD – your music MUST be downloaded. Do not rely on wifi as it will NOT work. Please place device in AIRPLANE MODE. If it is not placed in Airplane mode and you receive a text, social media alert, or email alert you could jeopardize your music and will NOT be permitted to start over.

A representative from your team (coach/advisor) must know exactly when to start the music and the music must be cued when it is brought to the music table. The representative with your music should report to the music table one performance before yours (do not walk over when your team is on the mat).

If music stops due to error in CD (CD-Recordable Formatted disc, scratches, etc.) you will NOT be able to do over your routine. Our equipment will not accept music of this format. Some CD's that play on portable systems, in cars, and in computers will not play on professional sound systems. Please check your music if necessary.

**IPHONE 7 and IPHONE 7 PLUS or NEWER – If you are using either of these phones to play music you MUST provide your own lightning to aux cord adapter to play music from your phone.**

## COPYRIGHT

Cheer and Dance Extreme's policy has always been that all teams should comply with US copyright laws. All Star teams should ensure that all their music complies with US Copyright and Licensing laws and comply with USASF sanctioning standards on copyright and music licensing.

Cheer and Dance Extreme will not require any teams to use any specific music provider or producer but it is up to the individual teams to ensure their compliance. Therefore, any questions regarding compliance should be referred to your music provider, music producer, or proper relevant legal counsel. Cheer and Dance Extreme is not a music rights holder and therefore teams should ensure their compliance with all US Copyright laws to prevent inquiry from license and copyright holders.

When in doubt about copyright law or what may be considered copyright infringement, it is recommended that members seek legal advice pertaining to their specific situation.

## **PERFORMANCE FLOOR/TIMING**

1. Entrances and exits to the performance area before, during, and after the course of a routine may be done only from the designated area. Please enter onto the floor in a timely matter.
2. Timing will begin with the first organized cheer, movement, or the first sound of music. All Star Elite Cheer [Performance Recreation routines are 2 minutes and 30 seconds](#) maximum. All Star Prep [routines are 2 minutes](#). All Star Prep teams over 2 minutes can be faced with disqualification based on USASF guidelines. Traditional Recreation routines can be 2 minutes and 30 seconds maximum. All Star Dance routines are 2 minutes and 15 seconds maximum. All Star Dance routines over 2 minutes and 15 seconds can be faced with disqualification based on USASF guidelines.

## **WARM-UP SCHEDULE/EQUIPMENT/LOCATION**

1. CDE will follow **a very specific and strict schedule** of team warm up rotations for our events. We schedule warm-up time to allow the competitor to adequately stretch and run through routines. Please refer to the order of performance schedule for your warm-up times. Please see each event to verify what equipment will be in our warm-up area for that event. **REPORT TO WARM-UPS 10 MINUTES PRIOR TO YOUR START TIME.** If you have crossovers they can meet you there. Warm-up will NOT be held up due to crossovers.
2. Teams must provide their own spotters in the warm-up area. Tumbling and Stunting is not permitted on concrete and other hard surfaces. This is a safety hazard. Penalty points/infractions can be assessed.
3. If your team will have crossovers, your team will have to bear the burden of overlapping practice times. We will make every attempt to accommodate crossovers but cannot guarantee time schedules. If you miss your warm-up time at any rotation station-you forfeit your time for that station. We cannot hold up the competition for crossovers, though, we do our best to accommodate our teams.
4. CDE will provide CD Based sound system at the SPRING floor for teams with auxiliary hook-ups. IPHONE 7/7+ or newer users please refer to music section.

## **SCORE SHEET PICK UP / RANGE REVIEW SHEETS – COACHES PLEASE READ!**

Score sheets will be given out at the awards ceremony with your awards. Score sheets that are not picked up will NOT be mailed. You are responsible for picking up score sheets.

Range Review sheets will be available at the Score Sheet Pick Up Station near the judges table 15 minutes after your performance. Only coaches can pick up this sheet. Any legalities or out of range questions can be answered at this time.

## **JUDGES**

Cheer and Dance Extreme hires **qualified, non-partisan** judges that are fair. They are experienced in judging all level of competitions. CDE stands behind our judges and no matter the circumstance, the word of the judges are final! Most of our judges judge the largest national championship events and multi-brand year end events including Worlds. We stand behind our judges but do make mistakes as we are human. Please

approach the event director or Head Judge ONLY. Thank you for understanding! CDE Dance Judges receive training on the USASF Category scoring and Cheer Judges receive Training on the Varsity Panel System.

### **TIE BREAKER RULES**

In the event of a tie, the highest score in overall performance of routine/overall score will determine the winner. Should the tie remain, a judge's ballot will break the tie. CDE has the right to NOT split the tie breaker.

### **TEAM QUESTIONS-AFTER THE EVENT-SCORING/JUDGING**

1. If you have a question about your score sheet or need clarification, we want to speak with you. Please see the Event Director or Head Judge immediately after the award ceremony.
2. Scores and placements will be made available on our website by 5:00 pm the Tuesday following the competition.
3. All questions after the event concerning safety can be directed to our Head of Scoring via email using the email address [scoring@cheeranddanceextreme.com](mailto:scoring@cheeranddanceextreme.com).

### **CHALLENGES-PROOF OF AGE/GRADE CHALLENGE (Before, During, and After the Event)**

Challenges of eligibility concerning age must be presented to the Cheer and Dance Extreme Event Director the day of the event and no later than 30 minutes following the awards ceremony of the team in question. If a coach would like to challenge a team registered prior to the event, the coach should contact our main office at 410-609-1212. There is a (\$100.00) Challenge fee. This fee eliminates unnecessary challenges. If it is found that a member of a competing routine is ineligible, the entire routine will be disqualified or will be moved by CDE into the correct division in accordance with age. The \$100.00 challenge fee will be returned to the challenger.

Competitors will be responsible for producing proof of age/grade should a challenge or question concerning age arise. Cheer and Dance Extreme reserves the right to move a routine to the correct age division in accordance with the above rulings.

Proofs of age accepted are a birth certificate; state issued I.D.; Passport, or Child Find Card. Proof of age accepted for grade is a report card, student I.D.; or yearbook.

Registration fees and other fees will not be refunded if a team is disqualified due to illegal participant.

### **CHALLENGE ON A TEAM THAT APPEARS TO BE OUT OF LEVEL**

If you feel that a team is performing a skill that is above level guidelines and you wish to CHALLENGE their routine, you may do so. Please take necessary measures to handle the Challenge in a non-conflicting way. First, you must see the Head Judge or the Event Director of the event. There is a (\$100.00) Challenge Fee. This fee eliminates unnecessary challenges. If it is found that the skill is out of level guidelines, the entire routine will be disqualified or will be moved by CDE into the correct division in accordance to skill level. If CDE elects to move the routine to the appropriate skill level-penalty points will still be assessed for out of level and illegal stunt/tumble skill. The \$100.00 Challenge Fee will be returned to the Challenger. Registration Fees and other fees will not be refunded if a team is disqualified.

## **EVENT PERSONNEL**

### **EVENT DIRECTOR**

Each event will have at least one Event Director on hand to field all questions from coaches and to ensure that your team is taken care of.

### **EXTREME STAFF**

Extreme Staff will be located in all areas of the competition. You can approach staff at any time. Most staff personnel are in an area equipped with a radio/communication device. The Extreme Staff will have a designated Staff Shirt on so they can be easily seen.

### **MEDICAL PERSONNEL – First Aid and Safety Issues**

Cheer and Dance Extreme hires medical personnel to be on-staff at ALL of our events. Medical Staff will not wrap any injuries or tape participant's wrist/ankles for the sake of participation. Medical Staff and EMT's are there for the sole purpose to administer and handle emergency situations. An injury during a competition that requires emergency medical attention should be reported immediately to one of the EMT/First Responders of the venue. Please call 911 for life and death emergencies. **In the interest of safety, no parents or spectators are permitted in the practice areas. Please keep this in mind when ordering extra coaches passes.**

## **FUTURE EVENTS/EVENT DISCOUNTS**

This event qualifies you for one of your EVENT Discounts. This means that you can take 5% off your total registration for your next event. Attend 2 CDE events and take 10% off your total registration. Attend a 3<sup>rd</sup> and take 15% off. For more information about pricing contact Tara, our Registration Coordinator at [tara@cheeranddanceextreme.com](mailto:tara@cheeranddanceextreme.com)

## **ADDITIONAL INFORMATION-VENUE & SPONSORS**

**NO COOLERS, WHISTLES, AIRHORNS, LASER POINTERS.** Please remain seated and refrain from conversations when a team is performing a team's program will be disqualified if any fan, parent, or team member is found using a laser pointer-NO EXCEPTIONS!

## **GLITTER, HAIRSPRAY, and FIRE ALARMS**

CDE and the venues that host our events strictly prohibit indoor spraying of glitter and other aerosol sprays (hairspray). If you choose to use these products, they must be used outdoors or in designated areas. Aerosol sprays are a health hazard and interfere with fire alarm systems. If a cheerleader, dancer, and/or spectator of any team plays/pulls a fire alarm – the team will automatically be disqualified and necessary fines/lawful penalties WILL BE ENFORCED with no refund.

## **Event Merchandise / Sponsors & Vendors**

☆ Videographer & Event Photos

ORDER YOUR VIDEO OR PHOTOS ONLINE PRIOR TO THE EVENT & SAVE

[www.RTproductions.net](http://www.RTproductions.net)

Cheer and Dance Extreme is proud to team up with RT Productions for photo services and a professional video of your routine. Parents can bring their video camera; however, all videotaping MUST be done from their seat. You will not be allowed to video tape on the competition floor, near or around the judges table. CDE will assess a penalty shall this occur. Please enjoy videotaping from your seat!



☆ **Event Merchandise - Level Up Spirit Gear**

[www.itsacheerthing.com](http://www.itsacheerthing.com)

Cheer and Dance Extreme is excited to have Level Up Spirit Gear (Cheer Gear) as our exclusive provider.



☆ **THE ULTIMATE BOW:** The official bow provider at all our events!

[www.theultimatebow.com](http://www.theultimatebow.com)



**SPORTSMANSHIP**

Just a friendly reminder: Cheer and Dance Extreme strictly enforces positive sportsmanship! Team Participants and or Spectators of the team will be penalized and asked to leave the event if you display poor sportsmanship. Each session we will have one coach per team turn in a Sportsmanship vote. Sportsmanship is about being positive, supporting your competitors and your teammates. Please be here for the children and let's make this a POSITIVE atmosphere. Coaches, parents, and participants displaying bad sportsmanship WILL be removed from the event. Coaches – Please put cell phones on vibrate/mute – we do not want cell phones ringing while there is a team on the floor, however we do realize the necessity of them on competition day.

**THANK YOU!!**

Above all else, Cheer and Dance Extreme wants to work with you and have your teams continue to attend our events. If you have any questions throughout the event, PLEASE ask an EXTREME staff member. If they cannot answer it, they will get the right person who can. Our Event Staff is the SAME staff that you see at all events – that is one thing that sets us apart. Furthermore, we want to be here for you ALL year long. Now that our season has started our office is available for you to call or email us. Please contact us and let us be the company you go to.