

# 2022 TENNESSEE VALLEY FAIR CHEERLEADING & DANCE COMPETITION SATURDAY, SEPTEMBER 10TH, 2022 @ 10:00 A.M.

Competition is open to all official squads from Elementary, Middle and High school teams as well as Recreational Programs in the Appalachian Region within the State of Tennessee.

## **REGISTRATION**

Early Registration: \$40 per participant (before August 19th)  
Late Registration: \$50 per participant (August 20th-Sept 2nd)  
2nd Routine: \$20 per participant (before August 19th)  
2nd Routine Late: \$25 per participant (Aug 20th-Sept 2nd)  
*You are not considered "registered" until registration forms have been filled out completely and registration fees have been paid in full.*

## **EACH TEAM WILL RECEIVE**

1. Fair Admission for each participant.
2. Fair Admission for two sponsors.
3. Competition T-Shirt for each participant and two sponsors.

## **WINNING TEAMS**

1st place team will receive the Gold Bid to the Premier School Showcase event in October 2022!  
1st place team will receive medals.  
1st, 2nd and 3rd place teams will receive banners.  
2 Sportsmanship plaques

## **FRIENDS, FAMILY, SPECTATOR FAIR TICKETS & PARKING**

Additional Fair Admission tickets may be purchased in advance for \$8 from June 15th to September 8th. After September 8th, the fair admission tickets will be \$12 per person. Don't forget your parking! All parking is \$10, and can be purchased in advance as well. Take advantage of the early bird deal by scanning the QR code below for more information:



## **ROUTINE REQUIREMENTS**

- Time Limits for both Cheer and Dance: Min: 1:30, Max: 2:30
- \*Cheer - 1:00 to 1:30 of music is recommended for cheer. You may utilize the full 2:30 time limit with music but cheer and vocal projections are still recommended.
- \*Dance routines should utilize music for the entirety of the routine.
- Music must be on a mp3 device with use of auxillary plug.
- Organized, formal entrances that involve organized cheers, run-ons with tumbling, or partner stunts are NOT permitted.
- Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the floor. The entire team must be on the floor when the performance begins.

- Timing will end with the last organized word, movement or note of music by the team.
- All teams must be on time for their assigned performance.
- Routines and music selection must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a score deduction of 2 pts. per judge.

## **RECREATIONAL CHEER**

Rec. A = 6-12 years old (5-35 members) OR

Rec. B = 13-16 years old (5-35 members)

## **SCHOOL CHEER**

- AGE: Elementary, Middle (5-35 members)
- HIGH SCHOOL: JR Varsity or Varsity (5-35 members)
- LEVEL: Schools must follow Federation guidelines (NFHS).

## **RECREATIONAL AND SCHOOL DANCE**

- SCHOOL: Elementary, Middle (5-35 members)
- SCHOOL: High School (5-35 members)
- RECREATION: A (6-12 years old) or B (13-16 years old): (5-35 members)
- STYLES: Choose from Hip Hop, Jazz, Lyrical, Pom.  
See **REGISTRATION** for multiple routines.

## **NOVICE**

Tumbling - forward rolls, cartwheels, round-offs, back bends, back bend kickovers, front/back walkovers allowed; Jumps - Recommend one jump in the cheer and/or routine. Jumps can include, but not limited to, toe touches, pike jumps, right/left/front hurdler; Stunts - Thigh stands, shoulder sits, and stunts no higher than prep level are allowed. There must be a back spot for each stunt (front spot recommended). Pyramid - Follow stunt guidelines. 1-leg stunts (lib, heel stretch, scale) are permitted ONLY if braced on both sides and not extending past prep level. Tosses - A straight body toss or "show-and-go" is allowed.

## **INTERMEDIATE**

Tumbling - All Novice skills are allowed as well as standing/running backhandsprings, back tucks, layouts and full-twisting layouts; Jumps- Incorporate at least one jump into the cheer and/or routine. It's recommended to do 2 jumps in combination (double toe-touch, right/left hurder, etc). Stunts - All Novice stunts are allowed. Extended stunts are allowed. 1-leg stunts (lib, heel stretch, scale, etc) are allowed. Single twists are allowed in cradles. Pyramid - Follow Stunt guidelines. Tosses - Toe touch baskets, straight body, single full twisting baskets, and kick full twisting baskets are allowed. NO FRONT OR BACK FLIP BASKETS.

# TENNESSEE VALLEY FAIR CHEERLEADING & DANCE COMPETITION



**SATURDAY, SEPTEMBER 10TH**

**REGISTRATION: 9:30 A.M.**

**COMPETITION START TIME: 10:00 A.M.**

**HOMER HAMILTON THEATRE**

For more entry information visit our website [www.tnvalleyfair.org](http://www.tnvalleyfair.org) or email: [ashlee@tnvalleyfair.org](mailto:ashlee@tnvalleyfair.org)

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**TNVALLEYFAIR.ORG**



# TENNESSEE VALLEY FAIR CHEER & DANCE RELEASE OF LIABILITY



Participants Name: \_\_\_\_\_

In consideration of being allowed to participate in any way in the program, related events and activities, I the under-  
signed, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe and unusual or significant hazard during presence or participation, I will remove myself from the participation and bring such to the attention of the nearest official immediately and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS **The Tennessee Valley Fair, Inc.**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, advertisers and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. Covid-19 exposure is an inherent risk in any public location where people are present. Participants and guests should only participate and attend after evaluating their own health risks. The Tennessee Valley Fair cannot guarantee you will not be exposed during your visit.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Printed Name Signed Above

\_\_\_\_\_  
Date Signed

School or Organization: \_\_\_\_\_ Competition Division: \_\_\_\_\_

### FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER THE AGE OF 18 AT TIME OF REGISTRATION)

This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Printed Name Signed Above

\_\_\_\_\_  
Emergency Phone Number