

# 2024 TENNESSEE VALLEY FAIR CHEERLEADING & DANCE COMPETITION

## SCHEDULE INFORMATION

Location: Homer Hamilton Theatre

Date and Time: Saturday, September 7th, 2024 - 10:00AM

The Cheerleading and Dance Competition is open to all official squads from elementary school teams, middle school teams, high school teams, and recreational programs located in the Tennessee Appalachian Region.

## REGISTRATION

Early Registration: \$40 per participant (no later than August 16th).

Registration: \$50 per participant (August 17th-30th).

2nd Routine Early Registration: \$20 per participant (no later than August 16th).

2nd Routine Registration: \$25 per participant (Aug 17th-30th).

*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

- Tennessee Valley Fair One-Day Admission Ticket for each participant.
- Tennessee Valley Fair One-Day Admission Ticket for two sponsors.
- Competition T-Shirt for each participant and two sponsors.

## WINNING TEAMS

- 1st place Cheerleading Team and 1st place Dance Team will receive the *Gold Bid to the Premier School Showcase* event in October 2024.
- 1st place team will receive medals.
- 1st, 2<sup>nd</sup>, and 3rd place teams will receive banners. 2 Sportsmanship plaques.

## FRIENDS, FAMILY, SPECTATOR FAIR TICKETS & PARKING

Tennessee Valley Fair One-Day Admission Tickets may be purchased in advance for \$8 from now until September 5th. Starting September 6<sup>th</sup>, Tennessee Valley Fair One-Day Admission Ticket will cost \$12 per person. All parking is \$15 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

- **Cheer:**
  - Traditional/performance routine time limit: 1:15 min to 2:15 max.
  - Game-Day routine time limit: 3:00 min max.  
*\* Teams may utilize the full-time limit with music, but cheer and vocal projections are recommended.*
- **Dance:**
  - All styles routine time limit: 1:15 min to 2:15 max.
  - Game-Day time limit is 3:00 min max.  
*\*Dance routines should utilize music for the entirety of the routine.*
- Music must be on an mp3 device with use of auxiliary plug-in
- 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 points per judge.
- For both dance styles and division options, game-day rules will follow the UCA/UDA guidelines.

### **RECREATIONAL CHEER - 5-35 MEMBERS**

Recreation A: 10 and younger/birth years 2012 and later

Recreation B: 14 and younger/birth years 2008 and later

### **SCHOOL CHEER**

Elementary - K-5 (5-35 members) Elementary/Middle - K-8 (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)

### **NOVICE**

**Tumbling** - forward rolls, cartwheels, round-offs, back bends, back bend kickovers, front/back walkovers allowed; **Jumps** - recommended 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.

### **INCLEMENT WEATHER**

Cancellations and refunds will be at the discretion of the Tennessee Valley Fair management. Alternate date and location will be at the discretion of the Tennessee Valley Fair management and Premier Athletics.

# 2024 TENNESSEE VALLEY FAIR

## CHEERLEADING & DANCE COMPETITION

### 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 harm- less 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

# 2024 TENNESSEE VALLEY FAIR CHEERLEADING & DANCE COMPETITION TEAM INFO

School, Recreational, or Team Name: \_\_\_\_\_  
If MULTIPLE teams in your program, specify your team name (i.e. PeeWees)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Primary Email for Event Details: \_\_\_\_\_

Coach/Sponsor: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Coach/Sponsor: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Primary Mailing Address for Tickets: \_\_\_\_\_

Participation tickets and welcome letter will be mailed after successful paid registration.

### CHEER DIVISION OPTIONS

#### 5-35 MEMBERS

(Please Check One)

Style: Traditional with Cheer, Performance All Music, Game-Day

Elementary K-5: \_\_\_\_\_  
 Elementary/Middle K-8: \_\_\_\_\_  
 High School JV: \_\_\_\_\_  
 High School Varsity: \_\_\_\_\_  
 1st Routine Style: \_\_\_\_\_

2nd Routine: \_\_\_\_\_ Yes \_\_\_\_\_ No  
(\$25 additional per participant)  
 2nd Routine Style: \_\_\_\_\_

### DANCE DIVISION OPTIONS

#### 5-35 MEMBERS

(Please Check One)

Style: Hip Hop, Jazz, Lyrical, Pom, Game-Day

Elementary K-5: \_\_\_\_\_  
 Elementary/Middle K-8: \_\_\_\_\_  
 High School JV: \_\_\_\_\_  
 High School Varsity: \_\_\_\_\_  
 1st Routine Style: \_\_\_\_\_

2nd Routine: \_\_\_\_\_ Yes \_\_\_\_\_ No  
(\$25 additional per participant)  
 2nd Routine Style: \_\_\_\_\_

### RECREATION DIVISION

#### 5-35 MEMBERS

(Please Check One)

Style: Hip Hop, Jazz, Lyrical, Pom, Variety, Traditional, Game-Day

Rec A: \_\_\_\_\_  
 Rec B: \_\_\_\_\_  
 Novice: \_\_\_\_\_  
 Intermediate: \_\_\_\_\_  
(Details under Division Guidelines)

2nd Routine: \_\_\_\_\_ Yes \_\_\_\_\_ No  
(\$25 additional per participant)  
 2nd Routine Style: \_\_\_\_\_

PARTICIPANT NAME	DOB	XXS	XS	YM	YL	AS	AL	AXL	2XL	3XL
1. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
11. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
12. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
13. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
14. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
15. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
16. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
17. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
18. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
19. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
20. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
21. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
22. _____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
<b>SPONSOR SHIRTS:</b>										
<b>EXTRA SHIRTS: \$20 EACH</b>										

**SIZE TOTAL FOR ALL TSHIRTS:** \_\_\_\_\_