

AAU Junior Olympic Games CHEERLEADING

LOCATION: Ford Field, 2000 Brush Street, Detroit

DATES: Monday, July 28 Athlete Check-In Ford Field
Monday, July 28 Celebration of Athletes Ford Field - 7:00 p.m.
Tuesday, July 29 Competition Ford Field

AAU MEMBERSHIP: All athletes and coaches must be members of the AAU and be able to present their 2003 AAU membership card at the time of check-in. AAU membership cards will be available for purchase at a cost of \$10.00 per youth athlete and \$12.00 per coach. The cost of the membership card is in addition to the entry fee. To become a member of the AAU, register on-line at www.aausports.org or contact your local AAU Association at 1-800-AAU-4USA.

ENTRY FEE: \$40.00 per athlete for 1 to 2 routines, 3rd or more routines is an additional \$40.00

One (1) complimentary coaches credential will be available for small/medium squads (up to 18 athletes) and two (2) for large squads (19 and more athletes). Additional coaches may register by paying the coach entry fee of \$35.00. All coaches must submit the coach's entry form.

All entry fees must be in the form of either a cashier's check or money order made payable to: **2003 AAU Junior Olympic Games. No personal checks will be accepted.** Please do not send cash. The entry fee is in addition to the AAU membership card. All fees are non-refundable.

ENTRY DEADLINE: All items must be received no later than **Wednesday July 2, 2003. ANY ENTRY FORM (S) NOT RECEIVED BY THE ABOVE-MENTIONED DEADLINE DATE WILL NOT BE ACCEPTED UNLESS SPECIAL PERMISSION IS GRANTED FROM THE NATIONAL CHAIR!** Guaranteed Overnight delivery is strongly advised and will become necessary if it is the only way to ensure that all forms are to be received by the published deadline date.

REGISTRATION FOR CHEERLEADING IS A TWO-PART PROCESS:

It is important that the following forms and all entry fees are returned together to the appropriate address.

Step #1: Send the following items to the AAU Junior Olympic Games Office:

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| 1. Cheerleading Individual Athlete or Coaches Entry Form(s) | 2003 AAU Junior Olympic Games
Detroit Metro Sports Commission
211 W. Fort Street, Suite 1000
Detroit, MI 48226 |
| 2. Cheerleading Team Summary Form | |
| 3. Signed Athlete Waiver/Release | |
| 4. Correct Entry Fee(s) | |

NOTE: If you are entering the team competition, the Team Summary Form **MUST** be included and have all individual forms attached.

STEP #2: Send the following item to AAU Cheerleading:

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|---|---|
| 1. A copy of Cheerleading Team Summary Form | AAU Cheerleading, c/o Shelly Paull
285 Adalia Terrace
Port Charlotte, FL 33953 |
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Failure to register with both the 2003 AAU Junior Olympic Games and the Cheerleading Committee will jeopardize your eligibility to compete. Your entry is not complete until both groups have received the proper paperwork by the entry deadline.

ENTRY CONFIRMATION: TO CONFIRM THAT WE HAVE RECEIVED YOUR PACKET:

- **PUT YOUR EMAIL ADDRESS ON THE ENTRY FORM.** ONCE YOUR ENTRY HAS BEEN PROCESSED, YOU WILL RECEIVE AN EMAIL CONFIRMATION
- IF YOU HAVE SENT YOUR PACKET VIA AN OVERNIGHT SERVICE (i.e. FedEx, UPS, Priority Mail) YOU CAN TRACK THE PACKET WITH THE AIRBILL NUMBER. IF YOUR PACKET HAS BEEN RECEIVED AND SIGNED FOR BY THE ENTRY DEADLINE, THEN YOUR ENTRY **WILL BE PROCESSED.**

The Local Organizing Committee has spent many hours planning and preparing for this AAU Event. In order to make it a great success, we ask for your cooperation. It is the responsibility of the coach, designated person of a team, or athlete to return all the necessary monies and completed forms by the deadline date. It is not the responsibility of the Local Organizing Committee (LOC) or the AAU to make sure all are forms are fully completed and received on time. Incomplete information will result in a longer wait at on-site check-in. **HOWEVER, THE LOC AND AAU SHALL HAVE FULL AUTHORITY TO ACCEPT OR REJECT ENTRY (S) BASED ON THE CONTENT OF THE DOCUMENTS SUBMITTED AND/OR THE DATE RECEIVED!**

QUALIFICATION: This is an open event. No pre-qualification is required.

FORMAT: Team competition for all squad competition. Individual competition for Solo Cheer and Crowd Leader Divisions. Team cheerleading routine can not exceed 3 minutes in length. The individual cheerleading routine can not exceed 2 minutes in length. Competition will be held in one round only. No finals.

The Technical Committee reserves the right to eliminate or combine events in response to number and distribution of entries.

SCHEDULE: **Competition schedule is subject to change based on the number of entries.**

Monday, July 28, 2003	Athlete Check-In Celebration of Athletes	Ford Field Ford Field
Tuesday, July 29, 2003	Coaches Meeting Competition	Ford Field Ford Field

The coaches meeting will take place at 3:30 pm on Tuesday, July 29. Competition will begin following the meeting.

CHECK-IN: **Pre-Registration:** It is extremely important that all entries be received in Knoxville no later than the above-mentioned deadline date. **ENTRY FORM (S) RECEIVED BEYOND THAT DATE WILL NOT BE ACCEPTED WITHOUT SPECIAL PERMISSION!** Of course, we want as many athletes as possible to participate, so please get all entry forms in on time. Again, guaranteed overnight delivery will become mandatory if it is the only way to ensure compliance with the deadline.

On-Site Check-In: Check-In for athletes, coaches, clubs and teams participating in the AAU Junior Olympic Games will be held at Ford Field located in downtown Detroit at 2000 Brush Street. Please follow posted signs to the Check-In Area. For check-in hours, mapping and directions please consult your *Athletes', Coaches', and Parents' Handbook*. Parking fees will typically range from \$3.00-\$6.00 per day, but other area events can cause parking fees to fluctuate. **For more information on parking, please refer to the *Athletes', Coaches', and Parents' Handbook*.**

DIRECTIONS: Directions to Ford Field
From the West (Airport): Take I-94 East to I-96 East, exit left at the I-75 exit. Proceed on I-75 North. Take the Grand River exit (# 50). Follow the service drive to Woodward Avenue and go East on Woodward. Comerica Park will be on your left and Ford Field is behind it. Turning left on Montcalm or Adams will take you to the stadium.
From the North/South: Take I-75 to the Grand River exit (#50). Follow the service drive to Woodward Avenue and go East on Woodward. Comerica Park will be on your left and Ford Field is behind it. Turning left on Montcalm or Adams will take you to the stadium.

COACHES AND OFFICIALS: All coaches should be registered members of the AAU. Participating officials qualify for certification and ranking.

RULES: AAU Cheerleading Rules will be followed. For a copy of the rules, please visit www.aausports.org.

AGE DETERMINATION: Divisions will be determined by the athlete's grade during the 2002-2003 school year. High School seniors during 2002-2003 are eligible to participate.

AWARDS: Medals will be awarded to each participant, 100% placement. Grand Champion overall trophy. All participants will receive a T-shirt and participation certificate commemorating the event. Technical Committee may change awards given.

SOUND EQUIPMENT: Sound equipment will be provided. Each individual or team is responsible for providing their accompaniment to the Sound Manager on a standard audiocassette tape or CD. The accompaniment must be the only sound on the tape or CD and must be recorded at the very beginning of a standard audiocassette tape or CD. Tapes or CD's should be clearly marked with the competitor's team name. The accompaniment must be recorded at the flat line of the equalizer to assure comparable volume for all teams. No volume adjustments will be made. The volume and quality of the accompaniment are the responsibility of the competitor and not the Sound Manager. Volume or quality of sound will not be judged. Coach or designated person will press button to start and stop music. Voice-overs on tapes for the purpose of increasing the volume of cheers or chants are prohibited.

**CELEBRATION
OF ATHLETES:**

The 2003 AAU Junior Olympic Games ***Celebration of Athletes*** will be held at Ford Field located in downtown Detroit on Monday, July 28 at 7:00 p.m. All athletes are encouraged to attend, as you won't want to miss the 2003 Celebration. The format of this year's Celebration has changed dramatically. Take some time to meet your fellow athletes from other states. Check the web site at www.aaujrogames.org for more announcements on this year's ***Celebration of Athletes***. Parking fees will typically range from \$3.00-\$6.00 per day, but other area events downtown can cause parking fees to fluctuate.

PARKING:

The majority of venues for the 2003 AAU Junior Olympic Games will offer complimentary parking. However, exceptions to this include Ford Field in Downtown Detroit and Eastern Michigan University in Ypsilanti. Parking fees will typically range from \$3.00-\$6.00 per day, but other area events can cause parking fees to fluctuate. Parking regulations are strictly enforced both in Downtown Detroit and on-campus at Eastern Michigan University. Please obey all posted parking regulations, as the cost of a parking ticket will outweigh the cost of parking. More details on parking can be found in the *Athletes', Coaches', and Parents' Handbook*.

Also, please note that most downtown hotels will charge for parking at their location. These prices vary and often can be added directly to your hotel bill upon checkout. Please contact your hotel directly to determine if you will be charged for parking.

HOUSING:

All requests for hotels will be handled by the Detroit Housing Bureau. **Contact the Housing Bureau toll free at 877-228-9389 or book your rooms on-line at www.aaujrogames.org.** For a complete listing of properties please see the housing section of the Handbook or the web site. You will need to have the following information ready when contacting the Housing Bureau:

1. The sport you will be competing in
2. The number of people in your party
3. The number of rooms you need
4. Your arrival and departure dates
5. Your credit card number

IMPORTANT: All reservations require a one-night room and tax deposit through an approved form of credit. In the event an attendee needs to cancel their reservation, the cancellation must occur prior to 72 hours from the confirmed arrival date. If the cancellation occurs within 72 hours of the scheduled arrival, the hotel reserves the right to charge the guest for one night's room and tax.

TRANSPORTATION:

All athletes, coaches, and fans are responsible for their own transportation to and from all activities, events, and hotels.

SECURITY:

All 2003 AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the 2003 AAU Junior Olympic Games.

FOOD:

All 2003 AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the 2003 AAU Junior Olympic Games.

ADMISSION FEE:

Each sport is a part of the 2003 AAU Junior Olympic Games. Admission to all venues and the Celebration of Athletes for credentialed participants only is included in your entry fee. Please note that you must check-in and pick up your athlete or coach credential prior to receiving admittance into any venue, including the Celebration of Athletes. All other spectators will be able to enjoy any of the sporting events and ceremonies throughout the 2003 AAU Junior Olympic Games by purchasing an admission ticket that is valid for all the sports involved in the Games. For more information on ticket options, please refer to the *Athletes', Coaches', and Parents' Handbook* or visit www.aaujrogames.org.

ADDITIONAL INFORMATION

AAU NATIONAL CHEERLEADING CHAIR:

Shelly Paull
285 Adalia Terrace
Port Charlotte, FL 33953
TEL: (941) 627-5342
FAX: (941) 627-3907
tumbleathorizon@aol.com

AAU NATIONAL STAFF:

Wade Schalles
AAU National Headquarters
c/o Walt Disney World Resort
P.O. Box 10,000
Lake Buena Vista, FL 32830-1000
TEL: (407) 934-7200
FAX: (407) 934-7242
wade@aausports.org
Web site: www.aausports.org

AAU NATIONAL ALL-STAR CHEERLEADING DIVISIONS

*Divisions are based on grade, skill level, and size. Divisions are listed according to grade and skill level. Within each division, squads will be divided according to size as follows:

Small squads	12 members or less
Medium squads	13-18 members
Large squads	19 & over

Competition director, with the approval of the AAU National Chair, may combine the small, medium, and large divisions based on the number of entries. In some instances combining the divisions will not be possible. If the squad is the only one in their division, they will receive a rating (Good, Excellent, or Superior) along with the 1st place ribbon.

NOVICE DIVISIONS

MINI ALL-STAR NOVICE	3 rd grade and under (may have males)
PEE WEE ALL-STAR NOVICE	6 th grade and under (may have males)
JUNIOR ALL-STAR NOVICE	9 th grade and under (1 male)
JUNIOR CO-ED ALL-STAR NOVICE	9 th grade and under (2 or more males)
SENIOR ALL-STAR NOVICE	12 th grade and under (1 male)
SENIOR CO-ED ALL-STAR NOVICE	12 th grade and under (2 or more males)

Novice Division Guidelines

Stunts/Pyramids

1. Single Twisting dismounts are permitted from two-legged stunts only. Double twisting dismounts are NOT permitted.
2. Liberties and Arabesques are the ONLY one-legged extended freestanding stunts permitted. All other one-legged stunts must be braced by a shoulder level stunt or lower (for ex. A heel stretch can be braced by a prep, shoulder sit, or thigh stand, but not by another extended stunt).

Tumbling

1. Tumbling difficulty may not exceed back handsprings for standing tumbling (no flips) and may not exceed back tucks or whipbacks in a running series (NO layouts, X-outs, or twisting skills)
2. Squad tumbling is prohibited (Example: The entire team cannot perform a tumbling skill at the same time).

ADVANCED DIVISIONS

MINI ALL-STAR ADVANCED	3 rd grade and under (may have males)
PEE WEE ALL-STAR ADVANCED	6 th grade and under (may have males)
JUNIOR ALL-STAR ADVANCED	9 th grade and under (1 male)
JUNIOR CO-ED ALL-STAR ADVANCED	9 th grade and under (2 or more males)
SENIOR ALL-STAR ADVANCED	12 th grade and under (1 male)
SENIOR CO-ED ALL-STAR ADVANCED	12 th grade and under (2 or more males)

Advanced Division Guidelines

Stunts/Pyramids

1. All one-legged extended freestanding stunts are permitted.
2. Double twisting cradle dismounts are permitted (Triple twisting dismounts are prohibited).

Tumbling

1. Standing back tucks and standing back handspring back tucks are permitted.
2. Twisting tumbling skills are permitted as long as they do not exceed two twisting rotations.
3. Layouts, X-outs and punch fronts are permitted.

AAU NATIONAL ALL-STAR CHEERLEADING SAFETY GUIDELINES

As a coach it is your responsibility to be knowledgeable of and to adhere to the safety guidelines. Any questions regarding the legality of a stunt or routine requirements may be answered by:

Shelly Paull – AAU National Cheerleading Chairman
285 Adalia Terrace, Port Charlotte, FL. 33953

Phone (941) 627-5342 FAX (941) 627-3907

E-Mail - tumbleathorizon@aol.com

Wade Schalles- AAU Cheerleading Liaison- wade@aausports.org (407) 828- 2892

General

1. Mini-tramps, springboards and any other height increasing apparatus are prohibited.
2. Knee drops, seat drops, thigh drops, front drops, and split drops from a jump or airborne positions are prohibited.
3. Flags, banners, megaphones, pom poms, and signs are the only props allowed. Flags and banners may not be used in conjunction with stunting or tumbling.
4. Soft-soled tennis shoes must be worn while competing; jazz shoes and/or boots are prohibited.
5. Jewelry of any kind is prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms.

Stunts/Pyramids

1. All stunts and/or pyramids are limited to two persons high. Any partner must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
2. A continuous spotter is required for extended stunts. A spotter cannot be under a stunt.
3. Single based extended stunts are allowed if the top person is centered directly over the base. There must be an additional spotter who may help stabilize the stunt. This spotter may not be a primary support or be directly under the top person. The spotter must be positioned to protect the head/shoulders of the top person, and must not be under the stunt. The spotter must be to the side or directly behind the stunt.
4. Single based double awesomes are legal if there is a separate spotter for each of the partners in the stunt. In order for this stunt to be legal, both feet of each partner must be in contact with the main base. (Note: Single based double liberties and variations are illegal.)
5. All extended stunts may brace each other: chair, double/triple based dead man lift, double/triple based straddle lift, torch, single and double based extensions as well as liberties and their variation
6. Teeter-Totters (pendulums) are allowed if the partner remains shoulder level or lower. There must be at least three stationary catchers on each side.
7. A partner may hold or pass through an inverted position during a stunt or dismount only with direct weight-bearing support from a base(s) that is in direct contact with the cheer surface. (Suspended basket toss flips are prohibited)
8. Hanging pyramids are allowed and may move and/or rotate. The partner standing on shoulders must have a continuous spotter and bases must brace the hanging person(s).
9. Partners in a suspended split or a sponging split position, must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performance surface. Single-based split catches are prohibited.
10. Only vaults without hip over head rotation are allowed. Bases involved in the vault must have constant contact with the performing surface.
11. In transitional stunts, physical contact must be maintained between the top person and the base(s).
12. In a transitional stunt that does not change bases, but moves to a flat body position, it is not necessary to have four additional catchers when the weight of the partner does not travel away from the vertical axis.
13. Tic Tocks are legal.
14. Stunts, pyramids, individuals, or props may NOT move through or under a stunt or pyramid.

Tosses

1. Basket tosses or any type of multi-based toss must be performed from ground level and may not be dismounted directly to the cheering surface. The partner may not be tossed to another set of bases. Regrabs are permitted with the use of the same bases. The bases must remain stationary during the toss. (No traveling basket tosses)

Tosses Continued...

2. Basket tosses or any type of multi-based toss is limited to a total of four bases tossing the stunt. One base must be behind the partner during the toss and may assist the partner into the stunt. This base counts as one of the tossing bases.
3. No stunt, pyramid, individual or prop may move through or under a toss/pop, and tosses/pops are not allowed to be thrown over or through stunts, pyramids, individuals or props.
4. Helicopter tosses are prohibited. (Legal if bases maintain contact with the partner).
5. Toss to prone position is prohibited.
6. Toss flips are prohibited.
7. Partner may not be inverted at any point during a toss.

Dismounts

1. Dismounts from all single-based stunts (extended and non-extended) to a single-based cradle are permitted provided there is a separate spotter at the head-and-shoulder area of the partner. (Exception: no spotter is required when cradling a chair or a torch.)
2. Dismounts from all multi-based extended stunts (which includes tosses, pops, sweeps, etc.) to a cradle require at least two catchers and a separate spotter at the head-and-shoulder area of the partner.
3. Dismounts from multi-based non-extended stunts do not require an additional spotter. (Example: a half extension can be cradled by the two bases without an additional spotter)
4. Dismounts from stunts or aerial tosses may not exceed two twisting rotations.
5. Stunts may dismount to a new set of bases provided their original base(s) maintains contact with the partner. A partner may not be tossed from a stunt to a new set of bases.
6. Extended stunts may dismount directly to the cheering surface with at least two spotters assisting on the landing. The original base(s) must spot the dismount and can count as one of the two required spotters.
7. All dismounts from shoulder height or above shall have assisted landings. No skill (i.e. Toe-touch, twists) is permitted when dismounting directly to the performing surface without constant hand-to-hand contact with the bases.
8. Suspended forward roll dismounts from a multi-based stunt, shoulder height and lower are allowed if the partner maintains constant hand-to-hand contact with the base(s) on which he/she is standing. Suspended rolls must dismount directly to the performing surface.
9. Single based suspended forward roll dismounts are prohibited.
10. Tosses or aerial stunts may not dismount to a prone face-down position. (Exception: log roll)
11. Tension drops are prohibited.
12. When dismounting single based double awesomes, the base may not lose contact with the partners until the partners have landed in the cradle position. All single based double awesomes must be cradled.
13. Dismounts landing in a layout or prone position must be performed from shoulder height or below and must have four catchers who are not original base(s). Toss dismounts to a prone position are prohibited.

Tumbling

1. Tumbling skills that exceed one flipping rotation and/or two twisting rotations are prohibited. (No double backs or triple fulls)
2. Tumbling over, under, or through an individual who has direct weight bearing contact with the cheering surface is permitted.
3. All gymnastics skills must originate from the ground level. The person performing a gymnastic stunt(s) may (without hip over head rotation) rebound from his/her feet into a cradle.
4. Spotted or assisted aerial flips are prohibited. This includes toe and leg pitch flips. (Cheerleaders in a connected line or circle with every other person flipping with assistance are prohibited).
5. Double cartwheels are prohibited.

AAU NATIONAL ALL-STAR CHEERLEADING
ROUTINE GUIDELINES



ALL-STAR CHEERLEADING routines may be up to 2 ½ minutes. Routines may be performed entirely to music. They may or may not include a cheer or chant.



Timing of the routine will begin with the first note of the music or the first movement from a squad member once the squad has entered the floor and assumed their starting positions. Organized entrances are considered part of the routine and will be timed as such. Squad members must have at least one foot on the floor prior to the beginning of the routine. Timing of the routine will end when the squad hits its final motion or the final note of music. Squads may do a spirited exit.



One representative from the squad will be responsible for running the squad's music. Voice-overs on tapes for the purpose of increasing the volume of cheers or chants are prohibited.



Spotters will not be provided by AAU. Squads may provide their own spotters (no more than two). Spotters may not talk to squad members during the routine. Any assistance provided will result in a deduction from the squad's score. Spotters should be clearly distinguishable from the squad members.



Penalties: All penalties will be assessed by the head judge and deducted from the total combined score of the judges.

10 Points -Will be deducted from your total combined score if your squad goes from **1-10 seconds overtime** on their performance.

25 Points -Will be deducted from your total combined score if your squad goes from **11 or more seconds overtime** on their performance.

25 Points -Will be deducted from your total combined score for each infraction of the AAU National All-Star safety guidelines.

Crowd Leader Division (Individual)

Mini	3rd grade and below
Pee Wee	4th-6th grade
Junior	7th-9th grade
Senior	10th-12th grade

*****Males are allowed to compete in all divisions, and will compete against the females.*****

GUIDELINES

Routines cannot exceed two minutes.

There can be no more than 1:15 of music, although music is not required.

ROUTINE REQUIREMENTS

All routines must incorporate a cheer, a dance, and a minimum of 2 different jumps.

No tumbling is allowed in the crowd leader divisions.

Cheer Solo Division (Individual)

Mini	3rd grade and below
Pee-Wee	4th-6th grade
Junior	7th-9th grade
Senior	10th-12th grade

*****Males are allowed to compete in all divisions, and will compete against the females.*****

GUIDELINES

Routines cannot exceed two minutes

There can be no more than 1:15 of music, although music is not required.

ROUTINE REQUIREMENTS

All routines must incorporate a cheer, a dance, tumbling skills, and a minimum of 2 different jumps.

All tumbling skills are permitted that do not exceed two flipping or twisting rotations.