



# Maple Grove Crimson Cheer Challenge

**What:** We invite any competitive, performance or All Star teams to come to Maple Grove Senior High and join us for the 2020 Crimson Cheer Challenge. We are excited to feature a Partner Stunt Group Competition, where up to five cheerleaders perform a one minute routine to music. Additionally, we will be holding a Mascot Spirit Competition, in which various mascots compete against each other and are evaluated on school spirit and talent. If you are looking for a fun competition or just one more competition before State or UCA Nationals, take your team to the 2020 Crimson Cheer Challenge!

**When:** Sunday, January 26, 2020

**Where:** Maple Grove Senior High School  
9800 Fernbrook Lane North  
Maple Grove, MN 55369

**Time:** Team Registration Begins 8:30 a.m.  
*Official Warm-Up Times-TBD*  
Doors Open 9:30 a.m.  
Competition Begins 10:00 a.m.

**Cost:** \$20.00 per participant, \$10 per cross over participant

<b>Spectator Cost:</b>	Adults	\$7.00
	Students (with ID)	\$5.00
	Children (ages 5-12)	\$5.00
	Children (under 4 years)	<i>Free</i>

**Registration Deadline:** December 31<sup>st</sup>, 2019

## Divisions:

### School Divisions

Elementary	6 <sup>th</sup> Grade and Lower
Junior High	8 <sup>th</sup> Grade and Lower
Novice	First Year Comp Squads
JV	Junior Varsity Squad
Small Varsity	Max of 12 Participants
Medium Varsity	13-16 Participants
Large Varsity	17-20 Participants
Super Large Varsity	21-30 Participants
Co-Ed	2 or More Males
Non-Tumbling	
College	
Partner Stunt	Up to 5 participants
Mascot	One mascot per high school
Game Day	5-30 Participants

### All Star Divisions

#### (For both all-music and cheer)

Tiny	5 years old and younger
Mini	8 years old and younger
Youth	11 years old and younger
Junior	14 years and younger
Senior	10-18 years old
Co-ed	10-18 years old, 1+ males
Partner Stunt	Up to 5 participants

**\*Please note if less than 3 teams register for a division, the team will compete in a combined category.\***



**Routine Length:** High School routines may be 2 ½ minutes long, with the dance portion not to exceed 1 ½ minutes. All Star routines may be 2 ½ minutes long. Partner Stunt Groups and Mascots will be limited to a 1 minute routine.

**Competition Surface:** Cheer foam mats (9 strips)

**Staff Meeting:** The meeting for judges, spotters, tabulators and timers will take place at 9:30 a.m. There will be no coaches meeting at this competition. Coaches will be given information before the competition and at team registration.

***Please Note: There will be a room with food and beverages for all coaches and judges.***

**Competition Rules:** Competition and safety rules will follow the American Association of Cheerleading Coaches and Advisors (AACCA), which is what the Universal Cheerleading Association (UCA) uses. Rules can be viewed at [www.aacca.org/ashssafety](http://www.aacca.org/ashssafety). The only exceptions to the rules will be hair, nails, jewelry and glitter. Cheerleaders will have to follow the exceptions listed below, which will be checked prior to competing:

- **Hair:** Hair should not be a distraction and be worn in a safe manner. Hair can be half-up, but must be safe.
- **Nails:** Nails should not be longer than fingertips. Acrylic or gel nails are not permitted.
- **Jewelry:** No jewelry is allowed. This includes earrings, facial piercings, and body piercings, such as tongue, nose and belly button.
- **Glitter:** No glitter is allowed.

**Music:** This competition will have the ability to play music from your iPod/MP3 player. Please bring two back-up copies of your music (CDs only).

**Score Sheets:** The standard High School UCA score sheet will be used for the High School Divisions. The standard All Star UCA score sheet will be used for the All Star divisions.

**Questions:** Please contact

Kristen Myers

[crimsoncheercoach@gmail.com](mailto:crimsoncheercoach@gmail.com)

414-915-7059



### Competition Team Registration Form

Please complete one form for each team you plan on bringing.  
Entries must be received no later than December 31, 2019.

**School/Team Name:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Coach(es) Names:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email Address:**

\_\_\_\_\_

**Cheerleading Division (please refer to page 1):**

**Total Number of Team Members:** \_\_\_\_\_ @ \$20.00 each = \$ \_\_\_\_\_

**Total Number of Cross Over Athletes:** \_\_\_\_\_ @ \$10.00 each = \$ \_\_\_\_\_

**IMPORTANT!** This is the number that will be used when dividing teams into categories by size. Please make sure to fill in the number of cheerleaders on your team correctly, because you will not be able to change the number or change the competition category.

**Total Number of Participants in Partner Stunt Group Competition:** \_\_\_\_\_ @ \$10.00 each = \$ \_\_\_\_\_

*(Please see pages 5 & 6 for more information).*

**PLEASE SUBMIT ONLY ONE CHECK PER TEAM**

Checks can be made payable to **Crimson Cheerleading**.

Please send this completed form and payment to:

**Kristen Myers  
Crimson Cheerleading  
216 4th St. NW  
St. Michael, MN 55376**



**Maple Grove Crimson Cheer Challenge  
Roster of Participants**

**Team Name:** \_\_\_\_\_

**Mascot:** \_\_\_\_\_ **Team Colors:** \_\_\_\_\_

**Name:**

**Grade:**

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____
11.	_____
12.	_____
13.	_____
14.	_____
15.	_____
16.	_____
17.	_____
18.	_____
19.	_____
20.	_____
21.	_____
22.	_____
23.	_____
24.	_____
25.	_____
26.	_____
27.	_____
28.	_____
29.	_____
30.	_____



## Partner Stunt Group Competition

**What:** A small stunt group competition, where up to five cheerleaders perform a one minute routine to music. The routine represents a continuous flow of stunts.

**When:** During the Crimson Cheer Challenge on Saturday, January 26, 2020

**Eligibility:** Any High School or All Star stunt group with a certified coach present. You do not need to be on a competition squad to participate. Each school may have as many stunt groups as they want, but each cheerleader is only allowed to participate on one stunt team. (**NOTE:** Cheerleaders can participate in two partner stunt groups if one is a high school team and the other is an All Star team).

**Cost:** \$10 per participant in partner stunt group

**Registration Deadline:** Registration for Partner Stunt Groups is due by December 31, 2019. Completed forms must be filled out and turned in with the team registration packet. If a partner stunt group is not competing with a competition team, each participant will still need to complete a Parent Consent/Liability form and turn it in with the Partner Stunt Group registration.

### Divisions:

- **Junior High-**A group of participants 8<sup>th</sup> grade or below, who are part of their Middle School/Junior High team or part of a recreational squad.
- **Junior Varsity-**A group of participants who are on a Junior Varsity team for their school. All participants must be in 7-12 grade.
- **Varsity-** A group of participants who are on the Varsity team for their school. All participants must be in 7-12 grade. There are two Varsity divisions based on school enrollment for grades 9-12: **Division 1 (1300+)** and **Division 2 (1-1299)**.

**Music:** Music for partner stunt groups must follow the same guidelines as team requirements (page 2).

### Rules/Guidelines:

- School teams will follow the UCA/AACCA rules and regulations.
- Stunt group members do not have to compete on a team at the competition.
- Partner stunt groups can have up to five participants and may be any combination of males and/or females.
- Participants are only allowed to participate in one stunt group unless one is a high school team and the other is an All Star team.
- Substitutions are allowed as long as a Parent Consent/Liability form is submitted and they are not in another partner stunt group.
- Everyone must start with both feet on the ground.
- Bases and flyers may switch positions as long as it is the same group of people involved.
- Tumbling **into** a stunt will be permitted as long as it does not violate the UCA/AACCA rules.
- No other tumbling will be allowed.
- There will be no leading of cheers, jumps or dance.
- **Time limit is one minute.**
- Stunt groups will be given time to warm up. This will follow the same flow prior to performance as the competition teams.
- Partner Stunt Groups will need to be represented by a certified cheerleading coach.



## Partner Stunt Group Registration Form

School/Team Name: \_\_\_\_\_

Stunt Group 1, Division: \_\_\_\_\_

Names:

Grade:

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

Stunt Group 2, Division: \_\_\_\_\_

Names:

Grade:

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

Stunt Group 3, Division: \_\_\_\_\_

Names:

Grade:

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

Stunt Group 4, Division: \_\_\_\_\_

Names:

Grade:

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |



## Mascot Spirit Competition

**What:** High School mascots will compete against each other and be evaluated on how well they embody the spirit of their school. Mascots will need to positively represent their school and community, enhancing traditions and emotions of the audience through characterization and entertainment. Mascots will be evaluated on their ability to get the crowd involved, representation of a positive school spirit and overall talent.

**When:** The Mascot Spirit Competition will take place during the Crimson Cheer Challenge on Sunday, January 26, 2020.

**Eligibility:** Any High School mascot with a certified cheerleading coach present. You do not need to be on a competition squad to participate.

**Cost:** \$25 per mascot

**Registration Deadline:** Registration for the Mascot Spirit Competition is due by December 31, 2019. Completed registration forms must be filled out and turned in with the team registration packet or be submitted through the mail by December 31, 2018. Mascots will still need to complete a Parent Consent/Liability form and turn it in with the Mascot Spirit Registration form.

**Music:** Music for Mascots should follow the same guidelines as team requirements (page 2).

### Rules/Guidelines:

- Mascots will follow the UCA/AACCA rules and regulations.
- Mascots do not have to compete on a team at the competition.
- Mascots will perform a one minute routine. This routine can be to music and will be used on evaluating talent, crowd involvement, characterization and entertainment.
- Tumbling will be permitted as long as it does not violate the UCA/AACCA rules.
- **Time limit is one minute.**
- High School mascots will need to be represented by a certified cheerleading coach.



## Mascot Registration Form

**School/Team Name:**

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**Mascot Name:** (example: Goldy Gopher)

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**Participant's Name:**

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**Participant's Email Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Cheerleading Coach(es) Names:**

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*Please Note: This should be a certified cheerleading coach from your high school that is representing you during your performance.*

**Address:**

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**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email Address:**

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**School Colors:**

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**How long has your mascot been a part of your high school? (AKA: The mascot's birthdate)**

**What is the mascot's favorite sport?**

**What is the mascot's favorite food?**

**What gets the mascot "pumped up"?**

**What's the mascot's strategy to getting the crowd involved and excited?**





## Parent Consent/Liability Form

My daughter/son has my permission to participate in the Crimson Cheer Challenge on Sunday, January 26, 2020.

In order that my daughter/son may receive the necessary medical treatment in the event that she/he may sustain injury or illness during participation in this activity, I hereby authorize the cheerleading coach, medical staff or person of authority to make medical decisions with regard to treatment of injury. I agree to release Maple Grove Senior High, School District 279 and/or any of its employees/representatives from any responsibility for personal injury, theft/damage to my property as a result of participating in this competition.

I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversion and rotation of the body, there is a possibility that my daughter/son may sustain physical illness or injury (minimal, serious or catastrophic), in connection with her/his participation. I further acknowledge and understand that my daughter/son is assuming the risk of such physical illness or injury by her/his participation and I further release Maple Grove Senior High, School District 279 and its representatives from any claims for personal illness or injury that my daughter/son may sustain during participation in this activity.

I further understand that Maple Grove Senior High has established rules and regulations pertaining to conduct, behavior and activities of all students and cheerleading participants, by which my daughter/son must abide during participation in this activity and that my daughter/son and I will be responsible for her/his failure to abide by those rules and regulations.

My daughter/son and I have read and understood the above Medical Treatment Authorization and Liability Release

**School Name:**

\_\_\_\_\_  
**Participant's Name:**

\_\_\_\_\_  
**Participant's Address**

\_\_\_\_\_  
**City/State/Zip**

\_\_\_\_\_  
**Insurance Carrier Name**

\_\_\_\_\_  
**Policy Number**

\_\_\_\_\_  
**Participant's Signature:**

Date: \_\_\_\_\_

\_\_\_\_\_  
**Parent/Guardian Signature:**

Date: \_\_\_\_\_

Return this form to your coach. Waivers for all participants need to be on file at Team Registration on January 26<sup>th</sup>, 2020.

**Coaches: Please copy for each of your participants.**