

Information Section

2011 CCA Regionals
Registration Packet



CCA 2011 REGIONAL INFORMATION



GENERAL REGISTRATION INFORMATION

Pre-registration for the Mini-camp, as well as the Regional competition is necessary with a \$25 registration fee per team and should be completed at least one month in advance of the Regional event. The balance of \$30 per person is due two weeks in advance of the Regional event in order to avoid a \$5 per person late fee. The following methods of payment are accepted in advance: School and/or Personal check, Money Order, Credit Card (by calling the CCA office or online at www.cheercca.com). Personal checks will not be accepted the day of the event for registration fees, only a school check, credit card, or cash will be accepted. Late fees will be applied if paying the day of the event. Payments must be made by the coach for the entire team; separate payments cannot be accepted. All monies are non-refundable and non-transferable. Two coaches come FREE with each team. Additional coaches pay the spectator fee at the gate. Spectator fees are as follows: \$6 for ages 12 and up, \$4 for ages 5-11, and children under 5 years of age are FREE!

HOW TO REGISTER

Registration is easy! Pick the best method for you!

1. If you want to get registered right away and don't have time to sit down and fill out forms, just call us at 1.877.CHEERCCA (1.877.243.3722) and let us do the work for you! You can reach us Monday – Friday from 9:00 a.m. – 5:00 p.m. If we are not available to take your call, leave a message with your name, school name, and phone number and we will call you right back!
2. If you prefer the Internet and want to make a payment by credit card then access our secure link at www.cheercca.com and register immediately! Just go to the "Regionals" page and follow the links. We will receive an email immediately showing us that you have registered and we will call you to complete the registration process and provide you with additional information.
3. You can register by faxing or mailing us your information and payment. **Our fax number is 1.866.222.1093.** Our mailing address is:

Regular Mail:

CCA Event Registration
PO Box 49
Bethania, NC 27010

Overnight Mail:

CCA Event Registration
2931 Pioneer Trail, Suite B
Winston-Salem, NC 27106

Regardless of the method you choose, we will contact you to confirm payment and team information.

INFORMATION YOU NEED FOR REGIONALS

The **CCA Regional Registration Packet** contains necessary information and forms for this event. This packet contains the following information:

CCA Regional Registration Packet:

- **CCA 2011 Regional Information** – always have on hand to refer to for event information
- **CCA Team Routine Information** – always have on hand to refer to for division and routine information
- **CCA Safety Rules & Guidelines Information** – High School and College teams follow the AACCA rules and guidelines. All Star teams will adhere to the USASF rules. EMPOWER teams will adhere to AACCA rules and CCA levels/guidelines. We ask that you access the following websites to obtain safety rules and guideline information for your team.
 - High School & College guidelines can be obtained from www.aacca.org
 - All Star divisions and guidelines can be obtained from www.usasf.net
- * **CCA Sample Score Sheets** – always use these to prepare your routine.
- **CCA Regional Registration Form** – if you are registering via mail or fax, fill out and return to CCA immediately with your registration payment. If you want to register online, you will not need this form, simply go to www.cheercca.com. Keep a copy for your records.
- **CCA Medical Treatment/Liability Release Form** – print this out and complete a form for each person participating in the event, including coaches. Keep the original for your records and give us a copy at event check-in. **ABSOLUTELY NO PARTICIPATION PERMITTED WITHOUT SIGNED MEDICAL RELEASE/LIABILITY FORM. THIS INCLUDES COACHES!** Do **NOT** mail these forms ahead of time.
- * **CCA Music, Moves, & Dress Policy Form** – sign and turn in at event check-in Reminder: Music **MUST** be approved by CCA as soon as possible, but no later than 2 weeks in advance of the event. Email music for approval to info@cheercca.com. *Music must be emailed as a .WAV or .MP3 file.* **PLEASE READ THE MUSIC POLICY CAREFULLY BEFORE PREPARING/SUBMITTING MUSIC.**
- **CCA Team Roster Form** – fill out and turn in at event check-in
- **Event Direction sheet** – we have provided a directions sheet for each Regional event. This sheet also includes: physical address of host facility, directions to the host facility, and suggestions for overnight accommodations if needed.

* Indicates that these are new forms for the 2011-2012 season.

Please be sure to review all information completely as some information has changed. Regional Registration packets can be obtained by calling us at 1.877.243.3722. You may also print your packet by visiting the "Regionals" page on the CCA website located at www.cheercca.com.

BE SURE OF THE FOLLOWING:

- **Make sure you have a copy of the safety rules for your division (AACCA, USASF).**
- **If in the music category, make sure your music has been approved by the CCA Office.**
- **Make sure you have a Medical Release form filled out for every participant and COACH to turn in at on-site check-in. No participation is allowed without this form.**

MINI-CAMP SCHEDULE

Each Regional consists of a Mini-camp and an OPEN competition (OPEN means no qualifying is necessary). The mini-camp is FREE if you enter the afternoon competition! However, if you decide not to enter the afternoon competition then the \$25 team registration and \$30 per person fees apply. The mini-camp is a great mid-season refresher and will consist of: Cheerobics, offense, defense, spirit sidelines (all new and not taken from our summer material), and stunt school (you will learn a new stunt in your qualifying level)! Then we top it all off with a short time of Praise & Worship! Listed below is an **example** of a Mini-camp schedule. Please reference your Regional location information for special scheduling or informational differences. REGISTER NOW – DON'T WAIT!!!

9:00 a.m. On-site check-in

This is the time to turn in all medical/liability release forms, Music, Moves & Dress forms, Team Listing form, and to pay outstanding balances (late fees will be applied). Remember that each person must have a signed medical release form or participation will not be allowed.

9:30 a.m. Mini-Camp begins

Mini-camp includes: Cheerobics, New Sidelines, Stunt School (available for Intermediate, Advanced, and Elite levels), and CCA Praise & Worship time!

NOTE: if you prefer routine critique at the mini-camp, please let us know ahead of time so that we can arrange a schedule for you.

12:30 p.m. Mini-Camp ends – Lunch/Practice break

A time to get refreshed before the competition begins!

Don't worry if you feel that your team is not yet ready to compete. If you registered and attended the mini-camp you can join us to watch the competition FREE. Help cheer teams on and get your team excited to compete in the next CCA event!

REGIONAL COMPETITION SCHEDULE

Is competition for you? YES! Enjoy the relaxed, non-intimidating, Christian atmosphere of CCA competition where your team is welcome even if it is their first time at Regionals! CCA Regionals welcomes Elementary teams, Intermediate teams, JH Teams, JV Teams, Varsity teams, Coed Teams, All-Star Teams, College Teams, Rec. Leagues, Novice Teams, Home School Teams, and Church Teams! The Regional competition is a team competition only (no stunt-a-thon, duos, or solos) by division (music and non-music) and no qualifying is necessary!

The Regional Competition begins in the afternoon after the mini-camp. Win great prizes and trophies, qualify for CCA Nationals, and claim the title of REGIONAL CHAMPION!!! The mini-camp and the competition are both an awesome way to strengthen team unity, team spirit, and blow your school away with new cheers and stunts!

Now you might say.....this is our team's first competition, we are nervous and worried that competition is not for us. CCA says NO WAY! Your team will never learn how to compete if they don't start some where! Who better to start with than with CCA! We're here for you, to help you achieve your goals and to become Regional, Classic and National CHAMPS! DON'T WAIT – REGISTER TODAY!

1:00 On-site check-in (only for teams not already signed in for min-camp)

This is the time to turn in all medical/liability release forms, Music, Moves & Dress forms, Team Listing form, and to pay outstanding balances (late fees will be applied). Remember that each person must have a signed medical release form or participation will not be allowed.

1:30 Coaches Meeting

We're here, now what? Meet with CCA Regional director to have introductions, meet other coaches, review schedules, review competition rules & most importantly, lift up the participants in prayer before competition begins!

2:00 Mat-time & Warm-ups begin

NOTE: A schedule with specific team mat times, warm-up times, and competition times will be online and emailed to you on the Monday immediately before the event.

3:00 Competition Begins

Show us whatcha got! **NOTE: This is an anticipated time and will depend on participation levels.**

5:00 Awards & Dismissal

Who will get to claim the title of REGIONAL CHAMP??? Don't forget to sign up for CCA Classics and CCA Nationals before you leave!

NOTE: This is an anticipated time and will depend on participation levels.

Please remember that schedules may be adjusted in each area according to participation levels. An updated performance schedule will be placed online the Monday prior to the event. Coaches will also receive this schedule via email. Coaches may also request a schedule by calling the CCA office. Schedules will also be provided at the event.

Be sure that CCA has your up-to-date contact information so that we can keep you informed of all event changes.

SPIRITSTUF

Don't leave Regionals without your favorite CCA SpiritStuf! The Spirit store will be open all day from 9:00 a.m. until everyone is served after competition! A little secret.....stop by early and get your 'stuf' before we sell out! Come prepared to stock up!!! If you want to beat the crowd then visit us at www.cheercca.com and come to the mini-camp wearing your favorite CCA attire!

BONUS!!

If you refer a school that did not attend a 2010 CCA Regional event AND they attend our 2010 Regional Mini-camp and/or Competition, you will receive a FREE registration for your team! The referred team must pay in full in order for you to receive the free registration fee for your team.

CCA Team Routine Information

Call CCA Office with questions ~ 1.877.CHEERCCA (1.877.243.3722)

MUSIC / NON-MUSIC / ALL-STAR / COLLEGE ROUTINE INFORMATION

MUSIC ROUTINES:

No Cross-over Fees for CCA Regionals or CCA Classics!

- **Minimum time of total routine 1:00, maximum time 2:30** with 5 point penalty for undertime or overtime after 5 second grace period. Time begins with the first word, motion or music and ends with the last word, motion or music. "Spiriting" on and off is not timed or judged.

- Music portion may not exceed 1:30. There is no minimum for the non-music portion of a music routine. The total routine max is 2:30.

- One crowd oriented cheer required. Balance of routine should include all other cheerleading skills. Teams will be judged on motions and voice and will need to include non-music portion for this purpose.

- **All participants and coaches should read and sign the enclosed "CCA Music, Moves and Dress Policy." Any violation will result in DISQUALIFICATION without refund. ALL MUSIC must be mailed or emailed (info@cheercca.com in an mp3 or wav file format) to the CCA Office for approval at least 3 weeks in advance of competition date.**

- Competition will be held on a regulation competition cheer floor (minimum 42' X 42' and maximum 54' X 42'). 5 pt out of bounds penalty per violation.

- Teams may compete in music and/or non music divisions. Each team may compete in any division in which you qualify (see division guideline sheet enclosed) with no additional charge; however, each routine must be different than the others during at least 1:30 of performance. Ex. different stunt, different or no music, different words are acceptable differences.

- Competition adheres to AACCA Rules for School and Empower divisions.

- Competition spotters will be provided & required

NON-MUSIC ROUTINES:

No Cross-over Fees for CCA Regionals or CCA Classics!

- **Non-music routine's minimum time is 1:00. Maximum time is 2:00** with 5 point penalty for undertime or overtime after 5 second grace period. Time begins with the first word or motion and ends with the last word or motion. "Spiriting" on and off is not timed or judged.

- One crowd oriented cheer required. Balance of routine should include all other cheerleading skills.

- **All participants and coaches should read and are required to sign the enclosed "CCA Music, Moves and Dress Policy" for moves and dress. Any violation will result in DISQUALIFICATION without refund.**

- Competition will be held on a regulation competition cheer floor (minimum 42' X 42' and maximum 54' X 42"). 5 pt out of bounds penalty per violation.

- Teams may compete in non-music and/or music divisions. You may compete in any division in which you qualify (see division guideline sheet enclosed) with no additional charge; however, each routine must be different than the others during at least 1:30 of performance. Ex. different stunt, different or no music

- Competition adheres to AACCA Safety Rules for School and Empower divisions.

- Competition spotters will be provided & required.

ALL STAR / COLLEGE ROUTINES: No Cross-over Fees for CCA Regionals or CCA Classics!

- **All Star & College maximum time is 2:30** of which all or part may be music. 5 point penalty for overtime after 5 second grace period.

- All participants and coaches should read the enclosed "CCA Music, Moves and Dress Policy." Any violation will result in DISQUALIFICATION without refund. ALL MUSIC must be mailed or emailed (info@cheercca.com in an mp3 or wav file format) to the CCA Office for approval at least 2 weeks prior to competition.

- Competition held on a regulation competition cheer floor (minimum 42' X 42' and maximum 54' X 42'). Nationals floor is 54' X 42' spring floor. 5 pt out of bounds penalty per violation.

- Competition adheres to USASF Safety Guidelines by Levels for All Stars teams and CCA / AACCA College rules for College teams. Please be sure you have a copy of the USASF Safety Guidelines in your level for All Stars or College Safety Rules for reference.

- Competition spotters will be provided and required.

SOLO / DUOS / STUNT-A-THON ROUTINE INFORMATION

SOLO ROUTINES (TUMBLING OR NON-TUMBLING):

- **Maximum time for all SOLO cheer routines is 1:00. Maximum time for testimony is 1:00.** 5 point penalty for overtime in each section.

Time begins with first word, motion or music and ends with the last word, motion or music played.

- Solo Non-Tumbling routines include cheer(s), chant(s), jumps with the following tumbling skills allowed: forward, backward and side rolls, cartwheels and round-offs ONLY! **Any other tumbling skills performed in Non-Tumbling Division will result in DISQUALIFICATION!**

- A 1:00 maximum verbal Christian testimony must be given and scored before competing. Use of Scripture is encouraged. Review score sheet.

- Solo Competitors may use a maximum of 1:00 music in routine. A Solo routine may have music or no music or a combination, but all compete in the same division. **All music must be approved by CCA Office 3 weeks in advance of competition. Music may be mailed (address below) or Emailed to the CCA Office (info@cheercca.com in an mp3 or wav file format).**

Judges will be judging voice and spirit, so be sure to include cheer words in an all-music routine (you may wish to simply cheer over the music).

- All participants & coaches should read the enclosed "CCA Music, Moves and Dress Policy." Any violation will result in DISQUALIFICATION without refund.

- Competition will be held on a 42' X 42' or 42' X 54' cheer floor (54x42 spring floor for CCA Nationals). 5 pt out of bounds penalty per violation.

DUO DIVISION (TUMBLING or NON-TUMBLING)

- **Maximum time for all DUO cheer routines is 1:30. Minimum time is 1:00.** 5 point penalty for overtime in each section.

- DUO routines include cheer(s), chant(s), tumbling, jumps, whatever skills are **YOUR BEST!** There are no specific requirements except to include a crowd cheer with motions. Signs, pom and megas are acceptable.

- DUO Non-Tumbling routines include cheer(s), chant(s), jumps with the following tumbling skills allowed: forward, backward and side rolls, cartwheels and round-offs ONLY! **Any other tumbling skills performed in Non-Tumbling Division will result in DISQUALIFICATION!**

- Duo Competitors may use a maximum of 1:30 music in routine. A Duo routine may have music or no music or a combination, but all compete in the same division. **All music must be approved by CCA Office 3 weeks in advance of competition. Music may be mailed (address below) or emailed to the CCA Office (info@cheercca.com in an mp3 or wav file format).**

- Judges will be judging voice and spirit, so be sure to include cheer words in an all-music routine (you may wish to simply cheer over the music).

- All participants & coaches should read the enclosed "CCA Music, Moves and Dress Policy." Any violations will result in DISQUALIFICATION without

STUNT-A-THON / OPEN STUNT GROUP / COED PARTNER STUNT ROUTINES:

- **Maximum time for routine is 1:00** with 5 point penalty for overtime after 5 second grace period. Time begins with the music (or stunting motion) and ends with the last stunt or music. "Spiriting" on and off is not timed or judged. Tumbling is not judged in stunt routine.

- All participants & coaches should read the enclosed "CCA Music, Moves and Dress Policy." Any violation will result in DISQUALIFICATION without refund.

- **All music must be approved by CCA Office 3 weeks in advance of competition. Music may be mailed (address below) or emailed to the CCA Office (info@cheercca.com in an mp3 or wav file format).**

- Competition will be held on a 42' X 42' or 42' X 54' cheer floor (54x42 spring floor for CCA Nationals). 5 point out of bounds penalty per violation.

- Competition adheres to AACCA Safety Rules for High School and College stunt groups (see enclosed info) and USASF Safety Rules for All Star stunt groups. Please be sure you have a copy of the USASF and/or AACCA Rules & Guidelines available for reference.

- Competition spotters will be provided.

NEW! EMPOWER DIVISION

EMPOWER

"and ye shall receive power"

Introducing a **new** category/program classification entitled EMPOWER. You will see the reason/purpose below. This is designed for those who truly want to be a part of a cheerleading ministry outside of the school or all star setting such as churches, communities and rec. leagues. It will also give definition to some teams that are really not school teams and really not all star teams and want to compete on level ground. It may be an exciting ministry for you! Very soon we will branch out to include Praise Performance Teams also.

What puts you into the **EMPOWER** category.

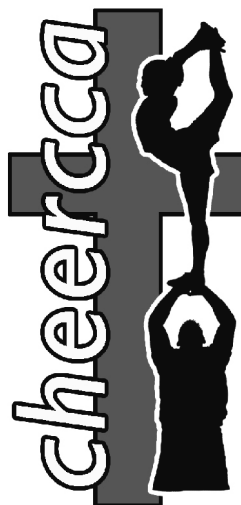
- A. A team formed under the auspices of a church for the purpose of providing the activity of cheerleading or Praise Performance as an outreach for their church youth.
 - a. May or may not cheer at church league type ball games.
 - b. Participants do not have to be a member of the church or attend the sponsoring church as the mission of this type program is to reach the un-churched and bring in new people using the common interest of cheerleading for the purpose of evangelism and discipleship
- B. A recreation league formed from community/area for the purpose of cheerleading. Formed under a specific rec. league organization for the purpose of cheerleading. Almost always cheers for a rec league team but not required.
- C. These two type teams will follow AACCA National Safety Rules for CCA Competition events and game cheering if any.
- D. CCA will assist in setting up these teams for training, uniforms, competitions, etc as needed. There will be a package price for this assistance including all aspects of the program.
- E. These teams would qualify to enter the Empower Division at CCA competitions and also the All Star Divisions, paying only the crossover fees and abiding by all star divisions and rules in that division. All Star teams may not enter the Empower Division unless they meet the above qualifications.

All music for Empower divisions follow the same CCA Music Policy (see forms section for policy) as all other divisions. Music must be approved by the CCA office at least 2 weeks prior to the event. Send music in a .wav or .mp3 file format ONLY. Label with team name, division, and sequential # of each mix.

EMAIL:
info@cheercca.com

MAIL:
CCA Event Music
PO Box 49
Bethania, NC 27010

**CCA's NEW
EMPOWER
Cheer Division!!!**



Call TODAY
to register for
CCA
Classics &
Nationals!
1.877.243.3722

COMPETITION DIVISIONS AND LEVELS FOR EMPOWER

Empower routines can be part or all music ;
all compete in same division.

DIVISIONS

Tiny: Ages 6 and below by August 31- Level Tiny
Youth: Ages 10 and below by August 31 – Level One & Level Two
Junior: Ages 14 and below by August 31 – Levels One, Two & Three
Senior: Ages 18 and below by August 31 – Levels Two and Three

EMPOWER Tiny Level:

Stunts: Below shoulder level. No shoulder level stunts allowed
Tumbling: Rolls, Cartwheels, Roundoffs only

EMPOWER Level One:

Stunts: Below shoulder level. May do assisted elevator at shoulder level with spotter in front and back for building and cradling.
Tumbling: Rolls, Cartwheels, Roundoffs only

EMPOWER Level Two:

Stunts: Shoulder Level Stunts. No extended stunts except double based extension with spotter in front and back.
Tumbling: Walkovers, Standing Back Handsprings, Running Back Handsprings and series.

EMPOWER Level Three:

Stunts: Extended stunts and all stunts allowed by AACCA for high school
Tumbling: All tumbling allowed by AACCA for high school. NOTE: Empower JR Division MAY do basket tosses because ages in the JR division may include participants above JH level in school divisions.

Male & female participants allowed in all Empower divisions. Only considered Co-Ed if in Senior division.

CCA DIVISION CHARTS

In order to determine your Division please refer to these
CCA & USASF Division Charts

The divisions listed below will be split into "Small" (5-20) and "Large" (21-32/36) if there will be at least 2 teams in each of the "Small" and "Large" divisions.

| 2011-2012 USASF CHEER DIVISIONS | Age as of August 31, 2011 | | # ON SQUAD | USASF Level |
|--|---------------------------|-------------------|---------------|---------------|
| | AGE | GENDER | | |
| Tiny Cheer | 5 yrs & younger | Female / Male | 5 - 32 | 1 |
| Mini Cheer | 8 yrs & younger | Female / Male | 5 - 32 | 1, 2, 3 |
| Youth Cheer <small>* New Restricted Youth for level 5</small> | 11 yrs & younger | Female / Male | 5 - 32/36 | 1, 2, 3, 4, 5 |
| Junior Cheer | 14 yrs & younger | Female / Male | 5 - 32 | 1, 2 |
| Junior Cheer | 14 yrs & younger | No Males | 5 - 32/36 | 3, 4, 5 |
| Junior Co-Ed Cheer | 14 yrs & younger | 1 or more Males | 5 - 32/36 | 3, 4, 5 |
| Senior Restricted/Open Cheer <small>(special tumbling restrictions apply)</small> | 18 yrs & younger | Limit 0 - 4 Males | 5 - 36 | 5 |
| Senior Cheer | 18 yrs & younger | Female / Male | 5 - 32 | 1, 2, 4, 2 |
| Senior Cheer | 18 yrs & younger | No Males | 5 - 32 | 3, 4 |
| Senior Co-Ed Cheer | 18 yrs & younger | 1 or more Males | 5 - 32 | 3, 4 |
| Senior Cheer # | 12 - 18 yrs | No Males | 5 - 36 | 5 |
| Senior Small Co-Ed Cheer | 12 - 18 yrs | 1 - 4 Males | 5 - 20 | 5 |
| Senior Medium Co-Ed Cheer | 12 - 18 yrs | 1 - 6 Males | 5 - 30 | 5 |
| Senior Large Co-Ed Cheer | 12 - 18 yrs | 5 - 18 Males | 5 - 36 | 5 |
| International Open Cheer | 14 yrs & older | No Males | 5 - 24 | 5 |
| International Open Co-Ed Cheer | 14 yrs & older | 1 - 12 Males | 5 - 24 | 5 |
| International Open Cheer | 17 yrs & older | No Males | 5 - 24 | 6 |
| International Open Co-Ed Cheer | 17 yrs & older | 1 - 12 Males | 5 - 24 | 6 |
| Special Needs Cheer | Any Age | Female / Male | Unlimited | 6 |

SCHOOL DIVISIONS

(Christian School, Private School, Public School)

- Small Elementary
(3rd grade & below, 9 members max)
- Large Elementary
(3rd grade & below, 30 members max)
- Small Intermediate
(5th grade & below, 9 members max)
- Large Intermediate
(5th grade & below, 30 members max)
- Small Jr High
(8th grade & below, 9 members max)
- Large Jr High
(8th grade & below, 30 members max)
- Jr High Non-Building
(8th grade & below, 30 members max)
- Small Jr Varsity
(10th grade & below, 9 members max)
- Large Jr Varsity
(10th grade & below, 30 members max)
- Coed Jr Varsity
(10th grade & below, 30 members max)
- Jr Varsity Non-Building
(10th grade & below, 30 members max)
- Small Varsity
(12th grade & below, 8 members max)
- Medium Varsity
(12th grade & below, 12 members max)
- Large Varsity
(12th grade & below, 30 members max)
- Coed Varsity
(12th grade & below, 30 members max)
- Varsity Non-Building
(12th grade & below, 30 members max)
- Novice Divisions
offered at Jr High, JV & Varsity Levels

SOLO DIVISIONS for 2011-2012

| Cheer Divisions | Grade |
|------------------------------|-----------------------|
| Mini Solo Tumbling | • 2nd grade & younger |
| Mini Solo Non-Tumbling | • 2nd grade & younger |
| Youth Solo Tumbling | • 3rd - 5th grade |
| Youth Solo Non-Tumbling | • 3rd - 5th grade |
| Middle Sch Solo Tumbling | • 6th - 8th grade |
| Middle Sch Solo Non-Tumbling | • 6th - 8th grade |
| Freshman Solo Tumbling | • 9th grade |
| Freshman Non-Tumbling | • 9th grade |
| Sophomore Solo Tumbling | • 10th grade |
| Sophomore Solo Non-Tumbling | • 10th grade |
| Junior Solo Tumbling | • 11th grade |
| Junior Solo Non-Tumbling | • 11th grade |
| Senior Solo Tumbling | • 12th grade |
| Senior Solo Non-Tumbling | • 12th grade |

DUO DIVISIONS for 2011-12

(based on oldest competitor in Duo)

| Cheer Divisions | Grade |
|-----------------|-----------------------|
| Mini Duo | • 2nd grade & younger |
| Youth Duo | • 3rd - 5th grade |
| Middle Sch Duo | • 6th - 8th grade |
| Freshman Duo | • 9th grade |
| Sophomore Duo | • 10th grade |
| Junior Duo | • 11th grade |
| Senior Duo | • 12th grade |

EMPOWER DIVISIONS

- Tiny (Lev Tiny)
(6 years & below by Aug 31)
- Youth (Lev One & Two)
(10 years & below by Aug 31)
- JR (Lev One, Two, & Three)
(14 years & below by Aug 31)
- SR (Lev Two & Three)
(18 years & below by August 31)

ALL STAR STUNT-A-THON DIVISIONS for 2011-12

| Cheer Divisions | Age (as of Aug 31) |
|---------------------------|-----------------------|
| *Maximum 2 Males in group | |
| Tiny All Star Stunt* | • 5 yrs & younger |
| Mini All Star Stunt* | • 8 yrs & younger |
| Youth All Star Stunt* | • 11 yrs & younger |
| Junior All Star Stunt* | • 14 yrs & younger |
| Senior All Star Stunt* | • 12-18 yrs |

SCHOOL / EMPOWER STUNT-A-THON DIVISIONS for 2011-2012

| Cheer Divisions | Age / Grade |
|---------------------------|-----------------------------------|
| *Maximum 2 Males in group | |
| Elementary Stunt* | • 3rd grade & below |
| Intermediate Stunt* | • 5th grade & below |
| JH Stunt* | • 8th grade & below |
| JV Stunt* | • 10th grade & below |
| Varsity Stunt* | • 12th grade & below |
| Co-ed Stunt | • 10-18 yrs (2-4 Males allowed) |
| Open Co-ed Partner Stunt | • Open (Male/Female with Spotter) |