



Competition Rules and Regulations Phenom Global Sports Show of Shows Football and Cheer Classic

Thank you for choosing to participate in the Phenom Show of Shows Football and Cheer Thanksgiving Classic! We are thrilled to share the updates to our cheer competition rules, carefully crafted to ensure an exceptional experience for every participant. Below, you will find a comprehensive guide outlining the rules, presented in a professional, clear, and organized manner.

Date: November 24- 26, 2023
Location: Goldsboro, North Carolina

AGE DIVISIONS:

- 7U-9U
- 10U-11U
- 12U-13U



RECREATIONAL CHEER CATEGORIES:

- Traditional Style Competition (Levels 1-3)
- Stomp and Shake Battle
- Creative Costume and Cheer Halftime Performance
- Individual Competitions- Best Tumbler
- Individual Competition- Best Cheer Jumper

DANCE CATEGORIES:

- Gameday Halftime Performance
- Hip-Hop Stand Dance Battle
- Majorette Stand Dance Battle
- Individual Competitions- Captains Battle
- Individual Competition- Coaches Battle

CHEER SAFETY REQUIREMENT:

- Must have a back spotter per stunt group
- Maximum Level stunts and pyramids is Level 3

CERTIFICATION REQUIREMENT:

- Every Cheer, Dance, and Majorette squad must be certified via Zorts Sports.
- No exceptions will be made.

REGISTRATION FEES:

- Cheer and Dance Squad: Early Bird Special: \$299 per squad
- Special Needs Athlete: No registration fee (Free of charge)

Note: Please refer to the official Phenom Global Sports website for detailed registration information and deadlines.

MAXIMUM SQUAD SIZE:

- Each cheer and dance squad can have a maximum of 25 members.
- Please ensure all members bring their completed waiver form to the Cheer and Dance Squad Check-In (time to be announced).
- The waiver form is available on our website via the Zorts Sports Platform.



Note: You may form additional teams if you have more than 25 members (e.g. AR Lions Elite & AR Lions All Stars)

REGISTRATION PROCESS AND ROSTER SUBMISSION AGREEMENT:

This Registration Process and Roster Submission Agreement ("Agreement") is entered into between Phenom Global Sports ("Phenom Global Sports") and the participating cheer squad ("Participant") to establish the registration process and roster submission requirements for the event.

REGISTRATION PROCESS:

- Participant acknowledges that the registration and certification process for the event will not occur in person. Instead, all registration information and documents must be uploaded to our verification registration partner, Zorts Sports, through the website link provided on our corporate website: www.PhenomGlobalSports.com.
- Participant agrees to comply with the registration process outlined by Phenom Global Sports and to provide accurate and complete information during the registration procedure.
- Participant understands and acknowledges that failure to complete the registration process in accordance with the specified guidelines may result in disqualification or other consequences as determined by Phenom Global Sports.

ROSTER SUBMISSION:

- Before the event, all cheer and dance squads must submit a certified roster of participating members to the Phenom Global Sports staff. No additional members can join the cheer or dance squad upon arrival, unless they are younger than the squad's average age.

B. If roster changes are necessary, participants must seek advance approval from Phenom Global Sports to ensure compliance with age criteria and other regulations.

C. Participants acknowledge that unapproved roster changes may lead to disqualification or other sanctions as determined by Phenom Global Sports.

D. Participants understand that Phenom Global Sports prioritizes safety, and they're encouraged to manage all roster changes in advance. Late additions to the roster may face limitations and cannot be guaranteed.

DEADLINES AND ADDITIONAL FEES:

A. Participants agree to finalize and submit all rosters before November 1st, in line with the event timeline.

B. If participants fail to submit the roster by the November 1st deadline, an additional fee will apply.

C. The final roster submission deadline is November 15th. Failure to meet this deadline may result in disqualification or other sanctions as determined by Phenom Global Sports.

GOVERNING LAW:

This Agreement is governed by and constructed in accordance with the laws of the jurisdiction where Phenom Global Sports is located.



SPECTATOR ADMISSION:

- Spectator entrance fee is \$20.00 per person aged over 5 years.
- Each squad's cheer and dance coach and competing cheerleaders and dancers receive free entrance to the cheer and dance competition.
- Non-competing cheerleaders and dancers must pay for admission.
- To waive the entrance fee, cheer & dance coaches, cheerleaders, and dancers must present their pass/band at the event.
- Please keep your pass/band with you throughout the weekend.
- Note that football weekend passes and day passes will not grant access to the Cheer and Dance Competition.

FLOOR PADDING:

- Please note that no floor padding will be available for the Phenom Show of Shows cheer and dance competition.
- This outdoor event on natural grass aims to replicate the experience of cheering and dancing at a game, offering a more authentic atmosphere.
- We encourage an energetic and respectful environment among all participants.
- For any questions, please contact our cheer and dance committee.

Hotel ACCOMMODATIONS:

- All participating cheer and dance squads must book their hotel rooms through the team registration link on the Phenom website.
- Please refer to our website for a list of approved hotels.
- This is a stay-to-play competition, meaning an additional per participant fee will be assessed for those staying outside our hotel block.

Note: Our goal is to create a memorable event where participants can display their talents and celebrate their hard work. We look forward to seeing you and your squad at the Phenom Show of Shows, Football, Cheer and Dance Thanksgiving Classic!



RULES DURING PERFORMANCE:

These rules are critical and will be enforced during the competition. Each participant must have a signed liability waiver, which is available on the website.

- **Routine Duration:**
 - Routines must be a minimum of 2 minutes and a maximum of 4 minutes.
- **Tumbling:**
 - **Up to level 4 Tumbling is allowed for the group performance.**
 - Level 1: This level focuses on foundational skills like forward and backward rolls, cartwheels, round-offs, and handstands.
 - Level 2: Athletes at this level can perform back walkovers, front walkovers, and begin working on handsprings.
 - Level 3: In this level, cheerleaders learn to connect handsprings and perform running tumbling passes, like round-off back handsprings.
 - Level 4: Athletes can now perform flips, such as tucks, and running tumbling passes that include multiple handsprings followed by a flip.
 - **ALL LEVEL standing and running tumbling are permitted for INDIVIDUAL tumbling competition.**
 - Level 1: This level focuses on foundational skills like forward and backward rolls, cartwheels, round-offs, and handstands.
 - Level 2: Athletes at this level can perform back walkovers, front walkovers, and begin working on handsprings.
 - Level 3: In this level, cheerleaders learn to connect handsprings and perform running tumbling passes, like round-off back handsprings.

- Level 4: Athletes can now perform flips, such as tucks, and running tumbling passes that include multiple handsprings followed by a flip.
- Level 5: This level introduces layouts, full-twisting layouts (fulls), and combination tumbling that includes a flip followed by a back handspring series.
- Level 6: The most advanced level in cheerleading, Level 6 athletes can perform double-twisting layouts (doubles), whips, and combination tumbling passes involving both.

- **Stunts:**

- **Up to Level 3 Stunts Only.**

- **Level 1: Single leg stunts must not go above waist level, and only basic dismounts are allowed.**

- The stunts in this level are simple and performed low to the ground.
- A typical stunt at this level is the "Prep" or "Half" where the flyer stands with one foot in each of the bases' hands at chest level.

- **Level 2: Single leg stunts can extend to shoulder level.**

- "Extensions" become common.
 - An extension is similar to the prep but elevated so that the bases' arms are fully extended upwards.
 - The flyer stands with one foot in each of the bases' hands.
 - Tosses, whether basket or sponge, must be caught in a cradle by the original bases.

- **Level 3: Cheerleaders can perform extended stunts, with single leg stunts reaching shoulder level.**

- Includes "Full Extensions" where the flyer balances on one foot in the bases' hands, fully extended overhead.
- One common Level 3 move is the "Liberty" where the flyer extends one leg straight out while pulling the other up in a bent position.
- Basic cradles with a quarter turn or pop offs to the ground are allowed from any extended one-leg stunt.
- Two-leg extended level stunts can perform a full twist cradle.
- Prep level one-leg stunts should not exceed one and one-quarter rotation.
- Other positions during cradles are permitted, but they cannot land in a prone position.
- Cradles must catch anything other than a straight pop off.

* Note: Partners must keep contact with a base at all times, excluding during a dismount.

NOT ALLOWED:

- **Level 4: Athletes can perform single leg stunts at extended level and incorporate twisting dismounts.**

- Flyers perform more complicated dismounts from their stunts.
- A "Cradle" is a common dismount at this level, where the flyer pushes off the bases and is caught in a lying position, cradled by the bases' arms.
- Flipping in the cradle.

○ **Level 5: Cheerleaders can perform full-twisting stunts and dismounts, including single based stunts.**

- This level includes intricate stunts like the "Scorpion," where the flyer balances on one foot in the hands of the base while pulling her other foot behind her head.
- Inversions
- Flipping, traveling tosses, or tosses with more than one twist
- Full twist cradle from a two-leg extended level stunt

○ **Level 6: The most advanced stunts, including twisting mounts and dismounts and release moves.**

- These stunts often incorporate twisting dismounts or mounts, for instance, a "Full Down" where the flyer twists 360 degrees in the air before being caught by the bases in a cradle.

● **Pyramids**

○ **Up to Level 3 Pyramids Only.**

○ **Level 1: Only two-layer pyramids are allowed with limited bracing and no twisting or releasing moves.**

- Two-tiered, meaning that there are two levels of people. The base level is standing on the ground, and the top level is usually in a prep or half stunt.

○ **Level 2: Pyramids can be two and a half high with bracers on all sides and can include twisting and releasing moves.**

- Might be "two and a half" high, meaning there's a person (flyer) on top of someone who's on top of someone else. This is often achieved with a flyer standing on the thighs of bases who are standing on the ground

○ **Level 3: Pyramids can have up to two layers with a multi-base structure and can include twisting and releasing moves.**

- Can be two and a half high with bracers. A common pyramid is a pyramid with two flyers in extended one-legged stunts on the outside and one flyer in a prep level in the middle, with all flyers connected.

NOT ALLOWED:

○ **Level 4: Pyramids can be two and a half high and may include multi-based structures, twisting, and releasing moves.**

- Could include a "Flipping Pyramid," where flyers assisted by their bases perform a flip to move from one level of the pyramid to another or dismount the pyramid.

○ **Level 5: Pyramids can be three high with multi-based structures, twisting, and releasing moves.**

- Could see three-tiered pyramids with more advanced stunts like "Rewinds" (a quick move from ground level to a stunt position).

○ **Level 6: At the most advanced level, pyramids can be up to three layers high, including multi-based structures and advanced twisting and releasing moves.**

- Pyramids are three high and incorporate intricate transitions, releases, and mounts.

- Single-based double liberties and variations.
- These are the most complex pyramids seen in cheerleading and often include flips and full-twisting mounts or dismounts.

JEWELRY:

- All types of jewelry, including earrings, nose, tongue, and belly button rings, necklaces, and uniform pins, are strictly PROHIBITED.
- Jewelry must be completely removed, or it may be covered or taped over.

ADDITIONAL INFORMATION:

- **Attire and Accessories:**

- Teams are welcome to enhance their performances with the use of poms, megaphones, signs, and mascots.
- Each team is responsible for providing their own music on a CD.
- We kindly ask teams to refrain from using glitter during their performances.
- Please note that performers should not participate in any other performances or casts.

- **Personal Appearance:**

- For safety purposes, all participants are required to keep their fingernails at a safe and appropriate length.

- **Equipment Restrictions:**

- The use of certain equipment, such as mini trampolines and springboards, is prohibited during performances.

- **Poms and Tumbling:**

- For the safety of all tumblers, poms are not to be used during tumbling portions of routines.

- **Performance Duration:**

- Each performance must adhere to a duration of 2 to 4 minutes.

JUDGING CRITERIA:

- **Cheer Technique:**

- The technical execution of the routine, including motions, jumps, tumbling, and stunts, will be assessed by judges.
- The evaluation factors include proper form, precision, synchronization, and the difficulty level.
- Teams are expected to demonstrate mastery and control over each component of their routine.

- **Choreography and Creativity:**

- Judges will evaluate the creativity, originality, and overall visual appeal of the routine.
- Teams are encouraged to showcase innovative choreography, incorporating diverse formations, transitions, and movements for a dynamic performance.

- **Showmanship and Performance:**

- The team's ability to engage the audience and maintain high energy throughout the performance will be assessed.
- Factors such as facial expressions, enthusiasm, audience engagement, and overall projection will be considered in this category.

- **Synchronization and Timing:**

- Judges will analyze the team's synchronization and timing.
- Teams are expected to perform with precise alignment, coordination, and synchronization of movements.

- **Difficulty and Execution:**

- The level of difficulty of the attempted skills and stunts will be evaluated, taking into account the age and experience of the team.
- Execution refers to the successful completion of skills, transitions, and stunts with a minimal margin of error or deductions.

- **Spirit and Sportsmanship:**

- Judges will assess the team's overall spirit, enthusiasm, and sportsmanship.
- Teams are encouraged to maintain a positive attitude and display respect towards other competing teams.

- **Overall Impression:**

- Judges will assess the overall impact and impression of the team's performance.
- Factors such as the chosen theme, music selection, costume design, and the overall entertainment value will be taken into account.

- **Safety and Rule Adherence:**

- Adherence to safety guidelines and competition rules is mandatory.
- Failure to comply may lead to point deductions or, in severe cases, disqualification from the competition.

