Hofstra Cheer & Dance Registration Form

1. Please include a registration fee in the form of check or money order.
2. Checks Payable ***HOFSTRA CHEERLEADING*** ***or*** ***HOFSTRA DANCE TEAM***
3. Please complete and return this registration form no later than Nov. 3, 2008 for Early Registration or Dec. 1, 2008 for Final Registration. Please mail to the following address:

Hofstra Cheer and Dance Competition
100 Hofstra University
Room 260 Student Center
Hempstead, NY 11549

Squad:	Division :and Category(s) for Dance:
Mascot:	Colors:
Coach's Name:	Mailing Address:
Coach's Email:	
Coach's Phone:	City:
Coaches 2nd Phone:	State:
Asst Coach's Name:	Zip:

List the names and grades of all squad members. Only those members listed will be permitted to participate.

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

I, _____ have read and do understand the rules and regulations of the Hofstra Cheer and Dance Competition. On Behalf of my school/organization/studio, I agree to follow all stipulations and realize that any violation of these rules by myself or any members within or associated with my program can result in scoring penalties, disqualification from, and/or ejection from the competition.

Coach's Signature_____Date_____

HOFSTRA Cheer and Dance Competition – Rules, Regulations, and Guidelines

Conduct and Sportsmanship:

- All squads are responsible for the conduct of members of their program including coaches, parents, fans and participants.
- All attendees are expected to conduct themselves in a respectful manner.
- Failure to do so may result in penalization of the squad and/or expulsion from the competition.

Safety:

- Absolutely NO JEWERLY OR GLITTER (unless it is part of your costuming)
- Temporary spirit tattoos will be permitted.
- Fingernails must be in accordance to National Federation Guidelines.
- Spotters will be provided for cheer teams.
- Squads are encouraged to perform skills within their ability level.

Time Limits and Routine Structure:

- Timing will begin with the first official movement or voice, or the first note of music, whichever comes first.
- Cheer: The music portion of your routine may not exceed 1 ½ minutes for school divisions.
- Total routine length is limited to 2 ½ minutes.
- Cheer: All performances must begin with each participant having at least one foot on the floor. Both feet leaving the floor constitute the beginning of the timed portion.
- If a routine is interrupted by equipment failure, the team will be permitted to perform their routine from the point which the disruption occurred.
- In case of injury the team may continue with the routine or withdraw from the competition. Hofstra officials reserve the right to halt a routine in the case of injury.

Music:

- Music is expected to be in good taste (no foul language etc.) as are the movements and choreography of each routine.
- Coaches will be expected to start and stop their own music.
- **There will be a one point per second penalty for every second a routine exceeds the time limits established.**

Awards and Judging:

- All teams in each division will receive a trophy!!
- Judges will be qualified and impartial individuals representing all facets and styles of the cheerleading and dance realm.
- Decisions made by the judging panel are final and may not be appealed. Under NO CIRCUMSTANCES is a participant, coach, parent or fan permitted to question or approach a judge on score sheet or legality decisions.
- Any team violating a safety rule or regulation will receive a 10-point per violation deduction from their final score.

Vendors and Medical Services:

- Various vendors will be available throughout the day.
- Hofsra Cheer and Dance T-Shirts will be available.
- Extensive concessions will be available throughout the day.
- An athletic trainer and ambulatory staff will be available in case of emergency.

Competition Floor and Warm-up Area:

- Competition and warm-up floors will be nine panels in size (54'x42') for cheer or hard wood floor for dance
- Each team will be given a 5-minute warm-up period prior to competition.

Payment and Fees:

- We will refund 50% of your registration fees if cancellation notice is received less than 48 hours prior to the event.
- The admission cost for spectators will be $8 per person. Children under 4 admitted free.
- **CHEER: EARLY Registration - $20 per student –All payment must be received no later than Nov.1, 2008**
- **CHEER: FINAL Registration -$25 per student – All payment must be received no later than Dec. 1, 2008**
- **DANCE: EARLY Registration - $120 per routine, $105 each additional routine – All payment must be received no later than Nov.1, 2008**
- **DANCE: FINAL Registration - $140 per routine, $125 each additional routine, - All payment must be received no later than Dec. 1, 2008**
- All t-shirt order forms must be received by Dec. 1, 2008 if you want your squad name on back of shirt
- Snow date will be determined.
- Parking will be free of charge and will be located on the North side of Campus near the Arena, PFC and Softball field.

Competition Agenda:

- Officials of the Hofstra Cheer and Dance Competition will determine the order of competition
- There will be two sessions. Start times will depend on number of registered teams.
- Order of competition and warm-up times will be provided approximately one week prior to competition.
- Hofstra Cheer and Dance Reserves the right to combine divisions.

General Liability:

- Cheerleaders/Dancers will not be permitted to participate unless a medical waiver has been filled out. Waivers will be collected the day of the competition – Dec. 7, 2008
- Hofstra officials and entities are not responsible for personal items that may be lost or stolen.
- Hofstra University is not responsible for any injury to participants. Participants assume all risk and responsibility.

Cheer Rules/Regulations:

School divisions for Cheer Teams are according to AACCA guidelines. Please visit http://www.aacca.org for specific divisional rules.

Dance Rules/Category Description:

See next page

Questions:

- Please email all Cheer Questions to HUCheerCoach@aol.com, and email Dance Questions to Kelly.Olsen@Hofstra.edu
- Call 516.463.3468

Dance Rules/Category Descriptions

Safety Rules
1. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.
2. Shoes are recommended but not required. Wearing socks only is prohibited.

Tumbling/Gymnastics
1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs.

The following are examples of skills that are and are not allowed:

Allowed	*Not Allowed*
Forward/Backward Rolls	Dive Rolls
Shoulder Rolls	Round-offs
Cartwheels	Aerials
Headstands	Front/Back Handsprings
Handstands	Front/Back Tucks
Backbends	
Front/Back Walkovers	
Stalls	
Head spins	
Windmills	
Kip up	

Dance Lifts/Stunts/Pyramids
1. Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down. The lifting dancer (s) must maintain direct contact with the performance surface at all times. The lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s) through hand/arm to body contact. Hip over head rotation of the lifted dancers may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer (s).
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.
3. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)

JAZZ- A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture an audience and judges attention. Having your own "style" will distinguish your team apart from the rest. No props.

POM- Poms must be used at least 80% of the routine. No props. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routines carries a more "traditional" theme, whereas, jazz routines are more stylized.

HIP HOP- Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. No props.

HIGH KICK-The emphasis will be on synchronization, choreography and technique. Each routine must have at least 50 kicks. We suggest that your routine have more than fifty kicks to ensure meeting the minimum requirements. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor. No props.
Lyrical- Lyrical dance is a fusion of ballet and jazz dance techniques. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. No props.

HOFSTRA CHEER AND DANCE COMPETITION DIVISIONS

Cheer Divisions		
Division	***Grades***	***Maximum Members***
Youth Leagues	By Age Group	30
Middle School	6th -8th	30
Small Junior Varsity	9th-12th	12 or less
Junior Varsity	9th-12th	12-20 members
Small Varsity	9th -12th	12 or less
Medium Varsity	9th 12th	13-16 members
Large Varsity	9th – 12th	17-22 Members
Super Large	9th –12th	22-35
Coed Varsity	9th-12th	35 or less (3 or more males)
College		30

Dance Divisions		
Each Dance Division will have a category in JAZZ, POM, HIP HOP, KICK, LYRICAL.		
Division	***Ages***	***Maximum Members***
Youth	By Age Group	No maximum
Middle School	6th-8th	No maximum
Junior Varsity	9th-12th	No maximum
Small Varsity	9th-12th	14 members or less
Large Varsity	9th-12th	15 members or more
College		No maximum

Hofstra Cheer and Dance Competition T-Shirt Order Form

School/Organization_____

Squad_____

Coach_____

Coach's Phone_____

Coach's Email_____

Total Cost = Number of T-shirts_____ x $10= _____

Please indicate how many of each size you will need:

Youth Small _____

Youth Medium _____

Youth Large _____

Adult Small _____

Adult Medium _____

Adult Large _____

Adult Extra Large _____

Adult XXL _____

- ***Please include a SEPARATE CHECK made payable to Hofstra Cheer and Dance Team for the cost of the T-shirts***

- Shirts will be short sleeve and bear the logo of the Hofstra Cheer and Dance Competition. Only teams whose registrations are received by the deadline Dec. 1, 2008 are guaranteed to be on back of shirt.

HOFSTRA UNIVERSITY OFFICE OF STUDENT LEADERSHIP AND ACTIVITIES

MEDICAL AND LIABILTY RELEASE FORM

Re: Hofstra Cheer and Dance Competition – PFC and Mack Sports Arena – Dec. 7, 2008

PLEASE NOTE: Each participant must present a completed form at registration. If the participant is under the age of eighteen (18) years, the form must be completed by participant's parent or legal guardian. Any participant who does not present the form at the activity/event will not be permitted to participate. **DO NOT MAIL THIS FORM IN. THIS WILL BE COLLECTED THE DAY OF THE COMPEITION AT CHECK-IN – DEC. 7, 2008.**

Participant's Name: _____ Date of Birth: _____

Age: _____ Sex: _____ Social Security Number:_____

Address:_____

City: _____ State:_____ Zip Code: _____

Parent/Guardian Name:_____

Address: _____

City:_____ State:_____ Zip Code: _____

Home Phone:_____ _____Cell Phone:_____

E-mail: _____

Emergency Contact if Parent/Guardian cannot be reached:

Name:_____

Address: _____

City:_____State:_____ Zip Code: _____

Home Phone:_____Cell Phone:_____

MEDICAL HISTORY

Allergies: _____Current Medications:_____

Insurance Carrier:_____ Policy #_____

I hereby state that I am in good health, have been to a physician within the past year and am physically able to participate in the activities/event sponsored by the Hofstra University Spirit Support team(s). Should I become injured during the activity/event I hereby grant permission to Hofstra University, Hofstra University Health and Wellness Center Staff members, Hofstra University trainers and/or Hofstra University coaches to arrange for my transportation to a hospital and/or administer immediate first aid as deemed necessary.

NOTICE TO ALL PARTICIPANTS

Please be advised that you are participating in the above-referenced activity ("Activity") **at your own risk**. You are solely responsible for any and all expenses related to injuries and/or loss or damage of personal property incurred in connection with your participation in the above Activity. Further, you agree to hold Hofstra University, its trustees, directors, officers, employees, servants, representatives and agents harmless from and against any and all claims, losses, damages, expenses (including attorneys' fees, and all court and litigation costs) and liability (including statutory liability), resulting from injury and/or death of any person or damage to or loss of any property arising out of your participation in the above Activity.

ACKNOWLEDGMENT AND RELEASE

By signing this document I acknowledge that I am participating in this Activity individually and at my own will.

I agree, beginning as of the date of execution of this Release, that photographs, whether still or action, videos, film and/or motion pictures (hereinafter "Pictures") and/or audio recordings ("Recordings") may be taken of me, individually or with others, by or on behalf of Hofstra University in connection with this Activity, and agree that all rights therein shall irrevocably, exclusively, unconditionally and perpetually belong to Hofstra University and that such rights are freely assignable by Hofstra University.

I further agree that, without any compensation or notification to or approval by me, the Pictures or Recordings may be used, reproduced or otherwise disseminated or published by or on behalf of Hofstra University directly or indirectly for any purpose, including but not limited to advertising and/or promotional purposes, in any manner, and at any time that Hofstra University desires.

For good and valuable consideration, receipt of which is hereby acknowledged, I hereby agree to release and discharge Hofstra University, its officers, representatives, employees, agents, licensees, successors and assigns from any and all claims, demands or causes of action that I may now have or may hereafter have for libel, defamation, invasion of privacy or right of publicity, infringement of copyright or violation of any other right arising out of or relating to any utilization of the Pictures or Recordings.

I hereby warrant that I am eighteen (18) years of age or older and competent to contract in my own name in so far as the above is concerned or that if I am under eighteen (18) years of age, my parent or legal guardian has reviewed and signed this Notice, Acknowledgment and Release.

I have read the foregoing before affixing my signature below, and warrant that I agree with and fully understand the contents thereof.

_____ _____

Print Name - Participant over 18 or Parent/Legal Guardian Date

_____ _____

Sign Name - Participant over 18 or Parent/Legal Guardian Date

CHEER AND DANCE SCHOLARSHIPS

The number of scholarships and amount of scholarships awarded will be determined based on how many teams have registered. Coaches will nominate 3 Seniors/Juniors based on their GPA, Cheerleading/Dance skills and qualities as an Individual. Coaches will fill out the below form and return this by Dec.1, 2008 with Registration. The day of the competition those nominees will be given a special ribbon, etc. to be worn during the performance. A skilled judge will be specifically watching during the competition and will determine the winner from each team based on performance. Before Awards Ceremony a qualified Hofstra Official will choose at random the winner(s) of the scholarships!

To Be Completed By Coach Only:

Name of Coach: _____ Squad Name:_____

(1) Nominee Name: _____ Age: _____ Circle: Junior / Senior

Student's Overall GPA:_____

List the nominee's skills as a cheerleader/dancer:_____

_____

Why should this nominee by chosen? _____

_____

(2) Nominee Name: _____ Age: _____ Circle: Junior / Senior

Student's Overall GPA:_____

List the nominee's skills as a cheerleader/dancer:_____

_____

Why should this nominee by chosen? _____

_____

(3) Nominee Name: _____ Age: _____ Circle: Junior / Senior

Student's Overall GPA:_____

List the nominee's skills as a cheerleader/dancer:_____

_____

Why should this nominee by chosen? _____

_____