



## ARTICLES OF COMPLIANCE REGIONAL AND NATIONAL CHEER & DANCE CHAMPIONSHIPS

### **GENERAL RULES:**

All codes, rules and regulations found in the 2009 Official Pop Warner Rule Book remain in effect for all squads performing in the Regional/National Cheer & Dance Championships. Please sign the Articles of Understanding, Statement of Acceptance and return to the National Office along with a copy of your 2009 Spirit Roster by Thursday, November 12, 2009 in order to participate in these events.

**REGIONAL / NATIONAL COMPETITION RULES & REGULATIONS AS OUTLINED IN THE OFFICIAL POP WARNER RULEBOOK:** The squads performing in the Pop Warner Regional and/or National Championship Program(s) must abide by the following guidelines:

- Must be declared League/Conference champion or qualifier as outlined in Region/National Championships General Information listed in the Pop Warner Official Rulebook.
- Must have a certified roster with the Region and National by the specified cut-off date.
- It is highly recommended that football squads competing be accompanied by the corresponding spirit squads at all games, except when the region/national spirit championships are being held at the same time.
- All squads must be accompanied with a copy of the certified roster, league registration forms with photo identification, birth certificates, medical release forms and scholastic eligibility.
- An absentee form for any participant absent from a certified roster must accompany said squad.
- The Cheer and Dance Championships will consist of the following divisions: Junior Peewee, Peewee, Junior Midget and Midget. In addition, the Cheerleading Championships will consist of a Small and Large category in each division. The cheer categories will be further subdivided into Novice, Intermediate and Advanced.
- Only registered cheer squads may qualify and compete in cheer, and only registered dance/auxiliary squads may qualify for the dance championship. All participants must be current and officially rostered members of their regular Pop Warner squad. Absentee Forms must be processed prior to the competition. PWLS reserves the right to penalize or disqualify a squad, in advance or at the event, due to a significant lack of participation from its spirit leaders.
- Spirit squads participating must have at least six (6) members.
- Squad size status is based on your roster count as of the first Monday in October. Please note that the number of actual cheerleaders determines "Large Squad" versus "Small Squad". Since mascots cannot participate in competitions, they do not count on the squad numbers (even though listed on the roster for registration and insurance purposes.)
- Safety - In concentrated efforts to reduce the risk of injury to participants, every regional/national event will use every possible means to obtain performance mats for safety, as well as to secure professional spotters.

### **NATIONAL CHAMPIONSHIP GENERAL INFORMATION:**

#### **COMPETITION DATES:**

Monday, December 7, 2009	Junior Peewee Cheer Divisions
Tuesday, December 8, 2009	Peewee Cheer Divisions
Wednesday, December 9, 2009	Junior Midget Cheer Divisions
Thursday, December 10, 2009	All Dance Divisions
Friday, December 11, 2009	Midget Cheer Divisions

**CHECK-IN:** The Head Coach will check in at Celebrity Hall located at Disney's All-Star Resort or Disney's Port Orleans Riverside Registration Center upon arrival to the Resort. He/she will sign for the squad's credentials and competition information package that includes the Official Championship Order of

Performance and maps of *Disney's Wide World of Sports*® Complex. Times for your squad's Photography, Warm-Up and Order of Performance will also be released on the Pop Warner website, [www.popwarner.com](http://www.popwarner.com), prior to the start of competition.

**THE JOSTENS CENTER, PRACTICE AREA & SQUAD BOOK CHECK:**

**PRACTICE AREA:** *The Jostens Center* will be available for practice space and mat time at the *Walt Disney's Wide World of Sports Complex* as follows: (Practice is restricted to this area only and is not permitted in the any Disney Resort Area.)

Sunday, December 6 <sup>th</sup>	8:00 a.m. to 5:00 p.m.	Junior Peewee Cheer
Monday, December 7 <sup>th</sup>	7:00 a.m. to 5:00 p.m.	Peewee Cheer
Tuesday, December 8 <sup>th</sup>	7:00 a.m. to 5:00 p.m.	Junior Midget Cheer
Wednesday, December 9 <sup>th</sup>	7:00 a.m. to 4:00 p.m.	Dance
Thursday, December 10 <sup>th</sup>	8:00 a.m. to 5:00 p.m.	Midget Cheer
Friday, December 11 <sup>th</sup>	7:00 a.m. to 2:00 p.m.	

At Registration, the Head Coach for each squad will receive a contact number in the Head Coaches' Packet to call and reserve a matted practice time, 30 Minutes. Mat practice times are limited each day to the listed divisions above. Squads should arrive at the Jostens® Center at least 15 minutes early to stretch and promptly take your scheduled mat time. Please remember to bring your credentials to enter the facility. You may bring your own CD/Jam Box for this practice area. There will be four matted performance floors, 9 panels each, available during your 30 minute practice time so there may be three other squads practicing at the same designated time.

**In addition to Mat Time,** The Jostens® Center also has indoor, hardwood floor space for squads in any division, to come in during the times listed above to run through a routine. Squads are not permitted to stunt or tumble on the hardwood floor area. If a matted floor becomes available due to scheduling or squad cancellation, a Pop Warner Volunteer will permit squads that are practicing on the hardwood floor to fill the time on the mats on a first come first serve basis with sign-up sheet.

**BOOK CHECK AREA:** *The Jostens® Center is also the location for your Official Book Check, Sunday through Thursday from 8:00 a.m. to 12:00 p.m.* The Head Coach should check in with the assigned Pop Warner, Book Check Volunteer upon arrival to the Jostens Center. This brief, mandatory, book check will take place on the same day as your practice time, one day prior to your competition day (i.e., Junior Peewee Cheer Book Check takes place on Sunday, Dec. 6<sup>th</sup>.) All books must include the squad spirit roster, absentee forms, proof of scholastic fitness, picture identifications, medical/ release forms, copy of birth certificates and proof of Head Coach Attendance at PWLS Coaches' Education Clinic. If your book is in order, this station should take no more than 10 minutes. If there are any discrepancies, the National Cheer & Dance Commissioner will be on hand to resolve any challenges with the Head Coach.

**HEAD COACHES' FACILITY TOUR:** There will be no formal Head Coaches' meetings. We will have a facility tour for rostered Head Coaches. Lisa Moroski, the National Cheer and Dance Commissioner, will conduct a brief tour and general review of information listed in this package. The walk-through will begin promptly at the Entrance to the Champion® Stadium / Photography Area. Please note that due to varied travel schedules attendance is not mandatory.

Monday, December 7 <sup>th</sup>	7:00 a.m.
Wednesday, December 9 <sup>th</sup>	7:00 a.m.
Thursday, December 10 <sup>th</sup>	2:00 p.m.

**ENTERING THE EVENT WITH YOUR SQUAD ON COMPETITION DAY:** Arrive 15 Minutes Prior to Photography Time and report to the designated Photography Area for group and individual photographs, located in the Champion® Stadium Second Floor. If your squad arrives early to watch the events, they are permitted to sit in the stands with their squad. Participants may be seated in the back and

upper seating areas only. When your squad leaves their seating, they must bring their belongings with them.

**PHOTOGRAPHY AREA:** This is the first scheduled station at the event in the designated Photography Area, *Disney's Wide World of Sports*® Complex, Champion® Stadium Second Floor. Each squad will take a group photo and any individual photos at this time. Please ask your photographer, Amazing Pictures, about action photos at this station.

**ID CHECK:** The next scheduled station is the Milk House Squad Entrance (Last/Side Door between the Milk House and the Champion® Stadium). Rostered Coaching Staff, League and Rostered Participants with credentials will be the only individuals admitted to this area. You must be prompt and prepared for your scheduled times. A brief PWLS ID check will take place upon entering the practice area. Pop Warner volunteers will be on hand to assist the Head Coach in lining up your squad in book order. Each participant will be checked to their picture identification and they must have the Pop Warner Patch secured to the uniform before being released to the warm-up area. Any Participant not wearing a properly affixed Pop Warner patch will NOT be permitted to compete. The Pop Warner Volunteer will also verify that the Head Coach has at least two copies of your squad's music CD at this time. If your book is in order, this station should take no more than 10 minutes. If there are any discrepancies, the National Cheer & Dance Commissioner will be on hand to resolve any challenges with the Head Coach while the squad and other rostered coaching staff will be permitted to keep with their scheduled warm-up times.

**WARM-UP AREA:** A Pop Warner representative will take your squad to one strip of roll out, matted floor for warm-up, tumbling and stretching for a timed, 10 minute period. At the close of the 10 minutes, the squad will be asked to immediately move to the warm-up area, a 54' x 42' surface for a timed, 10 minute practice. The area will be equipped with a sound system for your warm-up time. Keep in mind that you will not be permitted to warm-up after your specified time has passed so please be prompt. New for 2009, there will be three designated strips for stretching, 1, 2, & 3, and there will be three performance floors, 1, 2 & 3. This area will be restricted to only six squads at one time, with no pipe and drape for in order to time all floors simultaneously. As soon as warm-up is complete, a volunteer will lead your squad immediately down to the performance entrance area.

**MUSIC AREAS:** Please come prepared with extra copies of your music for the warm-up and performance areas. All CD's must be standard size. Only your routine music is to be placed on the CD. Your designated, rostered music person will be directed to the music station at least 20 minutes prior to your performance. A Pop Warner Volunteer will help to insure that you are on time and directed to the music station. At this station, there will be two Pop Warner Volunteers on hand to allow you to preview and then finally play your music. Please be mindful that there are other coaches waiting to perform immediately following your routine. It is best to keep calm and quiet so that others can have their moment to push play and watch their squad's routine.

**ENTRANCE AREA:** The squad will continue downstairs (from the warm-up area) to the first floor and will be immediately led to a staging area behind the performance floor entrance area. At this time the coaching staff should do a last minute check with the squad before being escorted to the coaching area. There will be a designated area available to leave squad bags in a secure location until their performance time is complete. There will not be a safety check in this hallway so the coaches should do one last reminder to the squad at this time (i.e., no glitter, tie shoelaces, no safety pins, etc.). Two rostered coaches will be permitted to stay with the squad up until their performance time. When it is time to take the competition performance area, the MC will announce, "Squad #1, You May Take the Floor", the squad's music person will then signal the MC when ready and he/she will announce, "Squad #1, You May Begin". The participants must "Spirit On" to the Performance Area. The participants will enter the floor through the center, directly behind the performance floor, back of the mat. They are not permitted to jump, tumble, cheer or chant onto or upon exit of the floor.

**COACHES' AREA:** There will be a designated area for the rostered coaching staff in the first two rows of the seating area while your squad performs.

**PERFORMANCE AREA:** The competition area for the National Championship will be approximately 54' x 42' deep.

**ROUTINE TIMING:** Each cheer squad will perform a choreographed routine not to exceed (2:30) two minutes and thirty seconds; up to (75) seventy-five seconds may be performed to music. Each dance squad will perform a choreographed routine not to exceed (2:30) two minutes and thirty seconds. Refer to PWLS Rulebook, Pgs.94-99 for details on Routine Timing and Pgs. 106-108, for details on Interruption of Performances.

**CATEGORIES:** Please review the Pop Warner Rulebook, Pgs. 81-89, for category criteria, Novice, Intermediate and Advanced. A 5 point deduction will be given for any skill performed that is not appropriate to the category level. The inappropriate skill would not be scored by the panel judges.

**POINT DEDUCTIONS:** Review the Pop Warner Rulebook, Pgs. 99-104 on Pop Warner Scoring and Pgs. 104-106, for a complete breakdown on the Pop Warner Deduction procedures.

**JUDGES & EVENT SPOTTERS:** The judges' area will be directly in front of your squad during their performance along with the event videographer. Competition spotters will be provided for safety.

**EXIT AREA:** Upon finishing their routine, the squad will leave the performance area, exit left rear, back of mat. There will be no formal exits from the floor, participants should "spirit off" the performance area in a timely fashion. Participants may not tumble, jump, cheer/chant or any other organized exit from the floor. The squad will meet up with the coaching staff and immediately retain their belongings from the designated area and proceed to the exit area. When your squad is not performing, they are permitted to sit in the stands with their squad. Participants may be seated in the back and upper seating areas only. When your squad leaves their seating, they must bring their belongings with them.

**ATHLETIC TRAINER:** There will be a Disney Sports Trainer on hand at the Exit Area of the Performance Area. If at any time your squad needs medical assistance, please notify the Pop Warner Volunteer that is responsible for your location. Water stations will also be available throughout the Warm-up and Exit Areas.

**AWARDS CEREMONY ANNOUNCEMENT:** The Awards Ceremony and Parade of Champions will begin shortly after the last competing squad in your division. Each squad with their coaching staff will meet on the walkway between the Hess fields and the Milk House. The parade will enter the northwest doors of the Milk House and then onto the performance floor under the direction of their Region Management Team for the Trophy Ceremony. At the close of the ceremony, each squad with their coaching staff will stay together for the closing parade of champions led by the RMT Staff. Parents please meet your squads outside, at the main entrance to the Milk House. The area will be supervised by Disney staff members to assist your squads.

**AWARDS:** The National Championship will award five places, first through fifth, in each division, small and large. In addition, first through third places will receive Championship Medallions, Gold, Silver and Bronze. A Spirit of Sport Award will be awarded to one squad in each division, Junior Peewee, Peewee, Junior Midget and Midget at the close of each trophy ceremony. All squads nominated for the Spirit of Sport Award will receive a Championship Rosette for their spirited efforts. If your squad is announced for an award, please send one coach and two cheerleaders/dancers to the awards' area. A championship picture will be taken in the awards area with the National Staff, Region Management Team and any League/Association Officials on hand.

**AWARD RECIPIENT/CHAMPIONSHIP PHOTO:** Award Recipient Championship Photos will take place in the designated Photography Area, Baseball Stadium, Second Floor, with your trophy for a Championship Squad Photo immediately following the parade. At that time, the award recipient, Head Coaches will also receive their score sheet package from a Pop Warner National Representative.

**SCORESHEET DISTRIBUTION:** Your score sheet package will be available for pick-up at the Sports Complex Milk House immediately following your division's competition for one hour. The pick-up area is

on the ground floor lobby of the Milk House from Monday through Friday. The Head Coach will be required to sign for the score sheets with picture identification. (Only one person per squad should come to the pick-area to receive the package.) Pop Warner Little Scholars, Inc. takes no responsibility for the score sheets after the championship has ended.

**STUDY HALLS:** We will have classrooms available at the Champion® Stadium at the Disney Sports Complex throughout the week that will serve as Study Hall Rooms. You must sign up for access to these Study Hall Rooms at the Registration Center when you register your team and/or squad. These rooms will have computer workstations that may be used, as well as internet access for the students to use. Email access is strictly to be used for school-related activities only! We encourage you to bring your laptops as there is free wireless!

**SPORTSMANSHIP MEMO:** All participants, coaches, administrators and parents agree to display good sportsmanship throughout the Championships and related events. The Head Coach of each squad is responsible and will be held accountable for proper conduct of participants, coaches, parents and any other persons affiliated with the squad. Please review the “Personal Responsibility at PWLS Events and Sportsmanship” memos contained in this packet with your entire squad and organization.

**GRIEVANCES:** Disputes or rules violations will be handled by the Disciplinary Review Board. Details on this process will be available in the Volunteer Tent located at the Sports Complex. As part of your participation in the Pop Warner Championships, you will hereby agree to Binding Arbitration should any dispute arise during the event, traveling to and from the event, violation of the coaches code of conduct and sportsmanship related incidents. The decision of the arbitration panel will constitute full, final and complete disposition of the grievance, and will be binding upon the participants, Pop Warner and those involved in this agreement. Players, coaches, administrators and parents violating these articles, rules and regulations will be subject to disciplinary action and/or removal from Disney property and will be disqualified from the event.

**MEMBERS CODE OF CONDUCT:** As a condition of my participation in the 2009 Pop Warner Championship Week, I hereby agree to accept the Arbitration Process as outlined in this advisory manual. I hereby agree to accept the decision of the Disciplinary Review Board (DRB) as final, binding and non-appealable. As such, the decision of the DRB will constitute full, final and complete disposition of the grievance, and will be binding upon the participants, Pop Warner and those involved in this agreement.

All volunteers, coaches, football and spirit participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the League and/or any HLA shall have the authority to impose a penalty. Members shall:

- S1:** Not smoke and/or use smokeless tobacco on the field.
- S2:** Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.
- S3:** Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.
- S4:** Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
- S5:** Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
- S6:** Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
- S7:** Emphasize that winning is the result of good “teamwork.”
- S8:** Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
- S9:** Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.
- S10:** Not use abusive or profane language at any time.
- S11:** Not “pile it on;” not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.
- S12:** Not receive any payment, in cash or kind, for services as a coach in Pop Warner Football/Spirit. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.

- S13:** Not permit or encourage “sweating down” tactics in order for a player to make the team weight.
- S14:** Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician.
- S15:** Not permit an ineligible player or spirit participant to participate in a game.
- S16:** Not deliberately incite unsportsmanlike conduct.
- S17:** Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
- S18:** Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- S19:** Control their fans. Remember, as a team coach, you’re responsible for your team, and fan reaction will usually be in step with your reaction.
- S20:** Uphold all rules and regulations, National and local, regarding Pop Warner Football, Cheerleading and Dance.
- S21:** Refrain from engaging in any action which reflects negatively, or causes embarrassment to, the Pop Warner Program.

**NATIONAL CHAMPIONSHIP, EVENT SPECIFIC, CODE OF CONDUCT:** By my signature below in the Articles Understanding Statement of Acceptance, I understand:

1. All squads and teams will observe a 10 p.m. curfew. If any participants are out of their rooms past the 10 p.m. curfew they must be under the direct supervision of a Parent, Guardian or Chaperone. Any participants in violation of this designated curfew time, without a parent, guardian or supervisor present, will be subject to disciplinary action.
2. The Walt Disney World® Company prohibits the possession of any firearm while on Walt Disney World® property. Your cooperation is greatly appreciated.

**CODE OF CONDUCT ACCEPTANCE:** By my signature below in the Articles of Understanding Statement of Acceptance, I hereby swear and attest that I fully acknowledge and understand the Coaches Code of Conduct. Furthermore, I acknowledge and understand that any violation, public display of poor sportsmanship or failure to uphold the Code may result in disciplinary action including but not limited to the suspension and/or revocation of the league charter as well as my dismissal, suspension and/or permanent removal from any and all Pop Warner activities.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date