Dear Directors/Coaches,

I am happy to inform you of our Game Day competition and our Thirteenth Annual Cheer Competition, & Dance Contest dates at Stephen F. Austin State University. Our contest is open to all Studio, All-Star, and School Cheer & Dance Teams.

Enclosed you will find general guidelines as well as other important information. This is a competition atmosphere with an emphasis on your team doing the best that they can do with their own talent and skill level. Therefore, you are competing against yourself and the score sheet, not other teams. The only time your teams scores are compared to other teams will be for Over-All Awards listed on the Award Sheet. All teams will receive a trophy with a Division I, II, or III Rating. We will have a separate Division for All-Star/Studio and School teams. There are NO Legalities Deductions at our Contest. Each team will receive a USB with verbal critiques over a video of each routine.

This is a great event to get your routines in front of qualified judges before larger contests. If you have any seniors that are interested in auditioning for either of the SFA Cheer or Dance Teams, our Solo & Individual Categories are great for them and awards additional scholarships for our teams. If you have any questions about our event, please contact us at the SFA Spirit Office (936)468-1604.

Yours Truly,

T.J. Maple

Coordinator of Spirit Programs
General Guidelines

2018 Competition Dates:
- **Game Day Cheer Competition: Saturday, January 6th 2018**
- **13th Annual Dance Competition: Saturday, February 17th 2018.**
- **13th Annual Cheer Competition: Sunday, February 18th 2018**

**REGISTRATION CHECKLIST:**

___ Complete Registration Form for *each* competition/team on our website: www.sfasu.edu/spiritprograms

___ Mail Registration Form and Check, made payable to SFA (please include driver’s license number on personal checks), postmarked by *Dec. 15th, 2017 for Game day competition and February 1st, 2018 for the 13th Annual Cheer Competition and Dance Contest to:*

  SFA Cheer & Dance Contest  
  Box 13021- SFA Station  
  Nacogdoches, TX 75962

___ Before day of competition, ALL participants must complete a Waiver of Compliance Form. This **MUST** be signed by a parent or legal guardian in order for the participant to be able to perform.

___ In addition to all participants completing a Waiver of Compliance Form, all coaches/advisors **MUST** also complete a Waiver of Compliance Form. Both participants and coaches/adviser forms must be turned in at the registration table upon checking into the competition.

**TIME LIMITS**

**Solo, Duet, Trio and Officer:**
Each solo, duet, trio and officer group will perform a choreographed routine not to exceed two minutes and 15 seconds (135 seconds).

**Teams:**
- **Cheer:** Each team will perform a choreographed routine not to exceed three minutes (180 seconds). Individual routine rules are outlined with the individual guidelines.
- **Dance:** Each team will perform a choreographed routine not to exceed two minutes and 30 seconds (150 seconds).

**BOUNDARIES**

- Cheer teams will compete on a 42’ x 54’ wide area (nine non-spring loaded cheer mats). Out of bounds will be considered being outside this designated area. Warm-up area will consist of cheer mats and a tumble strip.
- Dance teams will compete on a 39’ deep x 39’ wide Marley dance floor. Warm up area will consist of a basketball court and one strip of dance floor (4.91’ x 39’) to warm up turns. (No deductions/penalties will be given if dancer goes off floor. This is to provide teams with a more defined dance surface.
**SPECTATOR INFORMATION:**
It is **IMPORTANT** that all children are kept under supervision of parent or legal guardian at ALL times during this event! Admission fees for the contest are as follows: Adults - $10, Children 8 to 13 years old - $5 and Children 7 and under – FREE.

**Contest T-shirts:**
Official contest shirts will be available for purchase through an “Early Bird” deal for $15 each or at the contest for $20 each.

**Critique Videos:**
Each team will receive a USB flash drive with verbal critiques from judges over a video of your routine.

**Game Day Competition Structure:**
The Game day competition rules and regulations will follow those of the UIL Texas State Spirit Championship. To find a list of these rules please follow link listed below.

**Annual Cheer Competition and Dance Contest:**

**Cheer Divisions & Categories:** *(SFA Spirit has the right to modify and/or combine divisions based on number of entries)*

*Participants who choose to compete in the **Best Jumps** or **Best Tumbling** categories will compete against each other. There are NO divisions for these categories. Therefore, there will be one winner for each.*

*Participants who choose to compete in the **Best Cheer** category will execute ONE cheer. This cheer can incorporate jumps and tumbling.*

*Participants who choose to compete in the **Crowd Leader** category will execute ONE cheer. This cheer is motions and words only and will not incorporate tumbling. Jumps are allowed in this cheer.*

*Participants who choose to compete in the **Individual** category will be placed in the following divisions: K-4, 5-8, 9-11, 12. Participants will perform a routine to incorporate cheer, dance, tumbling and jumps. If there are not three participants entered in each grade division, a score of 45 or above must be obtained to win the division. 1st, 2nd and 3rd place winners will be awarded in each division.*

*Participants who choose to compete in the **Group Stunt** category will be placed in the following divisions: Elementary, Junior and Senior. 1st, 2nd and 3rd place winners will be awarded in each division.*

*Participants who choose to enter the **Team** category will be placed in the following categories: All-Star, Junior High/Middle School Performance, High School Performance, Junior High/Middle School Game Day or High School Game Day.*

*Teams will compete against a score sheet and division’s ratings will be awarded.*
Dance Divisions & Categories: (SFA Spirit has the right to modify and/or combine divisions based on number of entries)

*Participants who choose to compete in the Best Leaps and/or Best Turns categories will compete against each other. Participants will demonstrate 3 leaps for the Best Leaps category and 3 turns/turn combination for the Best Turns category.

**NEW** Participants in each category will be placed in the following grade divisions: K-4, 5-8 and 9-12.

*Participants who choose to compete in the Solo category will be placed in the following grade divisions: K-3, 4-6, 7-8, 9-11 and 12.
1st, 2nd and 3rd place winners will be awarded in each Grade Division. If there are not three participants entered in each grade division, a score of 45 or above must be obtained to win the division.

*Participants who choose to compete in the Duet category will compete against a score sheet and division ratings will be awarded. There will be NO divisions for this category.

*Participants who choose to compete in the Trio category will compete against a score sheet and division ratings will be awarded. There will be NO divisions for this category.

*Participants who choose to enter the Officer category will be placed in the following grade divisions: K-3, 4-6, 7-8 and 9-12.
Officer groups will compete against a score sheet and division ratings will be awarded.

*Participants who choose to enter the Team category will be placed in the following categories: All-Star/Studio and School.
Teams will compete against a score sheet and division ratings will be awarded.

Division Ratings Breakdown: (For Duet, Trios, Officer and Teams)
Division I: 45-60 score
Division II: 30-44 score
Division III: 29 and below score
SFA Spirit Game Day Cheer Competition
Saturday, January 6, 2017

Fees (Per School):
Band Dance Entry Fee - $100.00
Fight Song Entry Fee - $100.00
Crowd Leading Entry Fee - $100.00
2 Entries - $175.00
3 Entries - $250.00

Game Day Awards Structure

**Band Dance:**
Teams will be awarded plates with division rating.
Teams are also eligible to receive overall awards.

**Crowd Leading:**
Teams will be awarded plates with division rating.
Teams are also eligible to receive overall awards.

**Fight Song:**
Teams will be awarded plates with division rating.
Teams are also eligible to receive overall awards.

**Division Ratings:**
Div I
Div II
Div III

**Overall Cheer Awards:**
Highest scoring routine(s) of the day in each category.
1A
2A
3A
4A
5A
6A

*SFA has the right to modify award structure when needed.*
SFA Spirit Dance Competition
Saturday, February 17, 2018

Fees:
Best Leaps - $10.00
Best Turns - $10.00
Solos - $50.00 per routine
Duets - $90.00 per routine
Trios - $105.00 per routine
Officers - $120.00 per routine

Teams:
8 or less members - $20.00 per person for first routine, $15.00 per person each additional routine
9 + members - $160.00 for first routine, $100.00 each additional routine

Dance Awards Structure

**Best Turns:**
One Best Turns winners will be awarded a medal.

**Best Leaps:**
One Best Leaps winners will be awarded a medal.

**Solos:**
Divisions for Solos will be as follows: K-3, 4-6, 7-8, 9-11 and 12th grades.
Plates will be awarded to the 1st, 2nd and 3rd place winners.
Scholarship certificates in the amount of $200, $150 and $100 will also be awarded to 1st, 2nd and 3rd Place Winners of the 12th grade division. (Scholarship honored only if dancer makes one of the SFA Dance Teams.)

**Duets & Trios:**
Plates will be awarded to each dancer with division rating.

**Officers:**
Officers will receive a plate with their division rating.
Officers are also eligible to receive overall awards.

**Teams:**
Teams will receive a trophy with their division rating.
Teams are also eligible to receive overall awards.

**Overall Dance Awards:**
Highest Scoring Routine(s) of the day
Innovative Choreography Award(s)
Creative Costume Award(s)
Technical Excellence Award(s)
Energy Award(s)
Precision Award(s)

*SFA has the right to modify award structure when needed.*
SFA Spirit Cheer Competition
Sunday, February 18, 2018

Fees:
Best Tumbler - $10.00
Best Jumps - $10.00
Crowd Leader (No Tumbling) - $10.00
Best Cheer (One Cheer) - $30.00
Duo Cheerleader - $80.00
Individual Cheerleader - $50.00
Teams - $30.00 per person

Cheer Competition Awards Structure

**Best Jumps:**
One Best Jumps winner will be awarded a plate.

**Best Tumbling:**
One Best Tumbling winner will be awarded a plate.

**Best Cheer:**
One Best Cheer winner will be awarded a plate.

**Crowd Leader:**
One Crowd Leader winner will be awarded a plate.

**Individuals:**
Divisions for individuals will be as follows: K-4, 5-8, 9-11 and 12th grades.
Plates will be awarded to the 1st, 2nd and 3rd place winners.
Scholarship certificates in the amount of $200, $150 and $100 will also be awarded to 1st, 2nd and 3rd Place Winners in the 12th grade division. (Scholarship honored only if cheerleader makes one of the SFA Cheer Teams.)

**Group Stunt:**
Plates will be awarded with division rating.

**Teams:**
Teams will receive a trophy with their placement.
Teams are also eligible to receive overall awards.

**Overall Cheer Awards:**
Highest Scoring Routine(s) of the day
Innovative Choreography Award(s)

*SFA has the right to modify award structure when needed.*
SFA Spirit Teams

Contest Waiver Count Form

School/Studio/Gym Name: ________________________________
Head Coach Name: ________________________________
Contest Year: _________
TOTAL Number of Coaches: ______
TOTAL Number of Participants: ______

*Please note that this form MUST accompany ALL Completed Waivers*

*You MUST complete a form for your ENTIRE group – NOT each team*
Every Advisor/Coach/Chaperone must have a completed and signed release form to turn in at registration in order to participate. ALL areas must be completed. Please photocopy and distribute to each adult attending the event. Coach/Director must retain a photocopy of each completed form for your records and keep them with the team throughout the event.

Name __________________________________________________________

Address ________________________________________________________________________

City, State & Zip (_____) ____________________________ School/Gym Phone Number (_____) ____________________________

Phone Number ________________________________________________________________________

Email Address ________________________________________________________________________

I am a: o Coach/Advisor o Chaperone o Parent

1. Liability Release

In consideration for participating in the SFA Cheer and Dance Contest, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Stephen F. Austin State University (SFA), the Board of Regents, the State of Texas, their officers, servants, agents, and employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such activity, or while in, on or upon the premises where the activity is being conducted or in transportation to and from said premises.

To the best of my knowledge, I can fully participate in this activity. I am fully aware of risks and hazards connected with the activity, including but not limited to the risks as noted herein, and I hereby elect to voluntarily participate in said activity, and to enter the above-named premises and engage in such activity knowing that the activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such an activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise.

I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES from any loss, liability, damage or costs, including court costs and attorney’s fees, that may incur due to my participation in said activity, WHETHER CAUSED BY NEGLIGENCE OF RELEASEES or otherwise.

It is my express intent that this Release and Hold Harmless Agreement shall bind the members of my family and spouse (if any), if I am alive, and my heirs, assigns and personal representative, if I am not alive, shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Texas.

2. Medical Release

I acknowledge that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I acknowledge that the Minor is assuming the risk of such illness or injury by participating in the activity. In the event of such illness or injury, I hereby give my permission, consent and authorization for any medical treatment deemed necessary by a hospital or physician. I appoint the event coordinator and/or director my lawful agent with power to authorize and consent to the administration of medical treatment during the aforementioned event. I further acknowledge and agree that I WILL BE RESPONSIBLE FOR ANY AND ALL MEDICAL AND RELATED BILLS THAT MAY BE INCURRED ON MY BEHALF FOR ANY ILLNESS OR INJURY THAT THE MINOR MAY SUSTAIN during the SFA Dance Contest and while traveling to and from the SFA Campus for the SFA Cheer and Dance Contest whether or not the SFA Cheer and Dance Contest actually occurs.

3. Appearance Agreement

I understand that the SFA Spirit Teams from time to time produce promotional material relating to its programs. I understand that as a participant and/or a spectator at the SFA Cheer and Dance Contest that Minor may be included in videotapes, photographs, DVDs, and slide shows taken during the SFA Cheer and Dance Contest. Therefore, without reservation or limitations, I do hereby authorize and give to Stephen F. Austin State University (SFA), its employees, designees, agents, and all persons or entities for or through whom SFA is acting, permission and the absolute right to take, publish, use, edit, reproduce, distribute and other similar activity my likeness and/or voice regardless of the medium used, to specifically include but not limited to, photographic, video, audio, digital or other electronic or digital medium. I understand that this information may be used for any lawful purpose to include artistic works, promotional or advertising efforts, publicity or recruitment and by signing this document expressly authorize such use. I agree that any reproduction of my likeness becomes the exclusive property of SFA. I understand and agree that I shall not be notified when any reproduction of my likeness, regardless of form, is used, nor will I be given the opportunity to view or approve of the reproduction prior to its publication. I further understand and agree that there will be no remuneration or compensation provided for any use of my likeness, and I hereby waive any rights to royalties or other compensation arising from any use of my likeness by SFA.

4. Event Rules

I further acknowledge and understand that the SFA Cheer and Dance Contest has established rules and regulations pertaining to conduct, behavior and activities of all SFA Cheer and Dance Contest participants, by which I agree to abide during the SFA Cheer and Dance Contest (copy of which is listed on the back of this form), and that I will be responsible for my failure to abide by those rules and regulations. I have received, read and understand the SFA Cheer and Dance Contest rules. I understand that violation of the rules can result in dismissal from SFA Cheer and Dance Contest with no refund.

5. Supervision

A Chaperone/Adult (age 21 or over) is required to attend with participants. This Chaperone will be responsible for the participants at all times including but not limited to cheer/dance practice outside of competition, free time at event site or hotel. THE SFA SPIRIT TEAMS ARE NOT RESPONSIBLE FOR PARTICIPANTS’ SUPERVISION.
Insurance Information  The following information is REQUIRED for participation.

Insurance Company: _____________________________________________________________

Insurance Company Address: _____________________________________________________

Medical Insurance Policy/Group Number - REQUIRED: ____________________________

Insurance Company Phone #: ____________________________ - ____________

Emergency Information: Name to contact: _________________________________________

Address: ______________________________________________________________________

City, State, Zip: __________________________________________________________________

Cell Phone Number: (_____) ____________________________

Daytime Telephone: (_____) ____________________________  Evening Telephone: (_____)

Family Doctor: ____________________________ Phone Number: (_____) __________________

Birth Date: ____________________________

POSSIBLE INJURIES WHICH MAY OCCUR

There are risks involved when participating in the following sports program offered: SFA Cheer and Dance Contest. Some of the possible injuries and bodily harm that can occur through participation in the programs are listed below. The individual is completely responsible for his/her own safety and health. This list is provided to make the prospective participant aware of the possibilities of injuries that may be sustained: strains, sprains, pulls, tears, cramps, infection, rashies, vomiting, bruises, contusions, wounds (abrasions, incisions, lacerations, punctures, avulsions), insect bites, dislocation, blisters, nosebleeds, broken bones, fractures, choking, respiratory or heart failure, heat exhaustion, heat stroke, fainting, nerve damage, shock, paralysis, concussion, and in an extreme case-death. Body areas which may be affected or involved in sports injuries: head, face, eye, ear, jaw, teeth, mouth, neck, nose, chest, abdominal, back, arms, elbow, hands, fingers, wrist, shoulders, genital organs, scalp, bones, leg, knee, hip, ankle, feet, toes, internal organs, nerves, muscles, ligaments, cartilage, joints, tendons, spinal cord, arteries, veins, and brain.

I hereby warrant that I have read this Adult Release and Waiver Form in its entirety and fully understand its contents. I am aware that this Adult Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness, acknowledge that nothing in this Adult Release and Waiver Form constitutes a guarantee that the SFA Cheer and Dance Contest will occur and have signed this document voluntarily and of my own free will.

Signature of Adult: ___________________________________________ Date: _____________

Witness Signature: ___________________________________________ Date: _____________

Witness Address: _____________________________________________________________

EVENT RULES

General SFA Cheer and Dance Contest Rules

1. Cheering, chanting and dancing will be practiced in designated areas ONLY.
2. Squads / teams must be on time to all scheduled practices and performances.
3. Please leave valuables at home (rings, jewelry, etc.). SFASU will not be responsible for lost or stolen items.
4. Participants may not wear unapproved jewelry of ANY kind at any time during practice or performances. Teams with participants that do not comply will be assessed a deduction.
5. Should an injury occur during your assigned practice or performance times, please contact an SFA Cheer and Dance Contest staff member.
6. Smoking at the SFA Cheer and Dance Contest is prohibited, and the use or possession of alcohol or other illegal substances is prohibited.
7. Hazing or initiations of any type is prohibited.
8. The SFA Cheer and Dance Contest fervently encourages team support, sportsmanship, integrity and fairness among all participants and coaches/advisors/directors in all facets of cheerleading, including but not limited to team practice and performance. The SFA Cheer and Dance Contest maintain the right to enforce a zero tolerance policy for unsportsmanlike conduct by any and all its competition patrons. The SFA Cheer and Dance Contest reserves the right to remove participants, coaches/directors/advisors, or spectators from the performance venue should offensive or inappropriate behavior toward other participants, coaches/directors/advisors, officials or spectators occur.

In addition to the general rules above, the following rules apply to the SFA Cheer and Dance Contest:

1. The SFA Cheer and Dance Contest are not responsible for participants’ supervision.
2. Participants must have an adult chaperone/coach/director, for participants’ supervision, in attendance at all times during the championship.
3. Only coaches / directors should approach the SFA Cheer and Dance Contest Event Directors to resolve disputes. Spectators or participants will NOT be allowed to pursue disputes.
STEPHEN F. AUSTIN STATE UNIVERSITY
WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT
*** PARTICIPANT ***

Every Advisor/Coach/Chaperone must have a completed and signed release form to turn in at registration in order to participate. ALL areas must be completed. Please photocopy and distribute to each adult attending the event. Coach/Director must retain a photocopy of each completed form for your records and keep them with the team throughout the event.

Name ____________________________________________

School/Gym Name __________________________

Address ____________________________________________

School/Gym Address __________________________

City, State & Zip ______________ _

School/Gym City, State & Zip _______________

Phone Number __________________________

School/Gym Phone Number __________________________

I am a:   
   o Coach/Advisor   
   o Chaperone   
   o Parent

1. Liability Release
In consideration for participating in the SFA Cheer and Dance Contest, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Stephen F. Austin State University (SFA), the Board of Regents, the State of Texas, their officers, servants, agents, and employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such activity, or while in, on or upon the premises where the activity is being conducted or in transportation to and from said premises.

To the best of my knowledge, I can fully participate in this activity. I am fully aware of risks and hazards connected with the activity, including but not limited to the risks as noted herein, and I hereby elect to voluntarily participate in said activity, and to enter the above-named premises and engage in such activity knowing that the activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such an activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise.

I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES from any loss, liability, damage or costs, including court costs and attorney's fees, that may incur due to my participation in said activity, WHETHER CAUSED BY NEGLIGENCE OF RELEASEES or otherwise.

It is my express intent that this Release and Hold Harmless Agreement shall bind the members of my family and spouse (if any), if I am alive, and my heirs, assigns and personal representative, if I am not alive, shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Texas.

2. Medical Release
I acknowledge that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I acknowledge that the Minor is assuming the risk of such illness or injury by participating in the activity. In the event of such illness or injury, I hereby give my permission, consent and authorization for any medical treatment deemed necessary by a hospital or physician. I appoint the event coordinator and/or director my lawful agent with power to authorize and consent to the administration of medical treatment during the aforementioned event. I further acknowledge and agree that I WILL BE RESPONSIBLE FOR ANY AND ALL MEDICAL AND RELATED BILLS THAT MAY BE INCURRED ON MY BEHALF FOR ANY ILLNESS OR INJURY THAT THE MINOR MAY SUSTAIN during the SFA Dance Contest and while traveling to and from the SFA Campus for the SFA Cheer and Dance Contest whether or not the SFA Cheer and Dance Contest actually occurs.

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I further acknowledge and understand that the SFA Cheer and Dance Contest has established rules and regulations pertaining to conduct, behavior and activities of all SFA Cheer and Dance Contest participants, by which I agree to abide during the SFA Cheer and Dance Contest (copy of which is listed on the back of this form), and that I will be responsible for my failure to abide by those rules and regulations. I have received, read and understand the SFA Cheer and Dance Contest rules. I understand that violation of the rules can result in dismissal from SFA Cheer and Dance Contest with no refund.

5. Supervision

Type of Team:       ____Cheer    ___Dance
   o All-Star/Studio
   o Mascot
   o Elementary
   o Intermediate
   o Junior
   o Senior
   o School
   o Middle School
   o Junior High
   o High School

[Image 86x680 to 152x744]
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**Insurance Information**

The following information is **REQUIRED** for participation.

Insurance Company: ____________________________

Insurance Company Address: ___________________________

Medical Insurance Policy/Group Number - REQUIRED: ____________________________

Insurance Company Phone #: ____________________________

Emergency Information: Name to contact: ____________________________

City, State, Zip: ____________________________

Address: ____________________________

Daytime Telephone: (________) ____________

Cell Phone Number: (________) ____________

Evening Telephone: (________) ____________

I represent that any medication to which I am allergic or medications that I am currently taking are listed below. I agree that I shall bring medications which I am currently taking with me to the Event and that I shall consume the prescribed dosage for such medications. SFA Cheer and Dance Contest will not administer or supply any type of medication at event.

Medications (if any): ____________________________

Allergic to (if any): ____________________________

I acknowledge that I suffer from the following conditions:

Family Doctor: ____________________________

Phone Number: (________) ____________

Birth Date: ____________________________

**POSSIBLE INJURIES WHICH MAY OCCUR**

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I hereby warrant that I have read this Adult Release and Waiver Form in its entirety and fully understand its contents. I am aware that this Adult Release and Waiver Form releases Releases from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness, acknowledge that nothing in this Adult Release and Waiver Form constitutes a guarantee that the SFA Cheer and Dance Contest will occur and have signed this document voluntarily and of my own free will.

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1. Cheering, chanting and dancing will be practiced in designated areas ONLY.
2. Squads / teams must be on time to all scheduled practices and performances.
3. Please leave valuables at home (rings, jewelry, etc.). SFASU will not be responsible for lost or stolen items.
4. Participants may not wear unapproved jewelry of ANY kind at any time during practice or performances. Teams with participants that do not comply will be assessed a deduction.
5. Should an injury occur during your assigned practice or performance times, please contact an SFA Cheer and Dance Contest staff member.
6. Smoking at the SFA Cheer and Dance Contest is prohibited, and the use or possession of alcohol or other illegal substances is prohibited.
7. Hazing or initiations of any type is prohibited.
8. The SFA Cheer and Dance Contest fervently encourages team support, sportsmanship, integrity and fairness among all participants and coaches/advisors/directors in all facets of cheerleading, including but not limited to team practice and performance. The SFA Cheer and Dance Contest maintain the right to enforce a zero tolerance policy for unsportsmanlike conduct by any and all its competition patrons. The SFA Cheer and Dance Contest reserves the right to remove participants, coaches/directors/advisors, or spectators from the performance venue should offensive or inappropriate behavior toward other participants, coaches/directors/advisors, officials or spectators occur.

**In addition to the general rules above, the following rules apply to the SFA Cheer and Dance Contest:**

1. The SFA Cheer and Dance Contest are not responsible for participants’ supervision.
2. Participants must have an adult chaperone/coach/director, for participants’ supervision, in attendance at all times during the championship.
3. Only coaches / directors should approach the SFA Cheer and Dance Contest Event Directors to resolve disputes. Spectators or participants will NOT be allowed to pursue disputes.