



2022  
APRIL 9-10

HELENA  
MONTANA  
Carroll College P. E. Center

## DIVISIONS

### SATURDAY

High School +  
Dance teams

### SUNDAY

All-Star +  
Specialty Groups

## SCHEDULE

See tentative schedule below for both days.  
Order of performance will be sent 2 weeks prior

### SATURDAY

- 2:00 pm • Team Check-in
- 2:30 pm • Coaches Meeting, Warm-ups
- 3:00 pm • Parade of Athletes
- 3:30 pm • Competition
- 5:00 pm • Awards

### SUNDAY

- 9:00 am • Team Check-in
- 10:00 am • Coaches Meeting, Warm-ups
- 12:00 pm • Parade of Athletes
- 12:30 pm • Competition
- 4:30 pm • Awards

## ACCOMMODATIONS

### HOME 2 SUITES

3325 N. Sanders St.  
Helena, MT 59602  
(406) 502-2222

### COMFORT SUITES

3180 Washington St.  
Helena, MT 59602  
(406) 513-1140

## REGISTRATION

### FULL ENTRY PAID BY FEB. 15

- \$45 each competitor for club and all-star teams
- \$30 for crossovers and specialty entries (solos, stunt groups, etc.)
- \$200 for school teams

### Send payment to:

Helena Athletic Club  
PO Box 5659  
Helena MT 59604

*Visa/Mastercard  
accepted with a 5%  
convenience fee*

- Entries paid after Feb. 15 will be assessed a 10% fee of total entry
- \$10 for jump and tumbling competition, enter on-site, entries limited
- Online registration, extra forms and liability waivers available at [www.hacmt.com](http://www.hacmt.com)

WE'RE BACK! **2022**  
LOOK FORWARD TO SEEING YOU

## ADMISSION

\$10 Adults

\$7 Senior Citizens, Students 6-17, Military with ID

## CONTACT

### LAURA SNELLMAN

(406) 431-5477  
[coachlaura@hacmt.com](mailto:coachlaura@hacmt.com)

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# 2022 Great Northern Medical Consent/Liability Waiver Form

Team Name	Athlete's Name
Parent/Legal Guardian	Athlete's DOB
Home Phone	Cell Phone #
Emergency Contact	Alternative Contact #
Health Insurance	Policy #
Allergies/Medical Considerations	Current Medications

I, the undersigned parent or guardian, do hereby grant permission for my daughter/son,

\_\_\_\_\_, to participate in the activity of cheerleading or dancing at the Great Northern Cheer and Dance Competition held at Carroll College on April 9-10, 2022. In order that my son/daughter may receive the necessary medical treatment in the event he/she may sustain injury or illness during participation in the activity, I hereby authorize the competition director or other supervising adults to obtain medical treatment for my daughter/son for such injury or illness during the activity. Additionally, I hereby hold Helena Athletic Club, Inc., Mustangs Cheerleading Booster Club, Carroll College and the Diocese of Helena and its representatives harmless in the exercise of authority.

I understand that this activity involves risk, potentially serious and/or catastrophic due to the nature of this activity, which involves rotation or inversion of the body and that there is a possibility that my son/daughter may sustain physical illness or injury (minimal, serious, or catastrophic) in connection with his/her participation. I further acknowledge and understand that my son/daughter is assuming the risk of such physical illness or injury by his/her participation. I release Helena Athletic Club, Inc., Mustangs Cheer Booster Club, Carroll College and the Diocese of Helena from any claims for personal illness or injury that my son/daughter may sustain during participation in this activity.

I further understand that the competition director and its managers have established rules and regulations pertaining to conduct, behavior and activities of all students and cheerleading/dance team or specialty participants, by which my son/daughter must abide by during participation in their activity. My son/daughter and I will be responsible for his/her failure to abide by those rules and regulations.

My son/daughter and I have read, understood and agree to the above Medical Consent and Liability Waiver Form.

Parent/Guardian Signature

Date

\_\_\_\_\_

# Coach's Info and Details

**Equipment:** All teams will have a timed warm-up on the competition floor, and foam strips in a separate warm-up area. High School and Dance teams will have half of a regulation basketball gymnasium court or a 56x42 carpet foam floor.

**Judge's Panel:** 3 USASF certified and/or experienced judges. Category scoresheets based off Varsity system for high school teams, all-star cheerleading and dance.

**Music:** iPod/iPhone connection with sound check available before competition.

**Rules:** All-Star and Specialty Divisions according to USASF Rules @ [www.usasf.net](http://www.usasf.net) and scoring criteria following the Varsity All-Star scoring system.

High School competition rules follow NFHS rules and guidelines and closely resemble UCA categories and judging criteria for school and rec. cheer teams.

Dance teams follow USASF dance divisions and rules. Dance judging criteria follows Varsity scoring system.

Tumbling competition divisions open to Level 2 and up, all age-groups, Mini-Senior invited to register and compete according to age group and level. Athletes are required to perform one standing pass and one running pass.

Jump competition divisions by age-group only: Mini-Senior. Athletes are required to connect 3 jumps (may be the same or different) and perform 2 separate jumps, one of which must be a toe-touch.

**\*\*Note:** Our goal is to showcase the athleticism of cheerleaders and dancers in Montana. We invite all levels, ages, school and teams to exhibit their many talents through our individual and specialty divisions.

**Performance Order:** The final schedule with warm-up times will be available 2 weeks prior the competition day. Any changes should be made within 24 hours of receipt of the first draft.

**Parade of Athletes:** This exciting portion will include a grand march-in of all teams, recognition of senior athletes and the team's outstanding achievements. Coaches will have an opportunity to send in this information prior to the meet day.

**Cheer Olympics:** This free "just for fun" event is open to all teams and levels and will be held immediately following the final performance of each day. At least one coach must be present for each event and 4 spotters provided for each stunt group. Cheer Olympics may include the following events but may also be adapted for time considerations:

Longest held extension, longest held liberty, most standing tucks in 1 minute, most back handsprings in 1 minute, and most consecutive toe-touches.

**High School Divisions are according to school class (AA, A, B, C).** If necessary, divisions will be separated by mount/non-mount or tumbling/non-tumbling or combined for the sake of fair competition. All determinations will be made by the competition director and/or head judge. Please make any concerns known upon registration.

Scoresheets reflect the following criteria:

Crowd-leading, use of skills to lead the crowd, execution of crowd-leading. Possible 20 points

Overall Impression of Crowd-leading/spirit/energy. Possible 5 points

Partner stunts, pyramid. Each 15 points: 10 points possible for execution and technique, 5 for difficulty and variety.

Overall Impression of Stunts. Possible 5 points

Standing and running tumbling. Possible 5 points each includes difficulty and execution/technique.

Jumps and dance. Possible 10 points each includes technique, motion placement, synchronization, energy.

Routine Overall Impression: Possible 10 points

**Total Score out of 100 Possible points**

Routine time limit 2 min., 30 sec., no minimum requirement.