

2025 KCFC Cheer and Dance Showcase and Competition

Welcome to the 2025 Showcase and Competition Packet! The registration and pre-sale order forms will be released soon. Contact cheeranddance@kcfootballcheer.org with any questions.

Location: Olathe North High School
600 E Prairie St, Olathe, KS 66061

Date: Sunday, November 16th, 2025
**performance times will be posted by Saturday, November 1st, 2025

Registration deadline: Friday, October 24th, 2025.

Registration will be online ONLY!! Each squad must complete an online registration form. Any child not participating must provide a written note from a parent explaining their absence. This is to ensure no child is unfairly restricted. Participants will be checked against the rosters maintained in the office. NO late registration will be accepted.

On your registration form, you will list the jumps and stunts you are expecting to perform. If there are ANY changes to your routine after you submit the form, you will have the opportunity to submit changes the day of the event during your check in time.

Competition Fees: \$12 per athlete per event. Squads may sign up for "Cheer Only" or "Cheer and Dance". NO refunds after registration deadline for competition fee.

Spectator tickets, shirts and flowers will be purchased on the KCFC website.

- Cheer and Dance shirt and flower bouquets will close on October 10th, 2025
- The \$8 pre-sale admission ticket for spectators 10 years and older will close on November 1st.
 - After that date, tickets may be purchased at the door for \$10.

Divisions:

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| • Cheer Showcase (K-1st, optional for 2nd) | • Dance Showcase (K-1 st , optional for 2 nd) |
| • Competition Cheer (Non-advanced 2nd-8th) | • Competition Dance (Non-advanced 2nd-8th) |
| • Competition Cheer (Certified Squads) | • Competition Dance (Certified Squads) |

Non-advanced squads will compete in a division of their specific grade level. If a squad consists of multiple grade levels, the squad should compete at the majority grade level of the squad and will only perform stunts at that grade level, not higher. KCFC reserves the right to set the competing grade/stunt levels based on team registration. A minimum of 3 squads per division must be met. If squads are moved to a different division, they will be moved up a division. Squads must compete in their assigned time slot. KCFC will not be able to accommodate specific requests for performance times.

Rules and Requirements:

This is a recreational competition for KCFC; therefore, all KCFC rules are to be followed pertaining to the routines and appearance of squads. Please refer to your 2025 Rulebook. Showcasing or competing with a dance *is optional*. Squads will perform their cheer first then their dance.

- Time Requirements
 - o Showcase cheers and dances have a max time requirement of 1 min 30 sec - no min.
 - o Competition cheer is 1 min - 1 min 30 sec.
 - o Competition dance is 2 min - 2 min 30 sec.
- Non-advanced squads are required to have a min of one jump and one stunt that involves all athletes in both their cheer and dance.
- Cradle and extension certified squads are required to have a min of one jump and one stunt that involves all athletes in both their cheer and dance routine. A cradle dismount/extension must be performed at least once in both cheer and dance.
- Full Advanced squads are required to have a min of two jumps and two stunts with **all** athletes, with at least one being a stunt at their certification level, in both their cheer and dance.

If your squad achieved **any** level of certification, they will be expected to perform the 4 core stunts (if included in their routine) as they did for test-in. **4th grade:** no back spot for the thigh stand. **5th grade:** no back spot for the thigh stand, no back spot for the shoulder sit and no front spot for prep. **6th grade+:** no back spot for the thigh stand, no back spot for the shoulder sit and no front spot for prep.

The DJ will require at this time for your music, if on your phone, to be playable in airplane mode. We are working on getting a playlist with everyone's music in performance order, but that option has not been made readily available at this time.

Judging and Tabulation:

- There will be five performance judges for each division. They will be picked at random from all KCFC Directors with no area being represented more than once. There will be at least two guest judges that are knowledgeable of the KCFC rules and requirements.
- All scores will be tabulated electronically and averaged to the nearest hundredth.
- Please review the attached information to make sure your routine meets expectations.

Awards:

Showcase performances (K-1st, optional 2nd): Cheerleaders will each earn medals for their level of performance per the rating system. Each squad will also receive a group award.

Cheer

Superior: 51-60 points

Excellent: 41-50 points

Outstanding: 40 points and below

Dance

Superior: 46-55 points

Excellent: 35-45 points

Outstanding: 34 points and below

2nd- 8th competition routines will be awarded 1st, 2nd, 3rd place trophies and medals. 4th place and others will receive medals only.

Volunteer Requirement:

All competing squads are required to have at least one representative that volunteers for a shift at Cheer and Dance. This representative can be a coach, assistant coach, a parent/guardian, or a squad assistant. A sign-up genius for volunteer roles will be emailed with the performance times on November 1.

Cheer and Dance FAQs

What is the admission cost? Spectators age 10 and older may purchase a \$8.00 pre-sale admission ticket. Online order form is available through November 1.

FREE ADMISSION: KCFC cheerleaders in uniform, football players in jerseys, KCFC cheer and football coaches with field passes.

How early can we arrive? Is there time to practice? Each squad is assigned a 10-minute practice time, if participating in both the cheer and dance category. A 5-minute practice time will be assigned to each squad participating in the cheer category. Squads can arrive no sooner than 30 minutes before their scheduled performance time and can stretch in the holding gym. At their assigned time, the squad and coaches will enter the practice gym and will immediately perform their cheer and dance routine.

Do we need our own speaker to practice? No, you will not need your own device. There will be speakers provided. You do have the option to bring your own speaker.

Can we wear nail polish? Per KCFC rulebook, nail polish is allowed but nails must not exceed tips of the fingers. This violation will result in a rulebook deduction.

Can we have hair or body glitter? Hair or body glitter are NOT allowed. Face rhinestones are also NOT allowed. Mascot or sticker tattoos ARE allowed with full squad participation. If in doubt, consult with your Area Director or e-mail cheeranddance@kcfootballcheer.org for approval.

Do our socks and shoestrings need to match? Yes, as stated in the KCFC rulebook, all uniform pieces must match. If your squad has prior approval to have nonmatching items, e-mail cheeranddance@kcfootballcheer.org prior to competition to make sure we have your squad listed. Failure to have pre-approval listed with the committee may result in deductions.

Can we do a chant or huddle before our competition routine? No, all squads may be escorted to the floor and will get into their starting position. Spiriting/chanting onto the floor and huddles before entering the floor are not allowed. You are allowed to spirit off the mat at the end of the performance. This rule has been made so that all squads are able to perform their routines in the time that has been allotted to them, and the competition day stays on schedule.

Do we have to put a stunt or a jump in our routines? Yes, squads are required to perform one stunt/one jump in all routines. Full advanced squads must have two stunts/jump in all routines. Please refer to the judge sheets for points and deduction standards. When stunting we will have 7th-12th grade cheerleaders that will walk up on the stunt for extra support. These girls are not participating in the stunt; they are standing next to the stunt as backup.

What are the time requirements? The time allotted for a competition cheer is minimum 1 min and maximum 1 min 30 sec. The time allotted for a competition dance is minimum 2 min and maximum 2 min 30 sec. Showcase performances have a maximum time of 1 min 30 sec. Cheerleaders will perform their cheer first then the dance.

Where do we go after we perform? The squad and coaches can sit in the designated bleachers behind the mat and watch the rest of their division until the award ceremony. The squads can then move to the gym floor when awards begin. When the award ceremony is over the squads should exit the gym and proceed to the holding gym. Due to space, we ask that only coaches and squads and one parent enter the holding gym. Coaches will dismiss the cheerleaders to their parents.

Can we use a routine we learned at a cheer camp? No. Squads must have original routines for both cheer and dance. Using a routine or material from a cheer camp from the previous Summer will result in either a deduction or disqualification.

Can we hire a choreographer? No, you cannot hire or use a professional choreographer. Since this is a recreational competition, cheer and/or dance must incorporate original material (created by the coaches and/or the squad). Any squad using a professionally choreographed routine (paid for or free), will be disqualified.

Are there any guidelines for buying music? No. There are no guidelines for buying music, but all music must be approved by your Area Director prior to competition.

Are signs and props allowed? Cheer signs, megaphones, poms and flags are allowed for cheer and dance performances. Glitter on signs is only allowed if it is affixed and cannot be rubbed off. Please follow rules and regulations for all props listed in the rulebook pg 21. If you have any questions on props, please have your ideas pre-approved during registration.

Can coaches place signs for their squads? Kindergarten – 3rd grade coaches can place signs for their squad right before the squad comes onto the floor.

Where do coaches sit? 4th - 8th grade coaches/assistants will sit in designated chairs to the side of the judge table. Coaches are allowed to perform “call backs” to their cheer squads but they are not allowed to perform motions or the routine while sitting on the side of the judge's table.

Kindergarten - 3rd grade coaches/assistants are allowed to sit on either side of the judges table on the floor, if necessary, but NOT in front of the judges' table.

Will I need cash or card for this event? Our vendors and a food truck will accept both forms of payment. Our concession stand will be card only.

Can I hold additional practices to prepare for competition? No, all squads must follow the KCFC guidelines stated on page 15. This timeframe stands for all mandatory and optional practices. Squads that do not follow this rule face point deductions and/or other disciplinary actions. Squads cannot practice (which includes walking through your routine, performing motions, jumps, stunting) in any open area, outside of the practice room, while at Cheer and Dance Showcase/Competition. This will result in a half point deduction.