

# Pop Warner Cheer & Dance Championship Guide

Orange County Convention Center  
Orlando, Florida

**December 5-8, 2021**



FOR QUESTIONS REGARDING:

**ITEMS LISTED IN THIS PACKET:**

*Lisa Moroski, National Cheer & Dance Commissioner; [spirit@popwarner.com](mailto:spirit@popwarner.com)*

**SKILLS OR SPIRIT ROUTINE:**

*Ask a Rules Question Form; <https://www.ycada.org/popwarner>*

**EVENT QUESTIONS;**

*Beth Dietz, National Events Manager; [bethdietz@popwarner.com](mailto:bethdietz@popwarner.com)*

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## ARTICLES OF COMPLIANCE POP WARNER NATIONAL CHAMPIONSHIPS

**EVENT LOCATION:** The Orange County Convention Center, (OCCC), <https://www.occc.net/>.  
Address: South Concourse: 9899 International Drive, Orlando, FL 32819.

**EVENT TRANSPORTATION:** Event transportation to and from the Orange County Convention Center will be provided from Universal’s Endless Summer Resort - Surfside Inn and Suites & Dockside Inn and Suites.

For teams that plan to drive to the Orange County Convention Center, there is a \$10.00 Parking Fee, per entry/per day. The South Concourse Parking Lot can be accessed a number of ways - via Universal Boulevard (north side) or International Drive (south side). Using the entrance off Universal Boulevard is encouraged when attending events in the North/South Concourse.

More information will be available at resort check-in regarding designated transportation or driving locations.

**TEAM PRACTICE, ONLINE RESERVATION:** The Head Coach must reserve a practice time online. **Email invitation to be sent to the Head Coach on December 1<sup>st</sup>, 5 PM EST.** Practice is restricted to this area only and is not permitted in any other Resort Area.

PRACTICE DATE	FIRST PRACTICE TIME	LAST PRACTICE TIME
Sunday, Dec. 5	7:00 a.m. (EST)	5:00 p.m. (EST)
Monday, Dec. 6	7:00 a.m.	5:00 p.m.
Tuesday, Dec. 7	7:00 a.m.	5:00 p.m.

**TEAM PRACTICE AREA:** Arrive 15 minutes prior to Practice Time and report to the Orange County Convention Center, South Concourse, Team Entrance, Practice Area. The Practice Area can be accessed through the Main Entrance outdoor stairs to the third level. Rostered coaching staff and athletes (with team book) will be admitted to this area. (Masks are recommended in this secured athlete area with the exception of rostered athletes when on the nine (9) panel matted surface only.)

Four teams will move through each station at the same designated time. The time slot includes:

- 20 Minutes stretch time on one (1) matted panel to stretch, tumble and warm up basic stunts if time permits. (19 Minutes, 1 Minute to Exit Area) (Mask recommended.)
- 20 Minutes practice time on 54’ x 42’ matted surface – nine (9) panels, with music station. (19 Minutes, 1 Minute to Exit Area) (If Rostered Athletes opt to remove mask on nine (9) panel mat – it is recommended that each athlete place in a clearly marked bag with their name.)
- 20 Minutes Book Check / Music Check

You may bring your own portable speaker, etc. for this Scheduled Practice Time. Each nine (9) panel matted practice area will be equipped with laptop that contains your team music (provided by Statement of Acceptance Music Upload or submitted by the Region Cheer and Dance Coordinator).

**MUSIC & BOOK CHECK AREA:** The practice area is also the location for your official music and book check, immediately following your designated practice mat time (listed above).

**BOOK CHECK:** The Head Coach will present the team book to be checked for accuracy and validity. If any paperwork is found missing or tampered with the athlete(s) in question will not be permitted to compete. The team book includes a copy of the Certified Team Roster and an Absentee Form for any athlete absent from the certified roster.



# 2021 National Cheer & Dance Championships

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The team book must include the following for each participant:

1. Identification Card/Standard Player Contract
2. Proof of Age
3. Physical Fitness and Medical History
4. Participant Contract and Parent Consent
5. Proof of Scholastic Fitness
6. YCADA Training Certificate (for all rostered staff positions)
7. For Cheerleading Teams Only: Skills Progression Sheet  
For Cheerleading and Dance Teams: Pop Warner Head Coach Declaration Checklist

**WAIVERS/LANYARDS:** At time of Book Check, the Head Coach will also register (waiver-lanyard exchange) for the event. Rostered team/staff entering the Orange County Convention Center, must have a credential to enter the facility.

**MUSIC CHECK AREA:** Immediately following Book Check, the Head Coach will proceed to a Music Preview Station to listen to and verify the team music. Music has been uploaded to this station following your Region Championships and/or Statement of Acceptance. After that time, changes will only be accepted on location in the Music Check Area at time of National Book/Music Check with Change Form and Change Fee \$50.00.

1. Music is accepted in MP3 File Format Only;
2. Music should be labeled as follows: (i.e, Langhorne Lions Pop Warner, JP, SC2, L)
  - Team Name as Listed on the Statement of Acceptance
  - Age Level (MM, JP, PW, JV, V, CH)
  - Skill Level (SC1, SC2, SC3, SC4, CC1, PP, TD, HH)
  - Cheer Size (S, M, L)
  - Co-ed
  - If more than one track for a routine: Track 1 of 2, Track 2 of 2.

If your book and music are in order, this station should take no more than 15 minutes. If there are any discrepancies, the Region Cheer & Dance Coordinator will be on hand to resolve any challenges with the Head Coach.

## EVENT DAY SCHEDULE, THE ORANGE COUNTY CONVENTION CENTER, SOUTH CONCOURSE:

Refer to Order of Performance Timeline.

EVENT DAY DIVISIONS	DATE	Start Time EST
Show Cheer 1, Core Cheer, Dance Divisions	Monday, Dec. 6	8:00 a.m.
Show Cheer 1, Show Cheer 2 Show Cheer 3, Show Cheer 4 Dance Divisions Sideline Performance Cheer	Tuesday, Dec. 7	8:00 a.m.
Show Cheer 2, Sideline Performance Cheer	Wednesday, Dec. 8	8:00 a.m.

If your team arrives early to Orange County Convention Center, they are permitted to watch the Cheer and Dance Championship. When your team leaves seating areas, please bring all belongings with you.

**EVENT DAY, TEAM ENTRANCE:** Arrive 20 minutes prior to warm-up time and report to the Team Entrance. Rostered coaching staff and athletes (with team book, lanyard) will be admitted to this area. Scheduled warm-up time can be found on the Order of Performance. Teams will not be permitted to warm-up after your designated warm-up time has passed so please be prompt.



# 2021 National Cheer & Dance Championships

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Orange County Convention Center, Orlando, Florida



**WARM UP AREA:** A Pop Warner volunteer will welcome your team and escort them to the Warm-Up Area. The Head Coach will present the Team Book for Photo Identification Check for each athlete/rostered coach. At this location, the rostered coaching staff must wear the event lanyard to enter the warm-up area, backstage, coaches' seating area and awards ceremony with their team.

Each Pop Warner athlete must have the Pop Warner Patch secured to the uniform in order to proceed. The Head Coach should also come prepared with a backup copy of the team music (CD/iPhone/iPad/iPod, etc.) even though it has been uploaded to the warm-up area and performance floor.

This station should take no more than 10 minutes. If discrepancies, the Region Cheer & Dance Coordinator will be on hand to resolve challenges with the Head Coach while the team and other rostered coaching staff will be permitted to keep with your scheduled warm-up time.

Once the Identification Check is complete, a Pop Warner volunteer will escort your team to one (1) of three designated mats (1, 2, 3) for warm-up, tumbling and stretching for a timed, 10 minute period (9 Minutes, 1 Minute to Exit Area). (Masks are recommended in this secured athlete area with the exception of rostered athletes when on the nine (9) panel matted surface only.)

The team will be asked to immediately move to one of three warm-up areas (1, 2, 3). A 54' x 42' surface will be provided (nine (9) panel matted surface) for a timed, 10 minute practice floor (9 Minutes, 1 Minute to Exit Area). The area will be equipped with a sound system (with uploaded music) for your warm-up time. (If rostered athletes opt to remove mask on nine (9) panel mat – it is recommended that each athlete place in a clearly marked bag with their name.)

As soon as warm-up is complete, a Pop Warner volunteer will escort your team immediately backstage to the performance floor, entrance area.

**PERFORMANCE FLOOR, ENTRANCE AREA:** The team will move backstage (from the warm-up area) to the staging area. Members can leave team bags backstage in a designated area until your performance time is complete. The rostered coaches will be permitted to stay with the team until they are directed to the Coaches' Seating Area on the main floor. When it is time to enter the performance floor, the emcee will announce your team to the floor as listed in the Statement of Acceptance. The athletes will enter the floor through the center, directly behind the performance floor, back of the mat. (Reference 2021 Rule Book, Page 107 Youth Cheer Routine Guidelines or Page 138, Youth Dance Routine Guidelines.) (If rostered athletes opt to remove mask on nine (9) panel mat – it is recommended that each athlete place in a clearly marked bag with their name.)

**PERFORMANCE FLOOR, COACHES' SEATING AREA:** There is a designated seating area for the Rostered Coaching Staff on the main floor while your team performs. Coaches will enter the Performance Floor stage right and move to the main floor. Coaches' lanyard must be presented in order to enter the area. At the end of the team performance, the staff will wait for the team to exit the floor and then will be directed to the back exit area curtain (stage left) to collect the team and belongings.

**PERFORMANCE FLOOR, MUSIC STATION:** The rostered Coach, in charge of music with lanyard, will be directed to the Music Station at least 10 minutes prior to performance, enter stage right. There will be two stations, Preview and Performance. A Technician will operate the Performance Music Station (Press Play). At the end of the performance, the rostered Coach, in charge of music, will wait for the team to exit the floor and then join the remaining staff to exit area curtain (stage left) to collect the team and belongings.

**PERFORMANCE FLOOR:** The competition area for the National Championship will be approximately 54' x 42' deep (nine (9) panels).



# 2021 National Cheer & Dance Championships

December 5 – December 10, 2021  
Orange County Convention Center, Orlando, Florida



**JUDGES and EVENT SPOTTERS:** The Judges' Area will be directly in front of your team during their performance. Competition spotters will be provided for safety.

**ATHLETIC TRAINER:** An Athletic Trainer will be in the warm-up area and the exit area of the performance floor.

In accordance with and in addition to the Revised Article 17 of the Pop Warner Rulebook, injured participants may not return to practice/performance without explicit approval from the assigned event medical personnel, but not limited to, Athletic Trainers and/or Emergency Medical Technicians (EMTs).

**EXIT AREA:** A team will exit the performance area, stage left rear, back of mat, and wait for the coaches to return from the Coaches' Seating Area. A volunteer will retain the team belongings and each athlete will receive a Gatorade in this area. The team will be directed to the Orange County Convention Center Lobby Area.

**MEDIA/INTERVIEW STATIONS:** Head Coaches and/or Teams may participate in an interview along with an Entertainment Representative inside the venue. Those interested will participate in a brief interview that may be live on the overhead screen and/or on the event livestream.

**SPECTATOR VIEWING AREA:** Fans should arrive ten (10) minutes prior to the team's scheduled performance time at the Performance Floor Spectator Entrance. Fans will be directed into a secured area that will be closed before the team takes the floor. When the team's routine is complete, the fans will be escorted out of the viewing area in time for the next performance. All fans entering this area must show good sportsmanship, respect for the performers and also be aware of the Judges' view. Fans will not be permitted to bring noise makers, megaphones, signs, shakers, etc. into this viewing area. A photographer is on hand to provide action photos of your team. Photographs will be available for purchase at the Orange County Convention Center. Camera, video or any type of recording/photography including cell phones will not be permitted in this Spectator Viewing Area to avoid distraction for the performers and judges.

**AWARDS CEREMONY ANNOUNCEMENT:** There will be multiple award ceremonies to coincide with current CDC and State/Local requirements. A livestream awards ceremony will also be available for families at home. More information to follow.

**PARADE OF CHAMPIONS:** 1 Coach / 2 Athletes must participate in full uniform and required soft soled athletic wear. The emcee will announce the 1 Coach/ 2 Athletes to enter the Awards Area through the center, behind the performance floor, back of the mat and will be staged around the perimeter of the performance mat. (Masks are recommended in this secured athlete area.)

**NATIONAL AWARDS:** The National Cheer and Dance Championships will award **three places, first through third, in each YCADA division**, Show Cheer PW 1 - PW 4, Core Cheer, Sideline Performance Cheer, Hip Hop, Theme Dance and Pom Performance. Show Cheer and Sideline Performance Cheer Divisions will be further subdivided by size: Small, Medium and Large. A championship picture will be taken in the awards area with three (3) awarded teams (First – Third Place) with the National Staff on hand.

**YCADA GLOBAL BIDS:** Pop Warner First Place teams will be awarded invitations to the YCADA Global Games. Pop Warner is proud to support this event which takes place in Atlantic City, New Jersey in 2022.

**JAMZ HIGHEST CHEER and DANCE SCORE AWARDS:** Cheer/Dance teams with the highest score in their skill division will be announced and awarded at each session. (Show Cheer 1-4, Core Cheer, Sideline Performance Cheer, Pom Performance, Theme Dance, Hip Hop)





# 2021 National Cheer & Dance Championships

December 5 – December 10, 2021

Orange County Convention Center, Orlando, Florida



**AWARDS CEREMONY EXIT PROCEDURE:** At the close of the Awards Ceremony, each team will immediately exit the awards area, stage left/rear of mat. Spectators will not be permitted to enter the Performance Area or Main Floor following the Awards Ceremony.

**SCORESHEET DISTRIBUTION:** Your score sheet package will be available for pick-up at exit of the Awards' Ceremony. The Head Coach, with picture identification, will be required to sign for score sheets. Only one person per team should come to the pick-area. Pop Warner Little Scholars, Inc. takes no responsibility for score sheets after the championship has ended.

**RULES REVIEW STATION:** If your team receives a Rules Deduction, the listed Head Coach will receive a text message, approximately 10 minutes following your team's performance, and will be directed to report to the Rules Review Table, next to the Judges' Platform at the Spectator Viewing Area entrance. At that time only, and if you have a Rules Deduction (does not include Point Deductions), the Head Coach with one Assistant Coach may request a brief meeting with the Head Rules Judge for video review to better understand a "listed" rules deduction for their team only.

**ELECTRONIC TABULATION PROCEDURES:** The Pop Warner National Championships allow each judge to input and assign a point system for Panel Scoring, Point Deduction or Legalities. All equipment and software has been tested and approved for use at the event. If after the Awards' Ceremony a correction is found caused by human tabulation error, the corrections would require a co-sharing of placements to be released immediately online.

**PHOTOGRAPHY AREA:** This station is located at the Orange County Convention Center. Each team may take a group and/or individual photo(s) in this location at a time during the event that is convenient to your team, remember to check back after your performance for action photos.

**NATIONAL CHAMPIONSHIP EVENT SPECIFIC CODE OF CONDUCT:** By my signature in the Articles of Understanding Statement of Acceptance, I hereby acknowledge, understand and agree to the following:

- **Proper coaching attire** shall consist of Business, Business Casual or Game Day Attire in the form of a dress, suit, Khaki or dress pants and a polo (with Pop Warner Logo and/or Team/Association/League name and/or logo), or Team Sweat Suit/Athletic Sneakers with Pop Warner Team logo, etc.). The following items are not acceptable: Jeans, shorts, flip flops and/or tank tops. Coaching staff consists of Rostered Staff to include Coordinator, Coaches, Coach Trainee and Student Demonstrators.
- **All teams will observe a 10 p.m. Curfew.** As such, all participants must be in their assigned sleeping rooms by 10:00 p.m. or athletes, coaches and/or the team and association as a whole shall be subject to disciplinary action including but not limited to forfeiture of competition awards, suspension, and removal from Resort property, financial penalties and/or permanent removal from Pop Warner.

However, participants accompanied by their designated chaperones that are at least 21 years or older who are returning from organized team activities (including without limitation theme park excursions, group dinners, or the Pop Warner Athlete Celebration Party) outside of their hotels shall be excused from such curfew but must be immediately escorted by such chaperones to their rooms upon returning to their hotels. To clarify, for the duration of your stay, all participants must be in their assigned rooms by 10 P.M. regardless of whether their competition has begun, is ongoing or is completed. Any participants found outside their assigned rooms past 10:00 p.m. while they are still registered as a Pop Warner group shall be subject to disciplinary action along with their coaches, teams and/or associations as stated above.

- **No Video or Telephoto/Zoom Lenses Permitted.** Our policy is to protect the safety and security of our youth athletes and to protect your privacy. Video cameras and still cameras with telephoto or zoom lenses will not be permitted during performances by unauthorized officials. No Video will be permitted by any persons during the event.



# 2021 National Cheer & Dance Championships

December 5 – December 10, 2021  
Orange County Convention Center, Orlando, Florida



To ensure a safe and enjoyable experience for all guests, please respect and adhere to all Resort Property Rules. Included in these rules are a list of Prohibited Items and Activities. Violators of these rules may be subject to, but not limited to, prosecution, being trespassed from Universal Orlando Resort Property, fines and/or ejection from the Pop Warner National Cheer & Dance Championships. Please go to the following site for the list of prohibited items: <https://www.universalorlando.com/web/en/us/plan-your-visit/vacation-tips#what-to-bring>

**GENERAL RULES:** All codes, rules and regulations found in the 2021 Official Pop Warner Rule Book remain in effect for all teams performing in the Regional/National Cheer & Dance Championships. All participants must be current and officially rostered members of their 2021 Pop Warner team and be in compliance with all PWLS rules and procedures:

- National Championship Skill/Age Divisions for Primary Cheer:
  - **YCADA Core Cheer Age Divisions:** Mitey Mite, Junior Peewee and Peewee
  - **YCADA Show Cheer PW 1, PW 2 Age Divisions:** Mitey Mite, Junior Peewee, Peewee, Junior Varsity and Varsity.
  - **YCADA Show Cheer PW 3, PW4 Age Divisions:** Junior Peewee, Peewee, Junior Varsity and Varsity.
  
  - **Show Cheer & Sideline Performance Cheer Skill Divisions, Further Subdivided by Size:**
    - **Cheer Small:** Minimum 5 – Maximum 10 Participants;
    - **Cheer Medium:** 11 – 20 Participants;
    - **Cheer Large:** 21 – 35 Participants;
  
- National Championship Skill/Age Divisions for Primary Dance:
  - Pom Performance, Theme Dance or Hip Hop Divisions: Mitey Mite, Junior Peewee, Peewee, Junior Varsity and Varsity.
  
- Once rostered/declared (Primary Cheer or Primary Dance) teams are permitted to participate in a Second Routine to include Sideline Performance Cheer. Confirmation to participate in a Second Routine in PW Championships is due to the Region Cheer and Dance Coordinator by September 15<sup>th</sup> on the Declaration Form.
  - Show Cheer Teams can participate in the following Second Routines: Pom Performance, Theme Dance, Hip Hop, Sideline Performance Cheer.
  - Core Cheer Teams can participate in the following Second Routines: Pom Performance, Theme Dance, Hip Hop, Sideline Performance Cheer.
  - Dance Teams can participate in the following Second Routines: Pom Performance, Theme Dance, Hip Hop, Sideline Performance Cheer, Core Cheer.
  
- Teams participating in the Championships (National) must have at least five (5) active participants on the performance floor, rostered on the first Monday in October.
  
- Rostered Cheerleading Teams with more than 2 male participants (3 or more) will be placed in a Co-ed Category within their age division for Pop Warner Competitions, League/Region and National.
  
- Participants wearing a full medical boot brace/walking boot may not be involved in stunting or tumbling.
  
- Safety - In concentrated efforts to reduce the risk of injury to participants, every region/national event will use every possible means to obtain performance mats for safety, as well as to secure professional spotters.

**MUSIC POLICY:** Ownership and creative rights of music are intellectual property covered by Copyright law. Pop Warner respects the intellectual property rights of others and expects all participants to adhere to the following rules regarding use of third party music for cheer and dance performance:

- All music used for cheer and dance performance must be purchased from a source authorized to sell a copy.
- You may use a mix purchased from an authorized mix vendor.
- You may use a song in its complete original form, purchased from an authorized vendor (such as iTunes, or a traditional retail store).
- For either a mix or a complete song, save your receipt.



# 2021 National Cheer & Dance Championships

December 5 – December 10, 2021

Orange County Convention Center, Orlando, Florida



- Regional and National championship performances will be covered by licenses secured by Pop Warner Little Scholars.
- Any recording or broadcast of the cheer / dance event must be done with the music in background / off mic and with a voiceover describing the participants and the performance.

**POP WARNER MEMBERS CODE OF CONDUCT:** As a condition of my participation in the 2020 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 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 teams 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. (Football specific)
- 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. (Football Specific)
- 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: Not possess or drink alcoholic beverages and/or use illegal substance(s) on either the game or 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: Uphold all rules and regulations, National, Region and Local, regarding Pop Warner Football, Cheerleading and Dance.
- S20: Refrain from engaging in any action within or outside Pop Warner which in PWLS sole & absolute discretion reflects negatively upon, or causes embarrassment to, the PW Program.

**CODE OF CONDUCT ACCEPTANCE:** By my signature on the Articles of Understanding Statement of Acceptance, found in the same location as this document on the Pop Warner Championship Page, I hereby swear and attest that I fully acknowledge and understand the Pop Warner Members 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.

### REGION CHAMPIONSHIP DATES:

- ❖ Eastern Nov. 6-7
- ❖ New England Nov. 6-7
- ❖ Mid-America Nov. 7
- ❖ Mid-South Nov. 21
- ❖ Pacific Northwest Nov. 21
- ❖ Southwest Nov. 21
- ❖ Southeast Nov. 26-28