



2025 Mid-South Championship

November 15, 2025

For Questions Regarding Items Listed Below Contact:

Ashley Trapp, Region Cheer and Dance Coordinator

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Mid-South Region Championship Checklist:

- Read Championship Manual
- Complete Registration
- Submit Payment
- Book Hotel
- Purchase Spectator Tickets
- Upload Music
- Volunteer Sign-Up

Location:

Cabarrus Arena and Events Center

4751 NC Highway 49 North

Concord, NC 28025

(704) 920-3976

Cabarrus Arena and Events Center is a Cashless Facility

General Rules:

All codes, rules, and regulations found in the 2025 Official Pop Warner Rule Book remain in effect for all teams performing in the Region/National Cheer and Dance Championships

Registration:

Cheer/Dance Registration will begin on September 2, 2025 and will close the Wednesday following your League Championship.

Registration Pricing:

- Small \$250
- Medium \$275
- Large \$300
- Secondary Performance Additional \$50
- Mascot Performance (athlete and rostered adult) \$0

Mid-South Cheer and Dance Registration:

Use [this link](#) to register for the 2025 Mid-South Region Cheer and Dance Championships

Mid-South Cheer and Dance Hotels:

Use [this link](#) to secure a hotel for the 2025 Mid-South Region Cheer and Dance Championships

Spectator Admission:

Pre-Sale Available beginning September 2 and ending October 28, 2025

NO REFUNDS OR EXCHANGES ON TICKET SALES

Cheer/Dance: \$25 (under 4 years old-no charge)

Multi-Venue: \$40 (under 4 years old-no charge)

Mid-South Pre-Sale Spectator Tickets:

Use [this link](#) to purchase spectator tickets in advance of the event

Clear Bag Policy:

We will continue with a clear bag policy this year like most major sporting events.

Allowable Items

- Transparent plastic, vinyl, or PVC bag no larger than 12" x 6" x 12"
- Purse, bags, or clutches no larger than 4 1/2" x 6 1/2"
- Diaper Bags or Medical Equipment
- Seat Pads without covers, zippers, pockets, or any other device that would allow concealment of any additional items.

Parking:

Cabarrus Arena and Events Center

\$8.00 per car

CREDIT OR DEBIT ONLY-Cabarrus Arena and Events Center is a CASHLESS FACILITY

Concession:

Concessions will be available during our event.

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Team Check-In/Roster Check: Enter through Arena to Event Center A

Each team will be required to check in with volunteers before proceeding to warm ups. Teams will require a CERTIFIED SPIRIT ROSTER, ID CARDS, and Coaches Badges. The volunteer at check in can collect absentee forms if applicable. Please have your teams in roster order before arriving at the check in table.

Team Warm Up Area: Event Center A

Holding/Stretch Station: 10 minutes (no mats provided at this station)

Warm Up/Jumps/Tumble: 10 minutes

Practice Mat: 10 minutes on 9 panel performance floor approximately 54' x 42'

Performance Floor:

This will be a 9 panel performance floor, approximately 54' x 42'. The athletes with the direction of a volunteer will enter the performance floor from the back left and exit the back right.

Athletic Trainer:

An athletic trainer will be available for athletes and coaches. In accordance with and in addition to the Revised Article 17 of the Pop Warner Rulebook, injured athletes 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).

Spotters:

Spotters will be provided for safety.

Scoresheet Distribution: Table behind the judges stand.

Scoresheets will be distributed to the Head Coach, with picture identification, immediately following the awards ceremony. If there is a rules deduction, the Head Coach will be contacted in a timely manner following your team's performance. The Head Coach will report to the table behind the judges stand for a brief meeting with the Head Judge.

Parade of Champions:

Teams and Rostered Coaches will line up in Event Center A by League/Association. The teams will enter into the Arena and onto the Performance Floor.

Merchandise: Arena Atrium

Mid-South Region Championship merchandise will be available for purchase at the event on November 15 at Cabarrus Arena and Events Center in the Arena Atrium.

Stay tuned for more exciting information!

Music: [Upload Music Here](#)

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 (TM, MM, JP, PW, JV, V, B, CH)
 - Skill Level (SC1, SC1-LTD, 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.

[Volunteer Sign-Up:](#)

[Sign Up](#) to Volunteer at Region Championships

Cheer and Dance All-American Athletes and Head Coaches:

Mid-South will acknowledge our Cheer and Dance All-American Athletes and Head Coaches during the Mid-South Awards Ceremony. These Athletes and Head Coaches have been nominated by their Head Coaches and Associations Coordinator and selected by the eight Region Cheer and Dance Coordinators. This selected team will participate in an exhibition performance on the Nationals Stage on Thursday, December 11 and during halftime at a Super Bowl Championship Game on Friday, December 12.

Costumed Mascot Division:

A Costumed Mascot Division has been added to Pop Warner Events across the country. A costumed mascot is for rostered athletes in the Varsity and Bantam Divisions. Also, a second Costumed Mascot Competition will be held for rostered adults representing an association. This will include a 1:00 minute themed skit to music. Mascots should follow the guidelines outlined in the Rulebook. Reference Mascot Information Sheet on the Pop Warner website for more information.