



**Cobb County Parks, Recreation  
and Cultural Affairs Department**

will be hosting

**The 2nd Annual Cheer Fest '09 Recreation Cheerleading  
Competition!**

November 8th, 2009—12:30pm

Cobb County Civic Center, 548 South Marietta Parkway, Marietta GA 30060

**Just \$10 per cheerleader to participate!!!**

Go to <http://prca.cobbcountyga.gov/index.htm> for registration  
information or call 770-509-2737



*Cobb County...Expect the Best!*

## **REGISTRATION**

**The cost to register is \$10 per cheerleader and includes a t-shirt.** This fee and the registration packet is due by October 23, 2009. This fee is NONREFUNDABLE. Please make all checks or money orders payable to CCPRCAD. (Cobb County Parks, Recreation and Cultural Affairs Department) Only one check or money order per team. Mail completed registration packets and payments to Cobb County Parks, Fullers Recreation Center, 3499 Robinson Road, Marietta, Georgia 30067.

## **SPECTATORS**

Entrance fees for spectators are \$5 per person. Children under 3 are free. Recreation league football players in their jerseys are also FREE!

## **ROUTINE INFO**

Each team will be allowed to perform for 2 minutes and 30 seconds. The entire routine can be performed to music or a combination of music and cheer. There will be a deduction for exceeding the time limit.

- Please bring your music on a CD. A DJ will be provided to play music but a representative must remain at the music table during your performance. No starting or stopping of music, blank spots in your routine must be incorporated into your CD.

## **HOSPITALITY ROOM**

A hospitality room will be provided for all coaches and judges.

## **AWARDS**

Team trophies as well as individual awards will be given to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place division winners.

## **DIVISIONS**

Pee Wee	5-6 year olds
Midget I	7 year olds
Midget II	8 year olds
Minor I	9 year olds
Minor II	10 year olds
Junior I	11-13 year olds
Junior II	Non Competition Squad Middle School Teams

**\* If less than 3 squads are registered in a division, two divisions may be combined**

**75% of your team must be of division age to compete in a division. This will enable recreation programs to combine teams to compete. Ages are determined as of August 1, 2009.**

### **General Rules**

1. Jewelry of any kind is prohibited. This includes earrings, nose, tongue, and belly button rings. This also includes necklaces and pins on uniforms.
2. Glitter makeup is allowed but no spray glitter.
3. Mascots may not participate in stunts, pyramids, or tosses and may not serve as a spotter during the performance.
4. Only the following props are allowed: signs, poms, banners, flags and mega phones.
5. Use of any apparatus to propel a participant is not permitted.
6. Mascots may compete in the routine but should clearly be marked mascot.
7. Spotters will not be provided. **Please bring spotters for your team.**

### **Tumbling**

1. Tumbling with props is not allowed.
2. All gymnastic stunts must originate and land on ground level.
3. Tumbling over or under a stunt is not permitted.
4. Spotted, assisted, or connected tumbling is prohibited. (Example, double cartwheels or chorus line flips)

### **Partner Stunts**

1. All stunts or pyramids are limited to two persons high.
2. A spotter is required for all stunts.
3. When tossing a flyer from one stunt to another, one of the initial main bases must stay in contact with the flyer at all times.

### **Basket Tosses**

1. Basket tosses must be executed with both base's feet on the ground.
2. Basket tosses must be caught by 3 catchers. The original two bases and a back spot. A back spot must always be positioned at the head and shoulder area through the cradle.
3. Basket tosses must land in a cradle position only.
4. Flipping baskets are not permitted.

# Checklist

- \_\_\_\_\_ **Team Registration Form**
- \_\_\_\_\_ **Roster Form-including t-shirt sizes**
- \_\_\_\_\_ **Completed medical forms for each participant-signed by parents**
- \_\_\_\_\_ **Check or Money Order payable to CCPRCAD (Cobb County Parks,  
Recreation and Cultural Affairs Department)**  
**Mail to: CCPRCAD**  
**Fullers Recreation Center**  
**3499 Robinson Road**  
**Marietta, GA 30067**

# Team Registration Form

Squad Association Name \_\_\_\_\_

Coaches Name \_\_\_\_\_

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Contact Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Additional Phone Numbers \_\_\_\_\_

Contact Email Address \_\_\_\_\_

Division \_\_\_\_\_

#Cheerleaders \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** = \_\_\_\_\_

**Please make checks or money orders payable to CCPRCAD (Cobb County Parks, Recreation and Cultural Affairs Department)**

**Mail to: CCPRCAD  
Fullers Recreation Center  
3499 Robinson Road  
Marietta, GA 30067**

**All registration forms must be received by October 23, 2009**

**I hereby acknowledge that I have read the rules and regulations of the competition.**

Coaches  
Signature \_\_\_\_\_

# Roster Form

Team Name: \_\_\_\_\_ Division: \_\_\_\_\_

Coach \_\_\_\_\_

	Cheerleader Name-include mascots	Date of Birth (mm/dd/yy)	Age as of 8/01/09	T-shirt size-specify youth or adult
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
29.				
30.				

# Medical Release Form

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age \_\_\_\_\_

Please list any allergies or medications for the participant \_\_\_\_\_  
\_\_\_\_\_

Squad Name \_\_\_\_\_ Division \_\_\_\_\_

Home Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

Mother's Name \_\_\_\_\_

Mother's Cell Number ( \_\_\_\_\_ ) \_\_\_\_\_ Mother's Home Number ( \_\_\_\_\_ ) \_\_\_\_\_

Father's Name \_\_\_\_\_

Father's Cell Number ( \_\_\_\_\_ ) \_\_\_\_\_ Father's Home Number ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency Contact (other than mom/dad) \_\_\_\_\_ Number( \_\_\_\_\_ ) \_\_\_\_\_

## **Hold Harmless Agreement:**

Realizing the nature of this program, its physical demands and how important it is to follow rules, regulations and instructions outlined by the Cobb County Parks, Recreation & Cultural Affairs Department (CCPRCAD) participant is, to the best of my knowledge, in good health and able to participate in the program. I authorize the staff of the CCPRCAD to organize any required medical or first aid procedure to include but not limited to CPR, or to take the undersigned to a hospital emergency room for treatment. It is understood that all treatment will be at the cost of the parent/guardian. If any major treatment is required, I understand that every effort will be made to notify the individual indicated as emergency contact beforehand by telephone. The undersigned hereby forever releases, discharges and covenants to hold harmless the CCPRCAD, The Cobb County Recreation Board, The Cobb County Board of Commissioners and Cobb County, Georgia and any person, firm or corporation charged or chargeable with responsibility of liability, their heirs, administrators, executors, successors and assignees from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or arising out of any act or occurrence in connection with and particularly in account of all personal injury disability, property damage, loss or damages of any kind sustained or that my hereafter be sustained arising out of matters described herein or in consequence of the participation in the recreation program sponsored by the CCPRCAD. The undersigned hereby bind their heirs, administrators, executors and successors. Further, the agreement shall apply to all unknown and unanticipated injuries and damages, directly or indirectly resulting here from. This release and hold harmless agreement shall constitute a full and complete release of any and all claims.

\_\_\_\_\_  
Parent/Legal guardian Signature

\_\_\_\_\_  
Date