



E-town Explosion Cheer Competition General Information  
Saturday, October 28, 2023

Elizabethtown Area High School  
600 East High Street  
Elizabethtown, PA 17022

Early Bird Registration is \$100.00 per squad, due by September 15, after that date the fee is \$130 per squad. All registrations are due by September 30, 2023. **2 coaches per squad get in free**. Each additional coach is \$5.00 per person.

For rec teams all squad ages are as of 8/31/23

- D Squad 7-8 Years
- C Squad 9-10 years
- B Squad 10-12
- A Squad 12-14 years

Reminder: Don't forget to send in your Certificate of Liability Insurance form!

**(Certificate Holder: Elizabethtown Area High School, 600 East High Street Elizabethtown, PA 17022)**

We will have JV and Varsity division for school teams

Doors open at 7:45 a.m. for cheerleaders and coaches. No one will be allowed in the school until before that time. Registration begins at 7:45. There will be a coaches meeting at 8:30 in the LGI room (by the main lobby).

Competition will begin at 9:00am. Doors will open for spectators at 8:00 a.m. Entrances are separate for cheerleaders and spectators and are marked. Adults are \$8.00, students are \$5.00 and age 5 and under are free.

Scheduled team competition times will be determined by order of registration receipt. The last team registered is the first team on the floor.

Main floor is a spring mat. A warm up schedule will also be provided. Warm ups are in a second gym and are not on the main competition floor.

Rec teams will follow US Finals/USASF rules with the following adjustments:

C and D will follow rules up to and including L3.

A and B teams will follow rules up to and including L4 and are allowed one single twist in the running tumbling pass.

Exception: no double downs

High School teams will follow NFHS rules. Please check these rules as they have changed.

The total # of points any team can earn for tumbling will be 5. As always, there are other categories in which teams will be able to make up points.

Deductions and penalties are assessed by the judges. Ties will be broken on the score of the head judge. All judges' decisions are final.

Total routine time limit is 2:30 minutes. There is not a minimum time requirement for routines.

We will have a timer and any routine going over 2:30 will receive a deduction. Timing begins with the first motion, movement or music and will end with the last movement or end of music. You must provide your own spotters. There will be a deduction if a spotter has to touch a competitor.

Sideline coaching is NOT acceptable. This includes mouthing the words and making motions.

You must bring your own CD with your music, or you may also use your phone. You will be responsible for the timing of playing your music. It is suggested you bring a backup CD.

We will be breaking age groups into 2 divisions, large and small squads. Should participation in a specific division not result in a quality competition, we reserve the right to combine teams within the same age group without prior notice.

There will be a jumpathon and tumble off for all squad ages during the lunch break. Cost of jumpathon is \$5/participant. Cost of Tumble off is \$5/participant. \*\*Please note: depending on the amount of teams registered we may hold B & A squad Jump off and Tumble offs at the end of the day.

We also have a coach's jump off and tumble off! The cost is \$5.00 per event for each coach wanting to participate. The coach's jump off will be held after the conclusion of the morning session tumble off.

The Daddy Jump Off will be held directly after the conclusion of the coach's tumble off. This event is \$5/participant.

If you have any questions please contact Jill Stout at [ebccheer1@gmail.com](mailto:ebccheer1@gmail.com).

**We look forward to seeing everyone again and having another great day for our girls!**