

# CCA COMPETITION SEASON

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MMD  
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Coach of Year

# 2021-2022

## Regionals - Classics - NATIONALS

School - Empower - College - All Stars - Dance

CCA CHRISTIAN CHEER NATIONALS and COLLEGIATE CHAMPIONSHIP

## SECTION 3 FORMS

Ruvic  
Skill Appropriate and Elite Skills  
GameTime  
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**Get Your Season Pass**  
**NOW and SAVE**

CHRISTIAN CHEERLEADERS OF AMERICA  
*Building People Before Pyramids*

[www.cheercca.com](http://www.cheercca.com) [information@cheercca.com](mailto:information@cheercca.com) 336.749.0892

# CCA COMPETITION PHILOSOPHY

## Our Philosophy

The first and most important responsibility of a school (any age) and college cheerleader is to **SUPPORT** the athletic teams and raise and maintain overall **SCHOOL SPIRIT** and **LOYALTY**. All competition is secondary to this main goal. In fact, competition participation for school teams is a reward for a job well done. Promotional activities or practice for competition at the expense of team support means that priorities are out of order.

**Schools**, as well as **AllStar** and **Empower** teams first and most important responsibility is to develop leadership and teach life lessons to each participant. Giving 100 % to all competition efforts, teaching life lessons and always putting **TEAM first** should be their highest priority.

## Our Purpose

- + To offer a place for competition for those athletes who have selected cheerleading as their extra-curricular athletic activity just as all other sports are able to do at every game.
- + To offer an outlet to recognize and reward excellence and hard work in the Christian cheerleading environment for school, home school, college, AllStar and Empower teams.
- + To give Christian cheerleaders and Christian/faitth-based teams a place to compete with their peers without intimidation because of dress, moves, music and other Biblical standards of behavior.
- + To afford the opportunity to meet and fellowship with other teams from other cities, states and regions of the country. This allows for development of lasting friendships and provides increased networking opportunities, representing the Lord Jesus Christ.
- + To honor and give pre-eminence to the Lord Jesus Christ in all activities and events.
- + To offer affordable competition with individual and team rewards and with nationals, the opportunity to be awarded college scholarships. (available at Nationals only)

## Our Professionalism

- All rules, costs, judging sheets and competition guidelines will be distributed to participants well in advance of all competition events.
- All music must mee the guidelines in accordance with the CCA music, moves and dress policy which may be found on the CCA website ([www.cheercca.com](http://www.cheercca.com)). All music should have proper legal licensing. If there is a doubt music, it should be submitted one month in advance to [information@cheercca.com](mailto:information@cheercca.com) in an mp 3 or wav format. Music not meeting the guidelines will result in not being able to be used at the competition event at all and no refund given. All routines, etc must also follow the other rules in the MMD policy.
- National Federation of High School Spirit safety rules for school, Empower and USA Safety rules for college teams will be in effect and strictly adhered to and enforced. AllStar teams must abide by USASF guidelines and safety rules. Besides the required team spotters, the competition administration will provide floor spotters in accordance with liability requirements and for additional safety.
- All events will be held on an official cheer competition foam bonded cheer floor. Nationals performance floor and tumbling strip warm up will be held on a regulation spring floor. Most floors will be 54' x 42'. At smaller events, floors may be slightly smaller. Stunt team, solos, duos and trios and dance teams will be held on the same floor as the team events. At most events, mat time rehearsal will be allowed as well as warm up on another floor or partial floor.
- Competition administration will provide experienced, qualified safety, deduction, building, jumps and tumbling, and overall judges as well as timekeepers and announcers. All judges must certify that they are not connected with any participating school/team in any way to avoid any semblance of impropriety.



# **SECTION 1**

# **G E N E R A L**

**Locations**  
**Dates**  
**Schedules**  
**Divisions**  
**Invoice Samples**

**CHRISTIAN CHEERLEADERS OF AMERICA**

*Building People Before Pyramids*

[www.cheercca.com](http://www.cheercca.com) [information@cheercca.com](mailto:information@cheercca.com) 336.749.0892

# 2021-22 CCA COMPETITION SEASON

All events include School/Empower/All Star\*/Dance/College/Mascot Competition

## REGIONALS 2021

Morning Stunt Clinic or Routine Critique - Afternoon TEAM ONLY Competition

To enter: \$25 Team Registration/\$40 pp (total for day including participation in all)

Competition Fan Admission: 11 & up \$10 - Ages 5-11 \$5 - Under 5 FREE

CAROLINA REGIONAL	Wake Christian Acad - Raleigh, NC	Sat, Nov 13
FLORIDA REGIONAL	Jacksonville, FL - Location TBA	Sat, Nov 20
VIRGINIA REGIONAL	Norfolk Christian Sch - Norfolk, VA	Sat, Dec 4
VIRTUAL REGIONAL	N/A - videos due 12/1/21	Sat, Dec 11

## CLASSICS 2022

Morning Team Competition/Followed by Solo/Duo/Trio/Stunt-a-Thon Competition

ENTRY: \$25 Team Registration/\$40 pp (Solo \$20/Duo \$15 pp/Trio \$15 pp/Stunt \$15 pp)

Competition Fan Admission: 11 & up \$10 - Ages 5-11 \$5 - Under 5 FREE

SWEET HOME CLASSIC	Sparkman 9th - Huntsville, AL	Sat, Jan 22
BLUE RIDGE CLASSIC	Exact VA Location TBA	Sat, Jan 29
HOLLY POWELL MEMO LONESTAR CLASSIC	DFW AREA (TBA)	Sat, Jan 29
HOOSIER CLASSIC	Central Christian Acad- Indianapolis, IN	Sat, Feb 5
SUNSHINE CLASSIC	Jacksonville, FL - exact location TBA	Sat, Feb 5
CAROLINA CLASSIC	The Epiphany Sch - New Bern, NC	Sat, Feb 12

## 2022 CCA CHRISTIAN CHEER NATIONALS and COLLEGIATE CHAMPIONSHIP

Email: [information@cheercca.com](mailto:information@cheercca.com) for package pricing details

CROWN COLISEUM	Fayetteville, NC	March 4-6
	SCHOOL/EMPOWER	March 4-5
COLLEGIATE CHAMPIONSHIP	COLLEGE/DANCE/MASCOT	March 5
	ALL STAR NATIONALS	March 5-6

\* Spring Floor Event only at Nationals at this time. Call for update for other events.

### SAVE \$39

SEASON REGISTRATION PASS (336.749-0892)

\$25 Regional/\$25 Classic/ \$89 Nationals

if purchased separately

\$100 if purchased as Season Pass.

### CONTACT

[information@cheercca.com](mailto:information@cheercca.com)

**1.336.749.0892**

for a competition packet

Visit [www.cheercca.com](http://www.cheercca.com) to register





# TENTATIVE GENERAL SCHEDULES

*Detailed schedules will be emailed to coach one week in advance*

## REGIONALS 2021 CAROLINA 11/13 - FLORIDA 11/20 - VIRGINIA 12/4 - VIRTUAL 12/11

### NOVEMBER 13

Wake Christian Academy  
5500 Wagr Academy Drive  
Raleigh, NC

### NOVEMBER 20

North or Central FL  
To Be Announced

### DECEMBER 4

Norfolk Christian School  
255 Thole St  
Norfolk, VA 23505

### DECEMBER 11

Virtual Regional  
Videos due 12/1  
Teams Division  
Incl Jump/Tumble off

### ALL REGIONAL **TENTATIVE** SCHEDULES EXCEPT VIRTUAL

MORNING		AFTERNOON		VIRTUAL
9:00 am	Team Check-In	1:00 pm	Judge Meeting/Mat Time	10:00 am
9:30 am	Stunt Clinic/Routine Critique	2:30 pm	Competition Begins	Goes live
12:00 noon	Coach Meeting	4:00 pm	Jump/Tumble Off	
		4:30 pm	Regional Praise & Worship	
		5:00 pm	Awards	

## CLASSICS 2022 SWEET HOME 1/22 - BLUE RIDGE 1/29 - HOLLY POWELL

### MEMORIAL LONE STAR 1/29 - SUNSHINE 2/5 - HOOSIER 2/5 - CAROLINA 2/12

#### JANUARY 22

Sparkman 9th Gr  
2680 Jeff  
Huntsville, AL

#### JANUARY 29

Location TBA  
Lynchburg, VA

#### JANUARY 29

Location TBA  
FW Area, TX

#### FEBRUARY 5

North/Central FL  
Location TBD

#### FEBRUARY 5

Central Chr Acad  
2565 Villa Avenue  
Indianapolis, IN

### ALL CLASSIC **TENTATIVE** SCHEDULES

MORNING		AFTERNOON		FEBRUARY 12
9:00 am	Team Check-In	12:30 pm	Judge Meeting	The Epiphany Sch
9:30 am	Coach Meeting	1:00 pm	Competition Begins	2301 Trent Rd
10:00 am	Team Mat Time	3:30 pm	Solo/Duo/Stunt Team Comp	New Bern, NC
12:00 noon	Lunch Break	4:00 pm	Jump/Tumble Off	
		4:30	Awards	

## CCA CHRISTIAN CHEER NATIONALS and COLLEGIATE CHAMPIONSHIP

### Crown Arena 1960 Crown Drive Fayetteville, NC GENERAL **TENTATIVE** SCHEDULE

March 3 (Thurs)	5:00 - 11:00 pm	Scheduled Mat Time for Practice/Floor/Music Check
March 4 (Fri)	8:30 - 12:00 noon	Solo/Duo/Trio School and Empower Competition/Awards
	1:00 pm	School/Empower Round 1/Cheer Scholars
	5:30 pm*	Welcome Party Dinner/Special Awards/ Coach of Year
		Welcome Party Dance Party/Contests/Free Stuff
	8:30 pm	Stunt-a-Thon Competition/Awards
	10:00 pm - 11:45 pm	College Rehearsals* *May have some extra earlier also.
March 5 (Sat)	8:30 am - 10:00 am	College Round 1
	10:00 am - 1:30 am	All Star Round 1
	2:00 pm - 8:00 pm	School/Empower /College Finals
		All Dance/Mascot/Group Stunt/Partner Stunt
		Jump/Tumble Off after Divisions
		AWARDS for College/Specialty/Empower/Schools
March 6 (Sun)	9:00 am - 11:00 am	AS Solo/DuoAllstar Prep/Novice/Level 1 Finals
	11:00 am	All Star Praise and Worship/Contests/ Free Stuff
	12:00 pm	Awards from Morning Competition
	1:00 pm	All Star Team Finals/ Jump/Tumble
	6:30 pm	AWARDS for All Stars 2-5

# The SAFETY Rules

Before you can actually put any elements in your routine, you need to be sure that you are following the industry safety rules.

**School and Empower Teams** follow National Federation of High School Spirit Safety Rules. These are established by USA Cheer/NFHS. School cheer is governed by this organization. You can order the rule book and you should if you are a school coach or an Empower coach. Here is the ordering information. [www.nfhs.com](http://www.nfhs.com). A photo of the spirit rules publication is shown below. Price is \$10.

You can also call the number shown on the inside back page of the rules book as shown below.

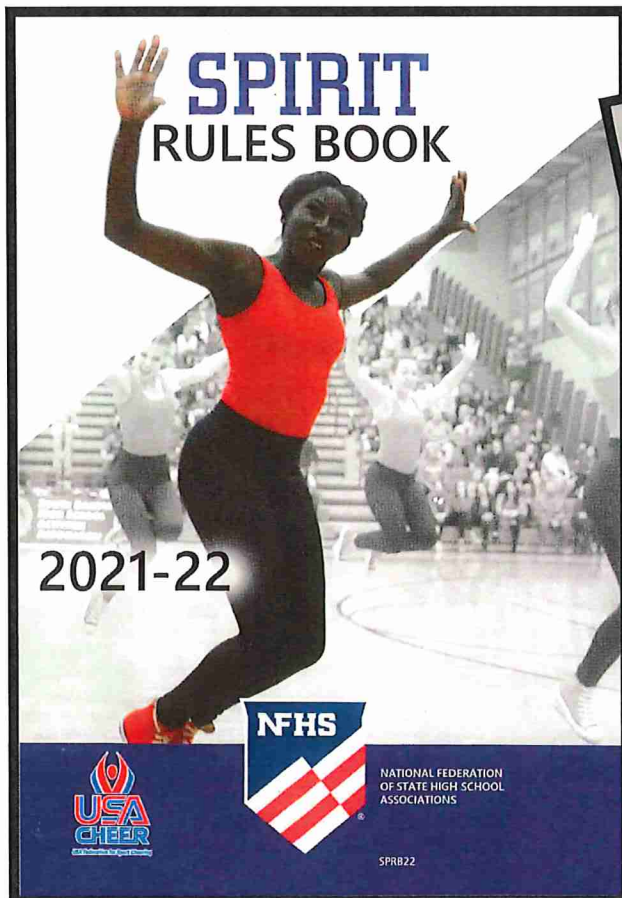
If you want to really become an expert, there are three courses you can take that involve the rules.

1. Comprehensive Course covering all the rules
2. Rule changes course for 2021-22
3. Rules interpreter course to qualify as a safety judge

Preferable to go to the usa cheer website for these courses as it is more comprehensive and user friendly. These are very inexpensive courses and would be beneficial.

There are also videos on this website to view samples of the rules and rulings.

## A very necessary purchase to avoid deductions



NFHS

# NFHS PUBLICATIONS

Prices effective April 1, 2021 — March 31, 2022

## RULES PUBLICATIONS

Baseball Rules Book	\$10.00	Ice Hockey Rules Book	\$10.00
Baseball Case Book	\$10.00	Boys Lacrosse Rules Book	\$10.00
Baseball Umpires Manual (2021 & 2022)	\$10.00	Girls Lacrosse Rules Book	\$10.00
Baseball Simplified & Illustrated Rules	\$10.00	Soccer Rules Book	\$10.00
Baseball Rules by Topic	\$10.00	Softball Rules Book	\$10.00
Baseball Rules Book	\$10.00	Softball Case Book	\$10.00
Basketball Rules Book	\$10.00	Softball Umpires Manual (2022 & 2023)	\$10.00
Basketball Case Book	\$10.00	Softball Simplified & Illustrated Rules	\$10.00
Basketball Simplified & Illustrated Rules	\$10.00	Softball Rules by Topic	\$10.00
Basketball Officials Manual (2021-23)	\$10.00	Spirit Rules Book	\$10.00
Basketball Handbook (2021-22)	\$10.00	Swimming & Diving Rules Book	\$10.00
Basketball Rules by Topic	\$10.00	Track & Field Rules Book	\$10.00
Field Hockey Rules Book	\$10.00	Track & Field Case Book	\$10.00
Football Rules Book	\$10.00	Track & Field Manual (2021 & 2022)	\$10.00
Football Case Book	\$10.00	Volleyball Rules Book	\$10.00
Football Simplified & Illustrated Rules	\$10.00	Volleyball Case Book & Manual	\$10.00
Football Handbook (2019 & 2020)	\$10.00	Volleyball Simplified & Illustrated Rules	\$10.00
Football Game Officials Manual (2020 & 2021)	\$10.00	Water Polo Rules Book (2020-22)	\$10.00
Football Rules by Topic	\$10.00	Wrestling Rules Book	\$10.00
Girls Gymnastics Rules Book & Manual (2020-22)	\$10.00	Wrestling Case Book & Manual	\$10.00

## MISCELLANEOUS ITEMS

NFHS Statisticians' Manual	\$8.00
Scorebooks: Baseball-Softball, Basketball, Swimming & Diving, Cross Country, Soccer, Track & Field, Volleyball, Wrestling and Field Hockey	\$12.00
Timing Score Sheets (pad of 100)	\$8.00
Volleyball Team Rosters & Lineup Sheets (pads of 100)	\$8.00
Zero Tracking Sheet (pads of 50)	\$10.00
Baseball/Softball Lineup Sheets — 3-Part HCR (sets/100)	\$15.00
Wrestling Tournament Match Cards (sets/100)	\$19.95
Competitors Numbers (Track and Gymnastics — Waterproof, nontransferable, black numbers and six colors of backgrounds numbers are 1-1000 sold in sets of 100)	\$39.95

## MISCELLANEOUS SPORTS ITEMS

Art and Field Diagram Guide	\$25.00	Sportsmanship: It's Up to You Toolkit	\$19.95
NFHS Handbook (2020-21)	\$12.00	High School Activities — A Community Investment in America	\$39.95
Make It Official	\$5.00		
From Chicago to Indy — The First 100 Years	\$29.95		

## ORDERING

Individuals ordering NFHS publications and other products and materials are requested to order online at [www.nfhs.com](http://www.nfhs.com)



# CCA DIVISION REQUIREMENTS - 2021-2022

## SCHOOL DIVISIONS *(using NFHS Spirit Safety Rules)*

**Elem** (Grades K-5 - 3rd) **Intermediate** (Grades 4-5) **Junior High/Middle Sch** (Grades 8th & Below)  
**Junior Varsity** (Grades 10th & Below) **Varsity** (Grades 12th & Below) **Varsity Coed** (team considered coed only if a Varsity team. Males in other divisions not separated by gender. One male constitutes coed for Varsity)

### DIVISION SIZES (SCHOOLS)

**Small** (11 or less team members) **Medium** (12-16 team members)

**Large** (17-23 team members) **X-Large** (24 -35 team members)

### DIVISION SIZES (GameTime)

**1A** - 15 or less members

**2A** - 16 to 35 members

### DIVISION CATEGORIES

To determine division variations/category please review the rubric for schools and requirements below,

**Non-Music** *Max Time- 2:00 Min Time: 1:00*

Cheers, Sidelines, Jumps, Tumbling, Pyramids. No music or sound effects allowed.

**Cheer/Music** *Max Music Time - 1:30 Max Cheer Time: 1:00 Max Total Routine 2:30 Min Total Routine 1:00*

Cheers, Sidelines, Dance, Jumps, Tumbling, Pyramids

1:30 music based on the CCA Music, Moves, Dress policy. 1:00 of non-music cheer

Time Penalties apply for max music and max routine.

**All Music** *Max Time 2:30 Min time: 1:00*

Cheers, Sidelines if desired but not on score sheet; Jumps, Tumbling, Pyramids, Stunts, Dance

Music based on CCA Music, Moves and Dress policy.

### VARIATIONS TO MAIN TEAM DIVISION CATEGORIES (sub-divisions)

**Non-Tumbling** - Time limits follow guidelines of particular main division requirements.

This variation may be used in Non-Music, Cheer Music or All Music Routines.

**NO tumbling** at all is allowed with the exception of stunt load-ins or dismounts. When used, the tumbling must not be separated from the load-in/dismont. All skills allowed except tumbling.

**Non-Building** - Time limits follow guidelines of particular main division requirements.

This variation may be used in Non-Music, Cheer Music or All Music Routines.

All Skills allowed except stunting. No stunt or pyramid building. Routine is ground bound.

This division is **NOT eligible for Grand Champion**.

**Novice** - Time limits follow guidelines of particular main division requirements.

This variation may be used in Non-Music, Cheer Music or All Music Routines.

Skill rules for this division are as follows:

- No tumbling more advanced than walkovers (back & front).
- No stunting above shoulder level. (Elevator with back spot allowed)
- No twisting dismounts

This division is **NOT eligible for Grand Champion**.

**Coed** - one male constitutes coed. No teams are considered coed except varsity teams. Gender will not be separated in lower levels. Coed is grouped with all girl for Grand Champion. Coed will be judged on actual coed stunts in the coed/quantity category to allow percentage to be equal to all girl.



# CCA DIVISION REQUIREMENTS - 2021-2022

## SOLO/DUO/TRIO STUNT-A-THON STUNT (all levels incl SCH/EMP/ALLSTAR/COLLEGE)

### SOLO/DUO/TRIO DIVISIONS (*divisions may be combined depending on participation levels.*)

School and Empower Divisions are Elem, Intermediate, Junior High/Middle School, Freshman, Sophomore, Junior, Senior.

All Star Divisions are by division, but not level. Tiny, Mini, Youth, Junior, Senior

All Divisions - Guys and Girls compete in the same division. Not separated by gender.

**Solo** (*this division offered only at Classics and Nationals*) Time: 1:00 Christian testimony. 1:00 Cheer Routine. No minimum time. Routines may be non-music, cheer/music or all music. all will compete in same division. Christian testimony should include scripture.

**Tumbling** - May include all tumbling allowed in school, empower and all star categories, no matter the level.

**Non-Tumbling** - may include round-off, cartwheels, forward/backward rolls. These skills will not be scored as tumbling, only in overall.

NFHS Spirit Safety rules apply for School and Empower. USASF rules apply for All Stars. All Stars do not have to follow their team divisions.

**Duo and Trio** (*this division offered only at Classics and Nationals*) Time is 1:30. 1:00 minimum; Routines may be non-music, cheer/music or all music. All in same division. Divisions all the same as listed for solo in School/Empower/All Stars. Goes by highest grade/age in grouping.

NFHS Spirit Safety rules apply for School and Empower. USASF rules apply for All Stars. All Stars do not have to follow their team divisions.

**Tumbling** - May include all tumbling allowed in school. empower and all star categories, no matter the level.

**Non-Tumbling** - may include round-off, cartwheels, forward/backward rolls. These skills will not be scored in tumbling. Only in overall. Stunting by level will be allowed but not scored as stunting, Only in overall. Will count for routine difficulty.

**Most important scoring aspect of these divisions are synchronization and all competitors doing the same skills.**

**Stunt-a-Thon** (*this division only offered at Classics and Nationals*) Time is 1:00. No minimum. Non-music, part music or all music routines ok.

Teams from 4-5 members per team. One male constitutes coed. Coed only in Varsity/Senior Divisions. All other divisions no gender separation

School - NFHS Spirit Safety Rules apply. Stunts allowed based on Division. Divisions are Elem, Intermediate, JHigh/Mid Sch, JR, Senior, Senior Coed

Empower - NFHS Spirit Safety Rules Apply. Stunts allowed based on Divisions. Categories are Tiny and Mini- Primary Division

Youth, Junior, Senior. Senior Coed - Primary, Plus or Premier Divisions. May change division from their regular team division if desired.

All Star - USASF safety rules by category and level. Stunts allowed based on Division. Divisions are Tiny and Mini - Levels 1 & 2;

Youth, Junior, Senior and Senior Coed - Levels 1-5 No tumbling is scored in Stunt-a-thon unless as load in or dismount to a stunt.

**Stunt** (*this division only offered at Classics and Nationals*) This division is the same basic division as Stunt-a-Thon except that it is for college and open teams only. Time is 1:00 minute. No minimum. Partner Stunts team can have two competitors and one spotter. Spotter is only allowed to spot, NOT assist in building in any way. Open teams may have 4-5 members.

Coed rules are the same as above. USA/AACCA College Safety Rules Apply. Divisions are:

**College** Partner Stunt AG, College Partner Stunt Coed; College Group Stunt AG; College Group Stunt Coed, Open Stunt AG; Open Stunt Coed. Divisions may be added as applicable.



# OPTIONAL ELEMENTS for DIVISIONS

Choose 1	Choose 1	Choose 1	Choose # applicable
SM	ELEM	NM	NOV
MED	INT	AM	NT
LG	JH/MS	C/M	NB
XL	VAR		
	VAR COED		



# WHAT IS CCA EMPOWER?

CCA - Building People Before Pyramids since 1987

## ***We saw the NEED***

This division was created by CCA as a church/ministry outreach.

- a) Young girls (and sometime guys who see college cheer) love cheerleading just as other young athletes love basketball/ volleyball/ soccer, etc. Churches and communities and rec leagues are constantly forming these outlets for the other sports, using them as an outreach for community involvement, and often as "after school" care/ activities. Cheerleading is a natural athletic outlet for many. Programs have resulted in bringing whole families into the church because of this cheerleading connection. Empower is available for ages 5-18 and teams are divided by age and skill.
- b) Many other outlets for the growing sport of cheerleading involve situations and attitudes that parents are not willing to expose their child to because of the atmosphere, time involved and extensive financial obligation. Empower provides this opportunity with a wholesome atmosphere, a healthy environment, and a moderate financial expenditure. Empower fills this need.
- c) To meet the growing needs of cheerleaders and coaches in the recreation league, community, and church teams that are being organized all around the country. Often these teams have no where to go for guidance in organizing and operating a cheer program. They need training, resource information, safety guidelines and ministry assistance in general. They truly want to be a part of a cheerleading ministry outside of the school or all star setting and create their own niche' in the industry.

**Empower teams are the answer to this desire. They are neither school teams nor all star teams. Empower is exactly the ministry that is a perfect fit! It may be an exciting ministry for you! There is no membership fee to be a CCA Empower Cheer Team. CCA will provide assistance in program setup, training, and securing of uniforms.**

## ***Who can be a part of Empower?***

- a) **A team formed under the auspices of a church** for the purpose of providing the activity of cheerleading as a youth outreach.
- May or may not cheer at church league type ball games.
  - Participants do not have to attend the sponsoring church as the mission of this type program is to reach the unchurched using cheerleading for the purpose of evangelism and/or discipleship
- b) **A recreation league** formed within a community/area for the purpose of cheerleading. Almost always cheers for recreation league teams, but not required. A community center is often used for practices. Any type community cheer is welcome. This may be a normal type rec league or a neighborhood privately organized for the purpose of giving wholesome athletic opportunities for boys and girls. Often an "after school" league.

### **Those who cannot participate in the Empower program but may participate in other CCA Divisions:**

- An official school team that cheers at games for school teams.
- Empower teams who do not normally cheer for any type ball game cannot participate in GameTime division.
- A team that competes as allstar out of an all star gym that competes in many different competitions.

Some coaches use Empower as a stepping stone to all star cheerleading. They are welcome to compete empower as they work toward building.

Call the CCA Office if you have any questions about your eligibility for the Empower Division or for securing help in setting up this program! 336.749.0892 or [rose@cheercca.com](mailto:rose@cheercca.com).



# COMPETITION DIVISIONS AND LEVELS

## FOR EMPOWER DIVISIONS

<b>Tiny</b>	Ages 6 and below by August 31	Empower <b>PRIMARY</b>
<b>Mini</b>	Ages 8 and below by August 31	Empower <b>PRIMARY</b>
<b>Youth</b>	Ages 11 and below by August 31	Empower <b>PRIMARY, PLUS or PREMIER</b>
<b>Junior</b>	Ages 14 and below by August 31	Empower <b>PRIMARY, PLUS or PREMIER</b>
<b>Senior</b>	Ages 18 and below by August 31	Empower <b>PRIMARY, PLUS or PREMIER</b>
<b>Senior Coed</b>	Ages 18 and below by August 31	Empower <b>PRIMARY, PLUS or PREMIER</b>

### Empower **PRIMARY**

**Stunts:** Below shoulder level. Elevator at shoulder level w/back spot allowed for cradling  
**Tumbling:** Rolls, Cartwheels, Round-Offs, Front and Back Walkovers Only

### Empower **PLUS**

**Stunts:** Shoulder Level Stunts. No extended stunts except double based ext w/back spot.  
 Hitches and all single leg shoulder level stunts allowed. Straight Ride baskets only for Jr/Sr/Sr Coed.  
**Tumbling:** Standing Back Handsprings, Running Back Handsprings and Running Back tucks  
 Standing Back Tucks can be performed in Premier Division only.

### Empower **PREMIER**

**Stunts:** All stunts allowed by NFHS Spirit Rules for high school  
**Tumbling:** All Tumbling allowed by NFHS Spirit Rules for high school.

***NOTE:*** Coed only in SR division. All others male and female compete in same division.  
 For complete skill listing and rubric see to follow. In Empower there are no sub-divisions.





**CHRISTIAN CHEERLEADERS OF AMERICA**  
**"Building People Before Pyramids"**  
**P O Box 49**  
**Bethania, NC 27010**



Dear Pastor, Student Pastor, Outreach Director:

Please give this just a few minutes to read about something that will not cost you anything and will provide a new teen and children's outreach opportunity for your ministry. We know your time is valuable so we want to make this information worthwhile to you.

I would like to introduce you to CCA, Christian Cheerleaders of America. We are a 35 year old Christian sports ministry based in North Carolina. Our mission statement is "to use the vehicle of cheerleading to evangelize and disciple young people for Jesus Christ." We are a non-profit, 501-C-3 corporation. We are ministry first and cheerleading second. We use cheerleading to draw kids into our ministry. We are Bible-based and Christ centered. Each year as we travel nationwide conducting camps and mission trips, we have hundreds come to trust Jesus as Lord and Savior and more than 1,000 every year make other decision such as rededications and total surrender to the Lord.

We started initially because of the cheerleading backgrounds of our principals combined with a great burden for young people. There were no organizations providing wholesome cheerleading. Every little girl loves cheerleading.. the uniforms, the gymnastics and fun! The value of a team sport to teach life lessons is well known, including the impact that coaches can have on their team members. We have combined all these things into a strong Christian ministry.

We began with camps for Christian schools only. That has expanded to colleges, allstar gyms, rec leagues, community leagues and more. In recent years, we started a new division/category call **EMPOWER**. This program is specifically designed for teams for ministry. These teams learn the skills of cheer but do not cheer at ball games. (unless you have organized church leagues for their age groups). They usually meet for "practice" once a week. During this time they will have a Bible lesson/devotion and usually scripture memorization drills. And of course they learn new cheer skills and plan cheer routines. The purpose of forming these teams is an outreach to reach more children for Jesus and into your ministry for discipleship. Parents will also come to a child's performances when they may not come to church. Consequently, this outreach is intended to reach families, not just the children involved in cheer.

As you are reading you may be thinking of several things in regard to this outreach. First, you may be thinking of the reputation in general of some cheerleaders. *WE ARE NOT "THOSE " CHEERLEADERS.* We have a music, moves and dress policy that clearly explains what music, what moves and what dress are allowed in this program. We do not allow scantily clad kids with stage make-up inappropriate for children. Our cheers are positive and encouraging. Everything that we do is wholesome, family oriented and lifts up the Lord Jesus Christ. Our competitions that we provide for **EMPOWER** are not cut-throat and allow for fun, fellowship and recognition for a job well done. We can provide scores of Christian schools as references on the kind of program that we run. However, you will be the one running this outreach with your own people. We will only be there for assistance and the competition opportunities for these teams.

How do you start? First of all you need to have some leaders who are willing to work with this program.. We actually have people in so many areas looking for this opportunity. If you put some information in your church bulletin or announce in a service, you will be surprised how people will come to you because they have been involved in cheerleading in some way in the past and also have a heart for the Lord. These will be your volunteers. You can share the information in this letter with them. Then give them our contact information and us thiers and we will begin to work with them. We will provide assistance in uniforms with discounts from a partnering company. We can provide video training as well as personal training. There is no charge for the video training (material/teaching methods/ministry ideas). There is an expense charge for travel, housing, food for a one time meeting with your volunteers and/or participants if you desire. If you wish this to be done by video or skype, that is free. There is no charge to be a part of **EMPOWER**. The only charge that would ever be charged by CCA is the competition team registration and participation fees or possibly a summer camp/retreat each year. These prices are the lowest in the industry. Yet it is still like sending your kids to Bible camp!

We ask that you pray about this information and see if it is something that you would like to include as a part of your church's outreach to children. Other programs have proven that it is a perfect way to get children involved and exposed to the gospel as well as get there parents and other family members involved also. We can give you these references for support and advice. Just this summer, one of our campers trusted Jesus (an 11 year old). She went home so excited and talked to her family. Both her parents got tears in their eyes and because of the 11 year old's encouragement started coming back to church (hadn't been since they were married) and have remained active to this day. Also in South Carolina another little girl from a secular gym was asked what she wanted for her birthday and she said, "just to go learn more about Jesus at CCA cheer camp." **EVERY PRAISE IS TO OUR GOD!**

We look forward to hearing from you. All our contact information is included in the letterhead information. Again, thanks for your time.

*Rose M. Clevenger*  
Rose Clevenger, President

[www.cheercca.com](http://www.cheercca.com)

[1.877.cheercca \(243.3722\)](tel:1.877.cheercca)

[info@cheercca.com](mailto:info@cheercca.com)

**FAX: 1.866.222.1093**



# CCA COMPETITION INFORMATION

## AWARDS

*CCA reserves the right to change or alter the listed awards based on participation levels and event size at the discretion of the Event Producer.*

### REGIONALS

- Team Banners (1st/2nd/3rd)
- Individual Medallions (1st/2nd/3rd)
- Discounts to Classics (5,10, 15%)
- Grand Champion Banner
- Nationals Bid; Bids to other EOS Events
- Jump and Tumble Banners and Spirit Store Discounts

### CLASSICS

- Team Banners (1st/2nd/3rd)
- Individual Medallions (1st/2nd/3rd)
- Discounts to Nationals (5,10, 15%)
- Grand Champion Banners
- Nationals Bid; Bids to other EOS Events
- Solo/Duo/Trio/Stunt Individual Awards or Trophies
- Jump and Tumble Banners and Spirit Store Discounts

### NATIONALS

- Team Banners (1st/2nd/3rd)
- Individual Medallions (1st/2nd/3rd)
- Special Individual Awards (varies from year to year)
- Discounts to CCA Summer Camp (5,10, 15%)
- Grand Champion Banners, Trophies and Rings
- Nationals Bid; Bids to other EOS Events
- Solo/Duo/Trio/Stunt Individual Awards & Trophies
- Jump and Tumble Banners and Spirit Store Discounts
- TeamLeader large discount awards
- Spirit of America Macy's Parade Bids
- Cheer Scholar Certificates /Medallions
- Nationals Scholar Placques
- College Scholarship Award Opportunities
- Coach of the Year Awards
- Top Coaches Awards
- Coaches Hall of Fame Awards
- Superlative Banners
- Spirit of Competition Banners
- Collegiate Grand Champion

## GUIDELINES FOR SPECTATORS, COACHES, PARENTS, PARTICIPANTS AND FANS

- ONLY participants and coaches who have **VIP or coaches badges** may enter any part of the backstage/warm-up area at any time. **ALL are required to submit a background check performed by the CCA background company prior to arriving at the event.** Please contact the CCA office for information at least one month in advance of your event.
- Absolutely no tobacco, alcoholic beverages allowed in the venue at any time by anyone. Do not arrive under the influence of alcohol. No alcoholic beverages sold in the venue during our event.

## NATIONALS EXTRAS

- **CCA Spirit Store** featuring great T's, Jerseys, Sweatshirts, devo books and other spirit accessories
- **Professional Photographer** taking action photos during your entire routine for sale at the event. **NOTE: No set-up tripods, or flash photography allowed during the event or sitting or standing in the line of sight of the professional.**
- **Videography** allowed with phones only and not with set up tripods or other people or equipment in the sight line of the professional videography hired by Event Producer. No videography of routines sold at the event due to music copyright laws.
- Posting of **team photos** with names on the CCA Facebook page, free for each team when submitted to CCA Office.
- **Spirit Mall Vendors** - including jewelry, bows, other spirit accessories, as well as many college information and recruiting booths. Our own CCA Spirit Store with Event Shirts and Sweats and the Photography Booth will be in this area.
- Welcome Party, depending on which package you purchase.
- Praise and Worship Time /Concert
- Free Stuff from Vendors
- Basket/Lib Contests/Dance Party

## GUIDELINES FOR SPECTATORS, COACHES, PARENTS, PARTICIPANTS AND FANS (cont'd)

- Good sportsmanship and Christian conduct should be displayed at all times. Teams and fans cheer for their own teams as well as other teams, even those competing against them. The atmosphere is not and never will be "cut throat" at CCA competition events. Unsportsmanlike competition at any time and in any form during the event may result in ejection from the venue at the discretion of the Competition Director. This includes bullying, jeering or booing any teams, slashing or sarcastice or vulgar gestures. Please do not use an apponent's mascot in any cheer routines. if you need a mascot in a routine use something very generic vs one you might be competing against.
- **REMEMBER:** No Flash photography at any time for the safety of the competitors and no photography in the line of sight of the professional photographer. Videography is allowed but again, not in the line of sight of other fans or a professional CCA videographer.
- NO spectators or participants shall approach the judges or the judging stand at any time for any reason. ONLY Coaches may approach a designated spot for scoring challenges. No spectators, fans or coaches shall approach judges at any other time or reason in venue.
- Scoring is based on TOTAL scoring %'s. Final scores are based on category judging compiled over a two day average. Pre-lims and Final Scores are added and averaged to obtain %'s, No elimination after the first round. Decison of the judges is final.

# CCA NATIONAL GRAND CHAMPION

*Awards Subject to Participation*

*Divisions include T/NT/SM/MED/LG/XL*

*Must be at least two teams to award GC*  
*Not Illegible: NOVICE/NON-BUILD/Dance*

CATEGORY	GC AWARD	DIVISIONS	CATEGORY	GC AWARD	DIVISIONS
<b>SCHOOL</b>	<b>JV AND BELOW</b>	Elementary	<b>ALL STAR</b>	<b>PREP LEV</b>	Allowed
		Intermediate		<b>LEV ONE</b>	Tiny
		Junior High			Mini
		Junior Varsity			Youth
	<b>VARSITY NM</b>	Varsity NM			Junior
	<b>VARSITY MUS</b>	Var CM			Senior
		Var AM			SR Coed
these 2 could be	<b>GameTime</b>	JV/JH	Level 2-5	<b>LEV 2-5</b>	Youth
combined	<b>GameTime</b>	1A	level winners also		Junior
depending on		2A			Senior
level of participation					SR Coed
			<b>COLLEGIATE CHAMPIONSHIPS</b> <b>CATEGORY GC AWARD DIVISION</b>		
<b>EMPOWER</b>	<b>EMPOWER</b>				
Level Winner not GC	<b>PRIMARY</b>	Tiny	<b>COLLEGE</b>	<b>ALL GIRL</b>	AG LTD
		Youth	AG and Coed		AG REG
		Junior	GC may be	<b>COED</b>	SM COED
		Senior	combined		LG COED
		SR Coed	depending	<b>GameTime</b>	GameTime
Level Winner not GC	<b>PLUS</b>	Junior	on participation levels		
		Senior			
		SR Coed			
Level Winner not GC	<b>PREMIER</b>	Junior			
		Senior			
		SR Coed			



# CCA COMPETITION COST SUMMARY

All monies are non-refundable. See inclement weather policy on our website and in this packet.

Please email [rose@cheercca.com](mailto:rose@cheercca.com) or call 336.749.0892 for **Cheerabilities, College & All Star pricing and packages!**

## REGIONALS 2021

### Team Event Registration Fee

\$25 per team\* due one month prior to event

### Per Person Competition Fee

\$40 per person (\$50 for spring floor event) if paid at least two weeks prior to event.  
\$45 per person (\$55 for spring floor event) if not paid within two weeks of the event  
Two coaches come free with each team  
\$5 pp crossover fees per division after first.

### Spectator Admission Fee

\$10 pp for ages 12 and up  
\$5 pp for ages 5-11  
Under age 5 is FREE

### Nationals Competition Only Package \$118

\$118 pp (\$128 after 2/5)  
Includes participation in all team events and admission to all team events. No admission to solo/duo/trio/stunt events unless entered. Does not include any Welcome Events. Does include Thurs rehearsal/mat

### SPECTATOR PRICING for NATIONALS

\$25 per day	5-11 \$15 - under 5 free
2 day pass \$45	No discount for multiple
3 day pass \$70	days for 5-11

## CLASSICS 2022

### Team Event Registration Fee

\$25 per team\* due one month prior to event

### Per Person Competition Fee

\$40 per person (\$50 for spring floor event) if paid at least two weeks prior to event.  
\$45 per person (\$55 for spring floor event) if not paid within two weeks of the event  
Two coaches come free with each team  
\$5 pp crossover fees per division after first.

### Solo/Duo/Trio/Stunt-a-Thon Competition Fees

\$20 Solo  
\$15 per person Duo/Trio/Stunt-a-Thon

### Spectator Admission Fee

\$10 pp for ages 12 and up  
\$5 pp for ages 5-11  
Under age 5 is FREE

### Competition Only Coach Package - FREE

Free for two coaches. Additional pay Admission prices. Teams must be registered as for Competitor Competition only.

### Additional Division Crossover Fees

\$10 pp - Max 3 for cheer  
Dance prices same as cheer.

## CCA CHRISTIAN CHEER NATIONALS and COLLEGIATE CHAMPIONSHIP

2022

### Team Event Registration Fee

\$89 per team\* due December 20, 2021

### Deluxe Competitor Package \$165

\$165 pp (\$175 after 2/5)

Sch and Empower Coach of the Year, Hall of Fame, to solo/duo/Trio/Stunt-a-Thon events. Dinner on Friday night /Welcome Party Praise & Worship/Special Awards Ceremony Sch and Empower Coach of the Year, of Fame Fun & Games/Free Stuff/Dance Party

### Deluxe Coach Package \$89

\$89 pp (\$99 after 2/5)

Only Two coaches per team may purchase. Additional coaches must purchase spectator. All benefits of Competitor except team cheer.

### Spectator Package \$110

\$110 pp (\$120 after 2/5)

All benefits of Competitor except team cheer. No entrance to competitor warm up. Pricing for all ages 3 and up

### Nationals Ala Carte

Solo \$50 & Duo/Trio/Stunt \$30 pp (late after 2/5)

**\*\*COMPETITION SEASON PASS - \$100 PER TEAM**  
Savings of \$39 per team (\$25 Reg/\$25 Classic/\$89 Natl)

# CCA CHRISTIAN CHEER NATIONALS 2022 INVOICE - SCHOOL/EMPOWER

**PLEASE VERIFY ALL CONTACT INFORMATION**

Name of School:	
Add of Sch:	
City/State/Zip:	
Coach's Name:	
Home Address:	
City/State/Zip:	
Email:	

School Phone:	
School Fax:	
Home Phone:	
Cell Phone:	

Registration Fee Due - Dec 20, 2021

Balance Due - FEBRUARY 5, 2022

### AMOUNTS DUE/ ITEMS ORDERED

ITEM	QTY	COST EA	TOTAL
Registration Fee (PER TEAM)		\$89	0.00
<b>DELUXE PACKAGES</b>			
Participant Package - before FEB 5		\$165	0.00
Participant Package - after FEB 5		\$175	0.00
Coach Package - before FEB 5		\$89	0.00
Coach Package - after FEB 5		\$99	0.00
Spectator Package - before FEB 5		\$110	0.00
Spectator Package - after FEB 5		\$120	0.00

### COMPETITION ONLY PACKAGE

Participant Package - before FEB 5		\$118	0.00
Participant Package - after FEB 5		\$128	0.00

**FORFEITED DEPOSITS (All money is non-refundable/non-transferrable)**

Forfeited Deposits		VARIABLE	0.00
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### ADDITIONAL NON-PACKAGE ITEMS

Team Cross-over Fees	\$10	0.00
Solo Competition Fee <i>(per person)</i>	\$50	0.00
Duo Competition Fee <i>(per person)</i>	\$30	0.00
Duo Cross-over Fees	\$10	0.00
Trio Competition Fee <i>(per person)</i>	\$30	0.00
Trio Crossover Fees	\$10	0.00
Stunt-a-Thon Competition Fee <i>(per person)</i>	\$25	0.00
Stunt-a-Thon Cross-Over Fees	\$10	0.00
Partner Stunt Competition Fee <i>(per person)</i>	\$25	0.00
Partner Stunt Cross-Over Fees	\$10	0.00
Extra Friday Welcome Tickets (12 yr & up) (before 2/5)	\$40	0.00
Extra Friday Welcome Tickets (12 & up) (after 2/5)	\$45	0.00
Extra Friday Welcome Tickets (2-11) (before 2/5)	\$25	0.00
Extra Friday Welcome Tickets (2-11) (after 2/5)	\$30	0.00
ADMISSION ADULT Advance Purchase 2 day	\$45	0.00
ADMISSION ADULT Advance Purchase 3 day	\$70	0.00
ADMISSION CHILD Advance Purchase 2 day	\$25	0.00
ADMISSION CHILD Advance Purchase 3 day	\$40	0.00

Credit Card Processing Fee per transaction	2%	0.00
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**NO INDIVIDUAL ADVANCE PURCHASES. ALL MUST BE PAID ON THIS INVOICE WITH TEAM FEES**

PARTICIPANT TOTAL			0.00
5% Discount		\$0	0.00
10% Discount		\$0	0.00
15% Discount		\$0	0.00

### Grand Total Expenses

#REF!

**Explain Discount:** (include certificate in fax or mailing or email to [information@cheercca.com](mailto:information@cheercca.com))

**INVOICE & PAYMENT CAN BE MAILED TO ABOVE ADDRESS OR FAXED**

**WITH CREDIT CARD INFO TO: 866-222-1093 OR CALL 336.749.0892**

Print Name (as it appears on card):

**Billing Address :**

City	State	Zip
------	-------	-----

Card #	Sec. Code
--------	-----------

Amount to apply:

Signature: \_\_\_\_\_

**Signature:**

### AMOUNTS PAID

[illegible]**Grand Total Paid**

\$0	
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### Important Payment Information

- 1.) Registration fees are due immediately.
- 2.) **Payment of balance must be received by February 5, 2021 to avoid a \$10 per person late charge.**
- 3.) Payment must be made by the coach for the entire team. Separate payments cannot be accepted.
- 4.) No personal checks will be accepted on the day of the event. Only school checks, credit cards or cash will be accepted the day of the event.
- 5.) Late fees will be applied if paying the day of the event.

- 6.) All monies are non-refundable and non-transferable.

- 7.) Payments may be mailed as follows:

Make checks payable to: CCA

**Mail to:** CCA - P O Box 49 -Bethania, NC 27010

Fax form with billing info to: 1.866-222-1093

Call office with registration info/payment 336.749.0892

Registration payment can be paid on line at:

[www.cheercca.com](http://www.cheercca.com)



## PAYMENT SUMMARY

Total Expenses (Left Column)	#REF!
Grand Total Paid (above)	\$0
Discount (if appl)	\$0
<b>BALANCE DUE - If paid BEFORE FEB 5</b>	<b>#REF!</b>
<b>BALANCE DUE - if paid AFTER FEB 15</b>	<b>\$0</b>