



We Know You Have Spirit,
So Bring IT!

to

St. John's Spirit Exhibition

On

Saturday, February 8, 2020

To be held at
St. John's Gym- 270 E Lewelling Blvd
San Lorenzo, CA

Entry Fees:

\$80 per squad for the first division
\$20 for each division thereafter

Admission Fees:

Adults \$5

Students \$3

Children under 5yrs old are free

****NO OUTSIDE FOOD ALLOWED IN THE GYM****

Check-in Begins at 9:00am

Snack-Bar Opens at 9:30am

Exhibition begins at 10:00am

*Festivities should conclude by 2pm**

**based on the number of entries*



St. John Shamrocks

270 E. Lewelling Blvd
San Lorenzo, CA 94580
510-331-1525
cheer1415@aol.com

Hello!

This year St. John's Athletic Association in San Lorenzo will be holding its annual Spirit Exhibition on Saturday, February 8, 2020. **Exhibition will begin at 10:00am this year.** Check in will begin at 9:00am. The exhibition is focused on fun and sportsmanship, rather than winning. It is a perfect environment for first time competitors, as well as performance squads. Individual members on each team will be acknowledged based on their performance. All Star medals will be given to a select number of cheerleaders from each team.

Enclosed you will find everything you need to register for the exhibition. If you have any questions, please do not hesitate to contact me. I look forward to seeing all former squads back again this year, and hopefully some newcomers. We have a fun and exciting event planned for this year. I wish you all good luck with your upcoming season. Please send entry forms by Friday, January 31, 2020 either by email or mail.

Cheers,

Kristen Elliott
Exhibition Director

ST. JOHN'S 2020 SPIRIT COMPETITION R U L E S

ELIGIBILITY

Participants must be registered students in the school they are representing, and/or full time members of that team.

MUSIC

All songs must be emailed to cheer1415@aol.com at least 2 days prior to competition.

PERFORMANCE AREA

Approximately 50 ft. by 28 ft, fully matted floor.

INSURANCE

Each participant must have a completed CYO medical release form or other proof of insurance. These must be presented at check-in. Any participant without this form will be considered ineligible and will not be allowed to compete. Any entry that performs with an ineligible participant will be disqualified.

PROPS & COSTUMING

Props (such as signs and poms) and costumes are optional and allowed in all categories, provided that they are in good taste and safe for all participants.

PENALTIES

SAFETY

Any infraction regarding stunts and pyramids will result in **automatic disqualification** from that event.

ELIGIBILITY

Any entry that competes with an ineligible participant will be disqualified from that event.

ILLEGAL MANEUVERS

Using **music in the cheer category** or **performing illegal stunts as explained below** will result in an **automatic disqualification**.

CATEGORIES

SPIRIT

One prize will be awarded to the school that displays the most spirit. Please remove any signs or banners you bring at the end of the competition. **St. John will NOT be eligible for the spirit award.**

SPORTSMANSHIP

One prize will be awarded to the school that displays the highest degree of sportsmanship. **St. John will NOT be eligible for the sportsmanship award.**

CHEER

Should be between 1 and 3 minutes

No music is allowed in this category

SONG

Should be between 1 and 3 minutes

SHOW CHEER

Should be between 1 and 3 minutes

A combination of cheer and song. Music should be used for 50% of routine (give or take).

DIVISIONS*

Can be changed based on the number of entries

PEE WEE	(KINDER-2 ND GRADE)
GRAMMAR SCHOOL CHEER	(3 RD - 4 TH GRADE)
MIDDLE SCHOOL CHEER	(5 TH -8 TH GRADES)
GRAMMAR SCHOOL SONG	(3 RD - 4 TH GRADE)
MIDDLE SCHOOL SONG	(5 TH -8 TH GRADES)
SHOW CHEER	(5 TH -8 TH GRADES)

The contest director may delete, combine or divide divisions as deemed necessary due to the number of entries.

STUNTS & PYRAMIDS

No stunts will be allowed for participants younger than the 5th grade. For combined squads with participants younger than 5th grade, younger participants may not stunt (including shoulder sits and thigh stands).

NO JEWELRY

5th -8th Grades

-Pyramids shall be limited to two persons high. "Two-high" is defined as the base having at least one foot on the ground. (A base cannot be in a back bend position)

-Nobody can stand on someone who is kneeling.

-Cradling is permitted.

-All pyramids/stunts in which the mounter's/flyer's feet are above the waist of the base require two trained adult spotters. High school coaches are acceptable.

— **All stunts must have a uniformed member of the squad as a back spot (except for thigh stands)**

-Please take into consideration age and ability, and use your best judgement regarding the safety of your athletes.

GYMNASTICS

For all grade levels, gymnastics are allowed.



AWARDS

All Star Awards will also be given out.

*Only applicable if we have 3 or more competitive teams in each category. If not, we will follow the All Star award per team format as previous years.

JUDGING

All judges are volunteers and come from a variety of backgrounds. We invite professional and college level cheerleaders, high school, All-Star, and college level coaches. As always, high school cheerleaders will be used only in the event of a last minute cancellation. In events with more than 5 judges, the lowest and highest scores are eliminated, and the remaining scores are averaged for the final score. In events with 5 or less judges, all scores are used.