



# TWISTED ATHLETICS EVENT

## 404 HOMETOWN TOUR January 21, 2012

VENUE: **COBB GALLERIA**  
2 Galleria Parkway  
Atlanta, Georgia 30339

### ALLSTAR CHEER AND DANCE TEAMS

Early Registration	\$55 per athlete	November 15
On Time Registration	\$60 per athlete	December 15
Late Registration	\$65 per athlete	January 1
Crossover Fee	\$30 per occurrence	
Special Needs	ALWAYS FREE	
Exhibition Teams	\$30 per athlete	December 15

### RECREATION/SCHOOL/COLLEGE TEAMS

Early Registration	\$50 per athlete	November 15
On Time Registration	\$55 per athlete	December 15
Late Registration	\$60 per athlete	January 1
College Teams	FREE	December 15

### SPECTATOR FEES

Adult Spectator Fee	\$12 per person at the door
Child Spectator Fee	(3-12 yrs old) \$7 per person at the door



# REGISTER 2 GET TWISTED



CHEER & DANCE CHAMPIONSHIPS

## STEP 1

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REGISTER ONLINE at [twistyourspirit.com](http://twistyourspirit.com)

**OR**

Complete the following forms:

**Team Registration**  
**Payment and Registration Form**  
**Crossover Form**  
**Credit Card Authorization (if necessary)**

Double-check to make sure that the divisions and levels are correct. Be sure to fill in the email addresses of each coach, since confirmation information will be sent via email. Fill out the Credit Card information at the bottom of page () or enclose a check for your deposit. Send completed forms and payment to:

**TWISTED ATHLETICS**  
**742 Mink Avenue**  
**Suite 305**  
**Murrells Inlet, SC 29576**

Full payment is due to the Twisted Athletics office on or before the respective registration deadlines. Visa, MasterCard and American Express are accepted. No individual checks will be accepted. Any payments received after the Final Registration Date must be in the form of a credit card, cashier's check or money order.

## STEP 2

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Twisted Athletics has secured hotels rooms for our athletes, coaches and spectators. Please review the numerous host hotels and call today, book early and receive the Twisted Group Discounted Rate.

# TWISTED PERFORMANCE REQUIREMENTS

## TWISTED GENERAL RULES

- Cheer teams must have at least 5 members. Dance teams must have at least 4 members. Please refer to specific divisions in order to see the maximum number of team members allowed in each division. Group stunts may have 4 or 5 members.
- Mascots are welcome to perform as members of their squad but must adhere to all rules and regulations expected of team members.
- Time Limits:

**Cheer Teams** - 2 minutes and 30 seconds

**Dance Teams** - 2 minutes and 30 seconds

There are no minimum time requirements on any type of routine. Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with the last note of music or when the ending motion or pose is held. Introductions, spell-outs and/or organized entrances are considered part of the routine and are timed as part of the performance. All participants should walk/spirit onto the floor and immediately start their routine after placement of any props. Cheer performances can consist of any combination of cheer and music.

- The main performance surface will be approximately 44 feet deep by 56 feet wide. (The exact size of the performance floor could vary slightly by event.) A marly dance floor (approximately 40 feet deep by 49' wide) may be used for dance performances. For safety purposes, we require everyone to perform their routine on the performance surface. There is no deduction for stepping off the surface. Executing a skill off the surface will be treated as a rule infraction and will result in the appropriate point deduction.

- The Exhibition Division was created for teams who do not meet the Performance or division Requirements or Division Requirements as set forth by Twisted Athletics. Exhibition teams are required to pay 1/2 of the on-time registration fees. Each Exhibition teams will receive a participation gift and team award. Exhibition teams will receive a comment sheet from the judges but will not receive numerical scores. Exhibition teams will not be ranked with other teams.
- Coaches are allowed to sit on the stage/performance floor for Tiny, Exhibition & Special Needs divisions only. Coaches are not allowed to be on the stage/performance floor for any other divisions. (Exception: Cheer routine spotters. See Spotter Information for details.) Coaches can always stand in the designated coaches' area or preferred seating area in front of the performance floor (if applicable). Also, no team is allowed to place "space markers" (i.e. something to show where the kids should stand) on the performance floor except for Tiny, Exhibition or Special Needs teams. If space markers are placed by anyone outside of these divisions, this will be considered a rule infraction and will result in the appropriate point deduction.
- All routines must be suitable for viewing by audiences of all ages. Vulgar or suggestive music or material is restricted and will result in a point deduction for each incident. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures, implications or lyrics. Vulgarity will be determined at the discretion of the judges and/or event directors.
- Please bring TWO high quality copies of your music to the event. CDs or IPODS/MP3 PLAYERS ONLY! No tapes are allowed.

- One representative of your group/individual will be responsible for running the music during the competition. This person must remain at the sound area throughout the entire performance. In the event a routine is delayed/stopped due to the team's operator error, timing of your routine will continue. No unnecessary team members, parents, etc. are allowed in the sound area. This individual is responsible for making any decisions should a routine interruption occur.

## CHEER & DANCE DIVISIONS

DIVISIONS	AGE	SEX	# ON TEAM
<b>LEVEL 1</b>			
Tiny	• 5yrs & younger	• Female/Male	• 5 - 32 members
Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 members
Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 members
Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 members
Senior	• 18 yrs & younger	• Female/Male	• 5 - 32 members
<b>LEVEL 2</b>			
Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 members
Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 members
Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 members
Senior	• 18 yrs & younger	• Female/Male	• 5 - 32 members
<b>LEVEL 3</b>			
Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 members
Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 members
Junior	• 14 yrs & younger	• No Males	• 5 - 32 members
Junior Co-Ed	• 14 yrs & younger	• 1 or more Male	• 5 - 32 members
Senior	• 18 yrs & younger	• No Males	• 5 - 32 members
Senior Co-Ed	• 18 yrs & younger	• 1 or more Male	• 5 - 32 members
<b>LEVEL 4</b>			
Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 members
Junior	• 14 yrs & younger	• No Males	• 5 - 32 members
Junior Co-Ed	• 14 yrs & younger	• 1 or more Male	• 5 - 32 members
Senior	• 18 yrs & younger	• No Males	• 5 - 32 members
Senior Co-Ed	• 18 yrs & younger	• 1 or more Male	• 5 - 32 members
<b>LEVEL 4.2</b>			
Senior	• 18 yrs & younger	• Female/Male	• 5 - 32 members
<b>LEVEL 5</b>			
Youth Restricted	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Youth	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Junior	• 14 yrs & younger	• No Males	• 5 - 36 members
Junior Co-Ed	• 14 yrs & younger	• 1 or more Male	• 5 - 36 members
Senior Restricted	• 18 yrs & younger	• Limit 0 - 4 Males	• 5 - 36 members
Senior	• 12 - 18 yrs old	• No Males	• 5 - 36 members
Senior Small Co-Ed	• 12 - 18 yrs old	• 1-4 Males	• 5 - 20 members
Senior Medium Co-Ed	• 12 - 18 yrs old	• 1-6 Males	• 5 - 30 members
Senior Large Co-Ed	• 12 - 18 yrs old	• 1-18 Males	• 5 - 36 members
International Open 5	• 14 yrs & older	• No Males	• 5 - 24 members
International Open Co-Ed 5	• 14 yrs & older	• 1-12 Males	• 5 - 24 members
<b>LEVEL 6</b>			
International Open 6	• 17 yrs & older	• No Males	• 5 - 24 members
International Open Co-Ed 6	• 17 yrs & older	• 1-12 Males	• 5 - 24 members
<b>Special Needs</b>			
	• Any Age	• Female/Male	• Unlimited

DIVISIONS	AGE	SEX	# ON TEAM
Tiny Jazz	• 5 years & younger	• Female/Male	• 5+ members
Tiny Pom	• 6 years & younger	• Female/Male	• 5+ members
Tiny Hip Hop	• 7 years & younger	• Female/Male	• 5+ members
Mini Jazz	• 8 years & younger	• Female/Male	• 5+ members
Mini Pom	• 8 years & younger	• Female/Male	• 5+ members
Mini Hip Hop	• 8 years & younger	• Female/Male	• 5+ members
Youth Jazz	• 11 years & younger	• Female/Male	• 5+ members
Youth Pom	• 11 years & younger	• Female/Male	• 5+ members
Youth Hip Hop	• 11 years & younger	• Female/Male	• 5+ members
Junior Jazz	• 14 years & younger	• Female/Male	• 5+ members
Junior Pom	• 11 years & younger	• Female/Male	• 5+ members
Junior Hip Hop	• 11 years & younger	• Female/Male	• 5+ members
Senior Jazz	• 11 years & younger	• Female/Male	• 5+ members
Senior Pom	• 11 years & younger	• Female/Male	• 5+ members
Senior Hip Hop	• 11 years & younger	• Female/Male	• 5+ members
Open Jazz	• 14 years & older	• Female/Male	• 5+ members
Open Pom	• 14 years & older	• Female/Male	• 5+ members
Open Hip Hop	• 14 years & older	• Female/Male	• 5+ members

## STUNTS

### DIFFICULTY (1-10 points)

LOW	Skills performed within and/or under qualified level OR limited number of stunts performed in routine based on the number of squad membership. Multi-based stunts all utilizing fronts spotters. Top person demonstrating a single body position in the air. Lacks creativity and variety in stunt elements. Basic load-in and dismounts performed for the respective level.
HIGH	Multi-based stunts with less than half utilizing fronts spotters. Top person demonstrating multiple body positions in the air. Above average creativity and variety in stunt elements. Above average qualified transitional elements, load-ins and dismounts. Elements demonstrate advanced transitional skills.
TWISTED	Multi-based skills are performed with minimal or no front spotters. Majority of members perform a qualified level of skills with elite creativity and variety. Top person demonstrates multiple body positions in the air. Performs high level of qualified transitional elements, load-ins and dismounts.

### EXECUTION (1-15 points)

1 - 4 pts	Stunts skills are executed with less than average technique, perfection, stability, flexibility and synchronization.
4 - 7 pts	Stunts skills are executed with average technique, perfection, stability, flexibility and synchronization.
7-10 pts	Stunts skills are executed with above average technique, perfection, stability, flexibility and synchronization.
10 -15 pts	Stunts skills are executed with nearly perfect technique, perfection, stability, flexibility and synchronization.

## STANDING TUMBLING

### DIFFICULTY (1-10 points)

LOW	Limited skills and variety performed in the routine. Minimal number of performers attempting skills in ratio to team membership.
MEDIUM	Average skills and variety performed in the routine. Average number of performers attempting skills in ratio to team membership.
TWISTED	Above average number of skills and variety performed in the routine. Most to all of performers attempting skill in ratio to team membership.

### EXECUTION (1-15 points)

1 - 4 pts	Standing tumbling skills performed with less than average technique, perfection and synchronization.
4 - 7 pts	Standing tumbling skills performed with average technique, perfection and synchronization.
7-10 pts	Standing tumbling skills performed with above average technique, perfection and synchronization.
10 -15 pts	Standing tumbling skills performed with nearly perfect technique, perfection and synchronization.

## RUNNING TUMBLING

### DIFFICULTY (1-10 points)

LOW	Limited skills and variety performed in the routine. Minimal number of performers attempting skills in ratio to team membership.
MEDIUM	Average skills and variety performed in the routine. Average number of performers attempting skills in ratio to team membership.
TWISTED	Above average number of skills and variety performed in the routine. Most to all of performers attempting skill in ratio to team membership.

### EXECUTION (1-15 points)

1 - 4 pts	Running tumbling skills performed with less than average technique, perfection and synchronization.
4 - 7 pts	Running tumbling skills performed with average technique, perfection and synchronization.
7-10 pts	Running tumbling skills performed with above average technique, perfection and synchronization.
10 -15 pts	Running tumbling skills performed with nearly perfect technique, perfection and synchronization.

## JUMPS

### DIFFICULTY (1-10 points)

LOW	Members do not perform a jump combination (ie. Single Jump).
MEDIUM	Members perform a jump combination . Section does not incorporate transitional elements and variety of jumps. Most to all of performers attempting skill in ratio to team membership.
TWISTED	Members perform an advanced connected jump combination. Section incorporates intricate transitional elements and a variety of jumps. Most to all performers attempting skill in ratio to team membership.

### EXECUTION (1-15 points)

1 - 4 pts	Jump skills performed with less than average technique, perfection and synchronization.
4 - 7 pts	Jump skills performed with average technique, perfection and synchronization.
7-10 pts	Jump skills performed with above average technique, perfection and synchronization.
10 -15 pts	Jump skills performed with nearly perfect technique, perfection and synchronization.

## TOSSES

### DIFFICULTY (1-10 points)

LOW	Less than the majority of members perform an allowable element.
MEDIUM	Majority of members perform an allowable element.
TWISTED	Majority of members perform an allowable element simultaneously. In addition, at least one group performs a qualified level toss.

### EXECUTION (1-15 points)

1 - 4 pts	Toss skills are executed with less than average technique, perfection, stability, flexibility and synchronization.
4 - 7 pts	Toss skills are executed with average technique, perfection, stability, flexibility and synchronization. Below than average to average toss height performed.
7-10 pts	Toss skills are executed with above average technique, perfection, stability, flexibility and synchronization. Average toss height performed.
10 -15 pts	Toss skills are executed with nearly perfect technique, perfection, stability, flexibility and synchronization. Above average toss height performed.

## MOTIONS

### DIFFICULTY (1-10 points)

LOW	Basic Motion Skills: Performs minimal level changes and/or formation changes. Motions executed at a slow pace throughout section with little or no footwork.
MEDIUM	Average Motion Skills: Performs moderate level changes and/or formation changes. Motions and movement executed at a higher pace throughout section with moderate footwork throughout.
TWISTED	Elite Motion Skills: Performs multiple level and formation changes to create fullest visual effect throughout section. Motions and movement executed at a higher pace with seamless transitions throughout section with moderate footwork throughout.

### EXECUTION (1-15 points)

1 - 4 pts	Motion skills performed with less than average technique, placement and synchronization.
4 - 7 pts	Motion skills performed with average technique, placement and synchronization.
7-10 pts	Motion skills performed with above average technique, placement and synchronization.
10 -15 pts	Motion skills performed with nearly perfect technique, placement and synchronization.

## DANCE

### DIFFICULTY (1-10 points)

LOW	Basic Dance Skills: Performs minimal level changes and/or formation changes. Dance motions executed at a slow pace throughout section with little or no footwork.
MEDIUM	Average Dance Skills: Performs moderate level changes and/or formation changes. Dance motions and movement executed at a higher pace throughout section with moderate footwork throughout.
TWISTED	Elite Dance Skills: Performs multiple level and formation changes to create fullest visual effect throughout section. Seamless transitions and strong footwork with advanced body movement.

### EXECUTION (1-15 points)

1 - 4 pts	Dance skills performed with less than average technique, perfection and synchronization.
4 - 7 pts	Dance skills performed with average technique, perfection and synchronization.
7-10 pts	Dance skills performed with above average technique, perfection and synchronization.
10 -15 pts	Dance skills performed with nearly perfect technique, perfection and synchronization.

# TWISTED ATHLETICS SCORE SHEET

## TUMBLING

			Score	Bonus	Comments
<b>RUNNING TUMBLING</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>STANDING TUMBLING</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>TUMBLING SCORE TOTAL:</b>				1	

## TOSSES & JUMPS

			Score	Bonus	Comments
<b>JUMPS</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>TOSSES</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>TOSSES &amp; JUMPS SCORE TOTAL:</b>				1	

## PYRAMIDS & STUNTS

			Score	Bonus	Comments
<b>PYRAMIDS</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>STUNTS</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>PYRAMIDS &amp; STUNTS SCORE TOTAL:</b>				1	

## DANCE & MOTIONS

			Score	Bonus	Comments
<b>DANCE</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>MOTIONS</b>	DIFFICULTY	10		.5	
	EXECUTION	15			
<b>DANCE &amp; MOTIONS SCORE TOTAL:</b>				1	

## FORMATIONS & TRANSITIONS

			Score	Bonus	Comments
<b>FORMATIONS</b>	DIFFICULTY	5		.5	
	EXECUTION	7.5			
<b>TRANSITIONS</b>	DIFFICULTY	5		.5	
	EXECUTION	7.5			
<b>FORMATIONS &amp; TRANSITIONS SCORE TOTAL:</b>				1	

### TOTAL POSSIBLE POINTS

<b>TOTAL POINTS:</b>	225		
<b>CREATIVITY BONUS:</b>			

# TWISTED ATHLETICS REGISTRATION (1 form/4 teams)

**TEAM NAME** - As you would like it to appear in the program \_\_\_\_\_ **# OF COMPETITORS**

**TEAM DIVISION** - Please write exactly as it appears on page 2 \_\_\_\_\_

1ST COACH \_\_\_\_\_

2ND COACH \_\_\_\_\_

1ST COACH'S EMAIL ADDRESS \_\_\_\_\_

2ND COACH'S EMAIL ADDRESS \_\_\_\_\_

**TEAM NAME** - As you would like it to appear in the program \_\_\_\_\_ **# OF COMPETITORS**

**TEAM DIVISION** - Please write exactly as it appears on page 2 \_\_\_\_\_

1ST COACH \_\_\_\_\_

2ND COACH \_\_\_\_\_

1ST COACH'S EMAIL ADDRESS \_\_\_\_\_

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**TEAM DIVISION** - Please write exactly as it appears on page 2 \_\_\_\_\_

1ST COACH \_\_\_\_\_

2ND COACH \_\_\_\_\_

1ST COACH'S EMAIL ADDRESS \_\_\_\_\_

2ND COACH'S EMAIL ADDRESS \_\_\_\_\_

# CROSSOVERS (1 form/4 teams)

TEAM NAME

TEAM NAME

TEAM NAME

TEAM DIVISION

TEAM DIVISION

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TEAM NAME

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# CROSSOVERS (1 form/4 teams)

TEAM NAME

TEAM NAME

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# CROSSOVERS (1 form/4 teams)

TEAM NAME

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# TWISTED ATHLETICS REGISTRATION & PAYMENT

Event Name	Event Date	Event Price
Gym Owner's Name	Program Name	Contact Person's Name
Gym Owner's Home Address	Gym Name	Contact's Home Address
City, State, Zip	Program Address	City, State, Zip
Gym Owner's Daytime Phone	City, State, Zip	Contact's Daytime Phone
Gym Owner's Cell Phone	Gym Phone	Contact's Cell Phone
Gym Owner's Email	Gym Web Address	Contact's Email

## PARTICIPANTS

## CROSSOVERS

## COACHES

<input type="checkbox"/> X \$60 Early Registration November 15  <input type="checkbox"/> X \$65 On Time Registration December 15  <input type="checkbox"/> X \$70 Late Registration January 1  <div style="text-align: right;">subtotal A</div>	<div style="text-align: center;">_____ X \$30 =</div>     <div style="text-align: right;">subtotal B</div>	<div style="text-align: center;">( _____ ) _____ X \$50 =</div> <div style="text-align: center;">TOTAL COACHES      PAYING COACHES</div>     <div style="text-align: right;">Two coaches free per team registered      subtotal C</div>
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### GYM SIZE

SMALL GYM       LARGE GYM
 
*A "Small Gym" is defined as having one physical address for its location and has 75 or less athletes registered in its competitive cheer program at the time of competition.*

IF PAYING BY CREDIT CARD

CARDHOLDER INFORMATION

Cardholder Name		Cardholder's Address	
Card Type		City, State, Zip	
Card Number	Exp. Date	Home Phone #	Daytime Phone #
Amount Charged		Email Address	

### PAYMENT TOTAL

subtotal A	=	_____
subtotal B	=	_____
subtotal C	=	_____
TOTAL AMOUNT DUE	=	_____

Make checks payable to:

**Twisted Athletics**  
**742 Mink Avenue**  
**Suite 305**  
**Murrells Inlet, SC 29576**

# CREDIT CARD PAYMENT FORM

Complete this form if paying with Visa, Mastercard or American Express. This form may be duplicated as necessary.

## AUTHORIZATION:

I, \_\_\_\_\_  
**CARDHOLDER'S NAME** - Please print your name.

Authorize Twisted Athletics to charge my:  **Visa**  **MasterCard**  **American Express**

## Credit Card Number:

**Exp:**     
MM/DD/YY

\$ \_\_\_\_\_  
**TOTAL AMOUNT**

## CARD HOLDER'S SIGNATURE

<b>Cardholder's Address</b>	
<b>City, State, Zip</b>	
<b>Home Phone #</b>	<b>Daytime Phone #</b>
<b>Email Address</b>	
<b>Allstar Program Name</b>	
<b>Team Name (if different)</b>	