



CHEER & DANCE
Competition

Coach Information
Package

PROGRAM DIRECTOR / HEAD COACH CHECK-IN REQUIREMENTS

At check-in, the Program Director or Head Coach must:

- Present a valid Photo ID
- Provide a valid/current Background Check for all Head Coaches
- Submit Team Rosters
- Submit all required Participant Waivers
- Submit signed Code of Conduct Forms
- Submit any additional required competition paperwork, if not previously submitted
- Complete a Bid Intent Form, if not previously submitted
- Receive authorized Coach Bands

BID INTENT FORMS

Leave It On The Mat will be awarding Partial Paid Bids to The Nations Championship in Orlando, Florida, May 7–8, 2027.

All Program Directors must complete a Bid Intent Form at Coaches Registration for each team they would like to be considered for a bid.

BEFORE SUBMITTING YOUR BID INTENT FORM

Please submit a Bid Intent Form only if your team is prepared and committed to attending The Nations Championship should a bid be awarded. If you already know your team may be unable to attend, please do not submit a Bid Intent Form.

Bid Intent Forms will be pre-filled for each registered team. Program Directors are responsible for reviewing each form and confirming that:

- The team is present and competing at the event.
- The team is listed in the correct level and division.
- All information on the form is accurate before submission.

Bid Intent Forms must be submitted at the event. Forms will NOT be accepted after the competition has concluded.

BID ELIGIBILITY

Only teams competing in a qualifying division are eligible to receive a bid.

The Nations Championship utilizes the American Scoring Rubric.

Submission of a Bid Intent Form indicates your program's intent to accept and utilize a bid to The Nations Championship in Orlando, Florida, May 7–8, 2027, if awarded.

SCORE SHEET

Team Score Sheets will be given after awards to each team upon coach request.

SCORE REVIEW

If a team's final score is to be challenged, you must request with the head judge.

AWARDS

All teams are required to report to awards, dressed in full uniforms. Coaches are asked to assign one person to get awards per competing team. The choice is up to you. All athletes will receive a medal at awards for each division they performed.

Banners will also be given during the scheduled Award Ceremonies. Specialty awards are also given to teams/organizations who earn them throughout the event or from performances.

VIP FAN AREA

The VIP FAN AREA is ONLY permitted for spectators for the performing team ONLY.



PAYMENTS & REFUND POLICY

- Payments will be processed online with the completed registration form. Signed registration packages will need to be signed and submitted on or at check in. Please make sure all waivers are completed for each athlete. Two Coaches per team will be permitted at no charge. You will receive wristbands for coaches and participants athletes at check in so please make sure your head counts are correct at the time of registration. All additional support members or staff should purchase a ticket, in advance or at the door. If you need additional Coaches wristbands, you can purchase them at \$25 a piece. No general admissions ticket holders are permitted in dressing rooms or in Coaches room!
- All forms must be completed via invoice or in hand deliver to 29001 Solon Road Suite M, Solon, all payments maybe payable to Leave It On the Mat, Inc.
- All signed/completed registration forms and rooster must be received by: November 1st.
- All balances must be paid in full by every team prior to November 1st or participant fees are late and increase to \$35 per participants and \$300 for showcase teams. NO EXCEPTIONS
- Any balances on your account are program director, owner, or coach responsibility.
- If payment has been made via credit card, you are charged a 3% fee. If you receive a refund, there will be no refund on the 3% fee.

ADMISSION

- Advanced ticket prices: \$15 in advance; Tickets at the door are \$25 if presale tickets are sold out!
- After all pre-sell tickets are sold out only door sells be available CASH ONLY.

Awards: 1st-5th Place Banners for each category and medals for all participants for each category. Specialty Banners for Fan Award, Best Jumps, Judges Favorite, Rising Stars Choice Awards, Best Choreography, Outstanding Tumbling and Most Creative if applicable. Any place after 5th place will receive an outstanding performance award banner.

TEAM RULES & REGULATIONS

REGISTRATION

- All teams must register online! Once you've expressed interest in the event, a Leave It On the Mat Team Representative will contact you to send an invoice for team registration payment. You'll also be assigned a dedicated team rep who will support you throughout the preparation process and on competition day to assist with anything you need.
- We will only be accepting 8-10 teams. Registration form, rosters, liability consents and media releases all must be signed and submitted to complete registration.
- Participating programs/teams can begin registering on September 2026.
- There will be no refunds for registration fees. Full refunds will be sent out in the event of cancellation of the competition.
- Each organization must provide the total number of participants and its a 2 coach max for each team. Additional coaches/ staff tickets can be purchased in advance @\$25 a coach. You will only be given arm bands for the total number of athletes/coach/ staff you set.
- Once Team/ Organization fee is paid you will be sent another link to finalize your participants. We will reach out for any additional items we need such as team photos or logos for promotional purposes.



GENERAL RULES

TEAM WAIVERS

Team waivers will be sent to all directors or head coaches email and need to be completed and sent back or turned in at check in! Each head coach will be required to sign a master copy during check-in on the day of the event.

TEAM HOST INFORMATION

Each team will be assigned a "Host" to guide and direct you throughout the day. You will meet your "Host" at check-in. If you have any questions, please do not hesitate to ask him/her.

- Please let your parents and spectators know that they can only enter when doors open at 12:00pm. We will not allow spectators, elderly, etc. to sit on the inside of the facility, at all, until the event starts.

TEAM ROSTER

Please complete the team roster and return with or after you send your registration packet. The team roster form MUST be completed in full, signed and dated by the Head Coach. Only the names listed on the team's roster will be permitted in the team areas beyond the gymnasium. No parents, additional coaches, additional team members, etc. will be granted entrance beyond gym area if their name is not on the roster. Please remember to purchase additional Team entry tickets for the additional staff, make-up artist, hair, etc if they need to be able to go backstage.

FOOD/DRINKS

You can bring water for your teams. No outside food is to be brought in. No food is to be eaten in the team rooms if provided on. Private team rooms are available at an additional rate by request and upon availability. Each team is responsible for cleaning up their room space prior to awards and/or prior to departure. If your team's room/area is not returned to its' original state, you will not be allowed to return to another LIOTM competition

TEAM PARTICIPANTS

The minimum number of participants a team can have is five (5), in all categories with a maximum of 36. Participants must be between the ages of 3 and 18 to participate.

MUSIC

All music must be on a flash drive or phone! All music must be checked with DJ at check-in as LIOTM is not responsible for music not playing and will not be able to download music at competition. Music must be clean with no use of profanity. Foul music or demeaning song choices are grounds for disqualification of the participating round.

TIME DEDUCTIONS

Rules for all categories: do not exceed the allotted time limits. Doing so will result in disqualification for that category. For example, if your team is still moving after 2m in the stand battle category, you will be disqualified. If your team is still dancing after 4 minutes in the walk-through category, you will be disqualified (you must be off the floor and exiting at 4 minutes for this category). If your performance ends on the floor, please advise the hosting director during the coaches meeting.

❖ Exception: In the open category, we will allow teams to enter & exit the set up/breakdown process simultaneously with no penalty.

❖ If you miss your que (in any category), your team automatically forfeits that category. There will be no waiting for teams to present themselves. Your team will be called twice, and we will continue the show if your team is not in place.



SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition. They should have a positive presentation upon entry and exit from the performance area as well as throughout the routine. The directors & coaches of each team is responsible for seeing that the team members, coaches, parents and other person's affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification and/or ejection from the premises (even during & after the award ceremony).

CHOREOGRAPHY AND COSTUMING

- Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal.
- Routine choreography should be appropriate and entertaining for all audience members. Vulgar and 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 or implications.
- Inappropriate choreography, costuming and/or music may affect the judges' overall impression and/or score of the routine.
- All costume malfunctions resulting in team members being exposed will result in point deductions. Improper undergarments will result in a point deduction.
- Shoes with heels or wheels are not allowed. Wearing only socks or footed tights is also prohibited. There will be a 5-point deduction for not adhering to this rule.
- It is suggested that any excessively short shorts have tights underneath. The exposure of personal areas (cleavage and buttocks) are strictly prohibited. Crop tops are allowed if under breast is not visible

SCORESHEETS

SCORESHEETS USED FOR ALL LEAVE IT ON THE MAT COMEPTITIONS CAN BE FOUND ON OUR WEBSITE: WWW.LEAVEITONTHEMAT.LIVE



CATEGORIES

WALK-THRU (Open To All Teams Competing)

This is your first impression to the judges, the audience, and your fan base ... make it count! Be creative and have fun. Do not use any props or items that may need to be removed during the stroll of your team. You may select your own song but the song must be provided on your registration form so we can keep the flow for each team continuous.

- Each team will have four (4) minutes (max) for walk-through. Any choreography must be included in the 4 minutes allowed but must keep the walk of the team going throughout the square of the gym.
- Use the perimeter of the mat only. Once the team has completed their walk through, they will be directed to line up for the National Anthem and begin of competition.
- The walk-thru segment will be continuous. Meaning, the next team's music will play and so forth until all teams have completed this category. There will be no pause in the show.
- All other teams will be allowed to enter gym after all competing walk-thrus are completed

SCHOOL/TRADITIONAL/ MUNY CHEER MUSIC ROUTINES

Mount or Non-Mount Division

Attention **Teams**- You have the option to compete in either an **All-Music Routine** or **Cheer/Music Routine** mix. If you choose to perform an All Music Routine, it must not exceed 4 minutes and must follow the guidelines below with the exception of a cheer portion. Cheer/Music format guidelines are listed below.

- Total routine time cannot exceed 4 minutes.
- The routine must consist of at least one cheer/chat.
- A musical segment of at least 1 minute.
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.
- Athletes should enter the mat in a timely fashion. No jumps or tumbling allowed during entrance.
- Timing will end with the holding of the final movement.
- Partner stunts and pyramids are permitted. (Safety Guidelines required)
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted.
- Teams can have no less than 5 participants.
- Mascots are welcome to perform with their teams, however, they will be counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, poms, flags, and megaphones.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

STOMP N SHAKE

- Time Limit
- Routines are limited to 3 minutes maximum, starting with the first movement, cheer, or musical note.

Skills & Movement Guidelines

- Routines may include stunts, tumbling, jumps, and kicks—although at least one skill is required. Cheer and dance elements are permitted, and music is allowed.
- Disallowed Moves (for safety) No baskets, sponge elevators, or tosses, No inversions ,No twisting released dismounts, Single-leg stunts limited to liberties and liberty hitches, No running tumbling allowed
- Standing tumbling is capped at one skill only, with back tuck as the most advanced allowable move (e.g., a standing full is prohibited, but a single back handspring or jump-to-tumble is okay)



ALL STAR/REC PERFORMANCE CHEER ROUTINES

- Total routine time can not exceed 2 minutes and 30 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.
- Athletes should enter the mat in a timely fashion. No jumps or tumbling allowed during entrance.
- Timing will end with the holding of the final movement, pyramid, or stunt.
- Partner stunts and pyramids are permitted by level guidelines.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged by level guidelines.
- Teams can have no less than 5 participants.
- There are to be no props used in the routine with the exception of signs, pompons, flags, and megaphones.
- Teams must follow the U.S.A.S.F. All Star Rules.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

ALLSTAR DANCE/REC PERFORMANCE DANCE DIVISION (Hip Hop, Lyrical, Contemporary, Open)

- Each team will perform a routine not to exceed 2:15 minutes
- The team should take the mat once the team is called.
- Timing will begin with the first organized movement, word, or beat of the music.
- Soft-soled dance shoes may be worn while competing. Bare feet are acceptable. Performing in socks is prohibited.
- Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes post-earrings and hair accessories. Hoop earrings, tongue, belly, nose rings, etc. are prohibited and will result in a 5-point penalty per occurrence. Medical necklaces or bracelets may be worn but should be removed from the neck area and secured to the body with tape.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

MAJORETTE FIELD SHOW OR OPEN DANCE

- Performance Time Limit from 5 to 8 minutes. Exceeding the time limit can result in penalties.
- Attire should align with the competition's dress code (e.g., no inappropriate or overly revealing
- Routines must showcase a mix of skills, including dance, twirls, tosses, and formations.
- Creativity and originality are encouraged. Copying routines from other teams may result in disqualification.
- Teams are responsible for providing music in a competition-approved format.
- Props and Equipment is allowed but please consider presenting a hazard may be prohibited.
- Teams are judged on synchronization, technique, precision, and execution.
- Showmanship
- Facial expressions and confidence play a significant role in scoring.

STAND BATTLE

- Each team should consist of 5-20 members, including alternates.
- Stand battles will go round for round (Using their own music selection played by team coach)
- Battles 2-3 rounds, with each round lasting 30-60 seconds. (1 fast tempo and 1 slow tempo, 3rd round if tie breaker is needed and tempo/song is team selection)
- Teams must be prepared to go first or second, as determined by a coin toss or draw.



STANDS IN STANDS DIVISION

The Stands in Stands Division is a high-energy, head-to-head competition designed to showcase a team's stand routines, technique, synchronization, creativity, energy, and showmanship while performing from the bleachers.

COMPETITION FORMAT

- Teams will compete head-to-head against another team from the same or appropriate division.
- Each team will perform its stand routine from its designated bleacher section.
- Each dance count/stand routine may be no longer than 60 seconds.
- Teams must begin and end their routine within the designated competition area.
- Teams must remain in their assigned bleacher section unless instructed otherwise by competition officials.
- The competition may consist of multiple rounds, depending on the number of teams registered.
- Teams advancing from each round will continue competing until a division winner is determined.

ROUTINE REQUIREMENTS

- Stand routines should demonstrate clean dance counts, synchronization, precision, musicality, creativity, and team uniformity.
- Teams may incorporate their program's traditional stand style, including majorette, hip-hop, field-show, HBCU-inspired, or other dance elements.
- Routines should demonstrate variety in levels, movement, body placement, arm motions, transitions, and visual effects appropriate for performance on bleachers.
- Showmanship is a major component. Teams should demonstrate confidence, energy, facial expressions, attitude, and performance quality throughout their routine.
- Teams may respond competitively through their choreography and performance; however, physical contact, threatening behavior, obscene gestures, inappropriate language, or intentionally interfering with the opposing team is prohibited.
- Teams may not enter the opposing team's designated section during a battle.
- Props or equipment that could create a safety hazard on the bleachers are prohibited.

SAFETY

Because this division is performed on bleachers, athlete safety is mandatory.

- Running, unsafe jumping between bleacher levels, climbing railings, or any movement that places an athlete or spectator at unnecessary risk is prohibited.
- Tumbling, stunts, lifts, or other skills deemed unsafe for the bleacher environment are prohibited.
- Coaches are responsible for ensuring all choreography is appropriate for the performance space.
- Competition officials reserve the right to stop a routine if an immediate safety concern is identified.

JUDGING

Teams will be evaluated on:

- Synchronization & Precision
- Technique & Execution
- Creativity & Originality
- Musicality & Timing
- Difficulty & Variety
- Use of Levels & Visual Effects
- Energy & Showmanship
- Overall Performance

SPORTSMANSHIP

Bring the battle, but keep it professional!

Teams are encouraged to compete with intensity and personality while demonstrating good sportsmanship. **Coaches, athletes, and spectators are expected to respect opposing teams and competition officials throughout the event.**



CAPTAINS BATTLE

- Each team assign one captain to represent for them.
- Battles will go round for round (Using their own music selection played by team coach)
- Battles 2-3 rounds, with each round lasting 30-60 seconds. (1 fast tempo and 1 slow tempo, 3rd round if tie breaker is needed and tempo/song is team selection)
- Captain must be prepared to go first or second, as determined by a coin toss or draw.

COACH BATTLE

- Each team can have their coaches perform up to a 16 count all just for fun.

CREATIVE DIVISION

The Creative Division is designed for teams that want the freedom to showcase an original concept, theme, or performance that may incorporate multiple styles of dance and entertainment.

- Performance Time Limit: 3–5 minutes. Exceeding the allotted time may result in a penalty.
- Routines may incorporate multiple dance styles, themes, characters, storytelling, specialty choreography, and theatrical elements.
- Teams are encouraged to showcase creativity, originality, entertainment value, and a clearly developed concept or theme.
- There is no required dance style for the Creative Division. Teams may combine styles throughout the performance.
- Props and equipment are permitted when appropriate to the routine. Props that create a safety hazard, damage the performance surface, or significantly delay the competition may be prohibited.
- Costumes and attire should complement the routine's theme while remaining appropriate for the age of the performers and complying with the competition's dress code.
- Music must be provided in the competition-approved format and must contain appropriate, competition-safe content.
- Routines should demonstrate effective use of the performance floor, including formations, transitions, staging, and visual effects.
- Teams will be evaluated on creativity and originality, choreography, synchronization, technique and execution, transitions and formations, showmanship, and overall presentation.
- Showmanship matters. Energy, facial expressions, confidence, audience engagement, and commitment to the performance will contribute to the overall score.
- Any incorporated skills must be performed safely and within the rules established for the competition.
- Routines should be the team's own creative presentation. Direct copying or reproduction of another team's routine may result in a penalty or disqualification.

Thank you for competing with us and we hope to see you all soon!

