



Complexe Sportif Claude Robillard

1000 Émile-Journault

Montréal (Québec)

H2M 2E7

2010



REGISTRATION TO CHAMPIONSHIP

A) Registration: each of your members must be enrolled in the school Canadian championship.

For 2009-2010 pricing list, please visit the link below:
<http://www.cheerleadingquebec.com/tarification.html>

To register:

First, you must visit the website of the Federation in the event section and then click the Canadian championship.

Subsequently, you download and complete the appropriate forms for registration of teams and participants.

You must send the original forms in the FCQ office before Wednesday, May 5, 2010. We recommend you keep a copy of all forms to take with you the day of the competition.

B) Payment: certified check or money order (one check per club member), will be issued on behalf of the Federation of Quebec cheerleading. All payments must be received no later than Wednesday, May 5, 2010, otherwise the team will be denied participation.

C) Registration and accreditation kit (one binder per team): You will receive a binder containing all information required for accreditation during the competition. You must complete the documents (registration forms, release form for each participant) and bring them the morning of the competition. This binder will be submitted at the accreditation and verification table.



General Competition Rules

- The Federation of Quebec cheerleading reserves the right to cancel, combine or separate categories depending on the number of entries received;
- All teams will perform **twice**;
- You will receive the score of your first performance after performance of the last team in your division. The score of the second performance will be given after the award ceremony. Coaches can get the results in the coaches room. All non-recovered sheets will be destroyed;
- 2 panels of judges. Each will consist of 5 judges and 2 penalties judges. It is strictly forbidden to speak to judges and access their reserved area;
- All teams and partner stunt groups will have spotters provided by the FCQ;
- All teams must respect the time allowed to enter and exit the competition floor;
- No stunt or gymnastics is permitted outside the performance floor and practice area;
- All athletes must wear their uniform or team tracksuit throughout the day;
- Be sure to follow the general and safety regulations, as well as technical regulations applicable to all teams participating in the FCQ events. (a copy of these regulations will be included in the binder you will be given).



Participant Information

We are very pleased to know we will have you among us on May 22, 2010, first edition of a Canadian Championship. We hope you will enjoy this weekend and that your experience will be rewarding for you and your team.

This event is not just a competition, it is also a end of year celebration where games, activities and surprises await you!

Please find attached some information that will be very useful.

1. The Arrival, Practice and Performance order:

We ask all clubs and associations to collaborate and respect the order of arrival, registration, accreditation, practice and performance. Punctuality is necessary for the proper functioning and running of the event.

A final schedule showing the hours of passages to different points will be posted on the website and given upon your arrival. If schedule changes occurred during the day, rest assured that we will advise you accordingly. (Schedule forthcoming)

Upon arrival, a representative will meet you at the reception desk (door number to be determined). This person will check if the payments are received, provide you with an envelope containing the final schedule of passage, plans and procedures of the day, as well as important meeting points during the day. Furthermore, it will check the team binder for accreditation and you will receive passes to access the site. All accredited members have to wear this pass during their presence on the site.

ORDER OF PASSAGE SATURDAY MAY 22, 2010

- MINI
- YOUTH
- JUNIOR
- PARTNER STUNT-JUNIOR
- SENIOR OPEN
- PARTNER STUNT-SENIOR OPEN
- SENIOR
- PARTNER STUNT - SENOR

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www.cheerleadingquebec.com



- OPEN
- PARTNER STUNT - OPEN

Note: For those bringing several teams, please read competition and practice schedules carefully. Their should not be any major conflict schedule, however, it may be that your team is in the waiting area, while the other is in practice time. If so, please provide a workaround, to make sure that someone is with your other team.

2. Registration and Accreditation of Athletes :

Each team is called to come to the reception and accreditation desk , please respect the final schedule provided to this purpose. An initial audit of binder will be conducted at the reception desk. A second audit of binder and each participant will be completed at the accreditation desk (located in the warm-up and practice area).

We ask the coaches to come prepared with the binder that we will send you by mail, containing all information relating to competition such as: course of the day, technical and safety regulations, data sheets identification with photo and supporting documents (letter of attestation), waiver forms,.

It is very important to **keep silent and remain alert** to ensure smooth registration.

We encourage good sportsmanship throughout the event.

Please note that there is very little room to drop off your bags. We suggest you leave all valuables at home and bring the bare minimum with you. The federation will not be held responsible for lost or stolen objects..

- **Access to volunteer and organization: 9 : 00 a.m**
- **Access to athletes, coaches and companions: (to be determined)**

3. Identification :

- **For athletes:** Medicare card or other identity document with photo.
- **For all athletes aged 12 and under:** Make sure that their photos be included in the form provided to this effect (in the binder).
- **For athletes of the school division:** Please insert the photo in the form provided to this effect (in the

binder). In addition, you must provide an official letter from your school administration).

4. Remission of CD

A representative or a coach, shall, upon his arrival at the warm-up and practice room, provide 2 CDs of his team or partner stunt routine music.

The CD should be delivered to the person in charge of the music; this person will be at the sound console in the warm-up and practice room. MP3s are not accepted.

** Please note that at the end of the competition the CDs will not be returned, because the technician uses it for the making of DVDs.

The remission of CD should be as follows:

- It is mandatory to submit your CD in a case;
- The CD must only contain one soundtrack of your routine music;
- The case and the CD should be identified as follows:
 - NAME OF CLUB
 - ASSOCIATION, SCHOOL OR INSTITUTION
 - CATEGORY
 - NAME AND LEVEL OF THE TEAM
 - NUMBER OF PASSAGE (see final schedule)
 - THE DOMINANT TWO COLORS OF THE TEAM'S UNIFORM (This information will allow the technician to adjust the lights before executing your choreography).

5. Medal Ceremony :

The teams will be invited on the stage by category to receive medals, trophies and banners. Only the first, second and third places will be awarded.

The score sheets will be available in the coach corner room.



6. Competition Mat Characteristics :

The competition mat format is 42' x 54' including descent (9 ranks) and has a base.

The practice mat format is 42' x 54' including descent (9 ranks) and has a full base.

The tumbling consists of a rank of mattress 6' x 42' and a full base.

View the map (to come).

7. Coachs Meetings:

Coachs meetings will take place in the coach corner room (map coming soon).

There will be a coach meeting on Saturday morning for the schools division (time to be determined).

It is strongly recommended that all coaches attend this meeting. During the meeting the following points will be covered:

- The schedule, locations and important meeting places;
- Respond to technical questions;
- Respond to other questions.

Please note that coaches will have access to the coach corner room coaches where refreshments will be served throughout the day.

8. First Aid :

There will be a first aid team available on-site to treat injured athletes.

9. Physiotherapy:

A team of physiotherapists will be available on site.

If necessary, they will be able to put a bandage and/or a "taping" to athletes. . If the therapist must provide the "tape", \$ 2 fee will be charged.



10. Photos:

After the performance, you will have the option to have a picture taken, individually and/or team.

Please note that limited time will be allocated for taking these pictures. Please be organized and have chosen 3 team poses and 2 individual poses. Individual pictures may be taken with a maximum of 3 other person.

11. Accomodation:

Flat-rate pricing are coming. Accommodation remains under your responsibility, although we will suggest some locations.

12. Parking, Maps and Other Information :

The arrival of athletes must be done exclusively through the 1000 Émile-Journeault entry door.

We recommend that visitors park their vehicles in the parking lot, in the back of the complex (free parking).

- **Spectators doors opening and ticket office: to validate**
- Map (coming soon)
- Access Card (forthcoming)

13. Tickets :

Spectators can obtain tickets at a cost of:

- \$ 15.00 for one day pass
- \$ 25.00 for the weekend

We remind you that seats are limited. We strongly suggest you reserve as soon as the information becomes available. **To purchase tickets in advance, you can go on the FCQ website**



to download and complete the provided form. People wanting to purchase entry tickets on the site (prior to Championship) could be denied access.

We remind you that competition takes place in the city of Montréal premises, controlled by the fire department. A monitoring and control will be stepped in force to ensure the smooth running of the Championship.

The ticket office will be located in the main hall, near the audience entrance (view plans, upcoming)

Each ticket holder must present themselves at the **Exchange** ticket counter, located in the main hall, to exchange tickets and receive wrist bracelets. These bracelets are mandatory and are required to go through the spectators entrance doors.

Bracelets purchase: If however tickets were still available, spectators may buy them in the **purchase** section. Payment in cash only.

14. Promotional Items:

All promotional items kiosks are located in the main hall.

- Promotional items will be on sale from 9 h00 am to 7h30 pm.
- Payment in cash only.

15. Other Relevant Information:

- Cameras are prohibited;
- Please be respectful of the premises, do not leave it lying waste on the ground;
- Canteens are available to visitors;
- No meal delivery will be allowed;
- A replay area will be put into place to view the routine (5 minutes after the team's performance).

SCHEDULES

- Forthcoming



Scoring sheets and Regulations

Scoring Sheets (same for all-star and school divisions):

- Forthcoming

Regulations :

- Upcoming

Maps

You can download the following maps:

- To come