



2017 Exhibition Guide

Tiny Mite - Mitey Mite Cheer and Dance

December 1 - 3, 2017



FOR QUESTIONS REGARDING:

ITEMS LISTED IN THIS PACKET:

Lisa Moroski, National Cheer & Dance Commissioner
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SKILLS or SPIRIT ROUTINE:

rules@vcada.org and/or spirit@popwarner.com

Pop Warner: Your Future Begins Here!

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Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



STATEMENT OF ACCEPTANCE: After reading this Exhibition Guide, the Head Coach will be asked to submit the Statement of Acceptance to register the team for the 2017 National Exhibition Performances. New for 2017, the Statement of Acceptance will include basic team information, media form and a routine music upload. In order to submit the Statement of Acceptance, the Head Coach must be prepared to upload your team’s routine music. This uploaded music will be previewed and utilized by your team in all areas of the National Event (HP Aux Court Practice, Warm Up and the Performance Floor) labeled with team name and division. If you make changes to your routine music, after your music upload has been submitted, please contact spirit@popwarner.com to confirm that a new submission has been uploaded.

GENERAL EVENT RULES: All codes, rules and regulations found in the 2017 Official Pop Warner Rule Book remain in effect for all teams performing in the National Cheer & Dance Tiny Mite and Mitey Mite Exhibitions. The teams performing in the Pop Warner National Exhibitions Event must abide by the following guidelines:

- The Cheer and Dance Exhibition Performances will consist of the following divisions:
 - Tiny Mite Cheer Teams roster in Small, Medium and Large and YCADA PW 1.
 - Mitey Mite Cheer Teams roster in Small, Medium or Large and YCADA PW1, PW2 or PW3.
 - Tiny Mite and Mitey Mite Dance Teams roster in YCADA Pom Performance, Theme Dance or Hip Hop.
- Only rostered cheer teams may perform in cheer and only rostered dance teams may perform in dance. All participants must be current and officially rostered members of their Traditional Pop Warner Team and be in compliance with all PWLS rules and procedures.
- Safety - In concentrated efforts to reduce the risk of injury to participants, regional/national events will use every possible means to obtain performance mats for safety, as well as to secure professional spotters.

RESORT REGISTRATION: The Head Coach will check in and register (waiver-credential swap) at the main lobby at *Disney’s Pop Century Resort* Registration Center upon arrival.

TRANSPORTATION TO SPORTS COMPLEX: Event transportation to and from the Sports Complex will be provided from your WDW® Resort hotel specified Event Transportation location. Please ask the resort for designated transportation locations at Check In.

PRACTICE INFORMATION

PRACTICE SIGN UP: The Head Coach must sign up online at <https://www.mydisneygroup.com/popwarner> to reserve a practice time in the Aux Court, *1 Hour*. The link will be available to book practice time on Wednesday, November 29, 2017, 2 PM EST. Three teams will move through each station at the same time limited to the following times.

DATE	FIRST PRACTICE TIME	LAST PRACTICE TIME
Friday, December 1, 2017	2:00 p.m.	4:00 p.m.
Saturday, December 2, 2017	8:00 a.m.	10:00 a.m.

The one hour time slot includes:

- *20 Minutes* Check In Time incl. greeting along with use of Restrooms and Change into Practice Gear/Shoes.
- *20 Minutes* stretch time on one matted panel to stretch, tumble and warm up basic stunts, if time permits. (19 Minutes, 1 Minute to Exit Area)
- *20 Minutes* practice time on a 54’ x 42’ matted surface - nine panels, with music station. (19 Minutes, 1 Minute to Exit Area) The music station with laptop will contain your uploaded routine music for your team so that you can prepare with the same music that will be played on event day. You may also bring your own CD/Jam Box for this practice area.

Practice is restricted to this area only and is not permitted in any other *Walt Disney World®* Resort Area.

ENTERING THE SPORTS COMPLEX: Remember to bring your credentials to enter the Sports Complex. Each participant’s credential has an identifier unique to that person so the biometric reading and credential will work after their first visit to the Complex.

ATHLETE/TEAM ENTRANCE: Arrive 15 minutes prior to Practice Times and report to the designated Participant Entrance located between the ESPN Wide World of Sports Complex, Champion® Stadium and the HP Field House (Last/Side Door.) Rostered coaching staff and participants will be admitted to the Team Entrance and the HP Auxiliary (Aux) Court.



Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



EVENT DAY INFORMATION

Division	National Dates	Start Time
Tiny Mite and Mitey Mite Exhibition	Saturday, December 2, 2017	12:15 p.m.
Tiny Mite and Mitey Mite Tailgate	Saturday, December 2, 2017	4:00 p.m.

ORDER OF PERFORMANCE: Performance times will be released on the Pop Warner website prior to the start of the event, www.popwarner.com.

ENTERING THE SPORTS COMPLEX: Remember to bring your credentials to enter the Sports Complex. Each participant's credential has an identifier unique to that person so the biometric reading and credential will work after their first visit to the Complex. Before or after your performance, your team is permitted to watch the Cheer and Dance Performances or Super Bowl Games with credentials. In the HP Field House, participants may be seated in the upper seating areas only. When your team leaves seating areas, please bring all belongings with you.

ATHLETE/TEAM ENTRANCE: Arrive 15 minutes prior to Check-In Time, listed on the Order of Performance, and report to the designated Participant Entrance located between the ESPN Wide World of Sports Complex, Champion® Stadium and the HP Field House (Last/Side Door.) Rostered coaching staff and participants will be admitted to the Team Entrance and the HP Auxiliary (Aux) Court. You will not be permitted to warm-up after your specified time has passed so please be prompt.

ID CHECK IN/TEAM BOOK: Once you are checked in, a Pop Warner Volunteer will take your team from the HP Team Entrance to the HP Auxiliary (Aux) Court. The Head Coach must present the team book upon entrance to verify photo identification to each participant. The team book includes a copy of the Certified Team Roster and an Absentee Form for any participant absent from the certified roster. Also, the book must include the following for each participant:

- Identification Card/Standard Player Contract
- Proof of Age
- Physical Fitness and Medical History
- Participant Contract and Parent Consent
- Proof of Scholastic Fitness
- YCADA Training Certificate (for all rostered staff positions: Head Coach, Assistant Coaches, Coach Trainee, Student Demonstrator, Coordinators, etc.)
- For Cheerleading Teams Only: Skills Progression Sheet/Head Coach Declaration Checklist

Each athlete must have the Pop Warner Patch secured to the uniform. Any participant not wearing a properly affixed Pop Warner patch will not be permitted to perform.

The rostered staff in attendance will receive event lanyards to continue on the path to the performance floor with the team. This station should take no more than 10 minutes. If discrepancies, the National Cheer & Dance Commissioner will be on hand to resolve challenges with the Head Coach while the team and other rostered coaching staff will be permitted to keep with their scheduled warm-up times. There will not be a safety check in any of the Championship events so the Head Coach should give a last reminder to the team at this time (i.e., tie shoelaces, no safety pins, no jewelry, no hairbands on wrist etc.).

WARM-UP: A Pop Warner Volunteer will take your team to one of three designated matted strips (A, B, C) for warm-up, tumbling and stretching for a timed, 10 minute period (9:30 min stretch, 30 sec move to next station). The team will be asked to immediately move to one of three warm-up areas (A, B, C). A 54' x 42' matted surface (9 panels) will be provided for a timed, 10 minute practice (9:30 min, 30 sec move to next station).

- A music station with laptop and your uploaded music will be provided at each full (9 panel) floor so that you can prepare your team with the same music that will be played at the time of your performance. The Rostered Staff Member in charge of music, will also be asked to listen to and approve your submitted routine music before moving forward to the performance floor.
- It is important that you also come prepared with two copies of your routine music (CD, iPhone/iPod/iPad etc.) as a backup. Also, be prepared to bring (will not be supplied) whatever adapters your device may need to receive a 3.5mm male stereo plug (jack). This is a typical headphone jack, if your earbuds plug into your device, you have the correct adapters.

As soon as warm-up is complete, a volunteer will lead your team immediately down to the Backstage Area.



Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



BACKSTAGE AREA: The team will continue downstairs (from the warm-up area) to the first floor and will be immediately led to a staging area behind the performance floor entrance area. There will be a designated area available to leave team bags in a secure location until their performance time is complete. Two rostered coaches will be permitted to stay with the team up until their performance time.

MAIN FLOOR MUSIC AREA: The Rostered Staff Member in charge of music, will be escorted to the music station 10 minutes prior to performance. This Rostered Staff Member will be directed to a preview station and then to the performance music station (side-by-side) to give instructions to a technician to start routine music. A Region Cheer and Dance Coordinator will be available to guide you through the process. If you make changes to your routine music, after your music upload has been submitted with the Statement of Acceptance, please contact spirit@popwarner.com to confirm that a new submission has been uploaded.

It is important that you also come prepared with two copies of your routine music (CD, iPhone/iPod/iPad etc.) as a backup. Also, be prepared to bring (will not be supplied) whatever adapters your device may need to receive a 3.5mm male stereo plug (jack). This is a typical headphone jack, if your earbuds plug into your device, you have the correct adapters.

COACHES' SEATING DURING PERFORMANCE: The remainder of the coaching staff will be directed to enter the floor from the exit area curtain and move to the main floor. Coaches' lanyards must be visible to enter this area. The coaches will be stationed in a seating area next to the music station until your team performs. Prior to your team's performance, the rostered staff will be directed to seating on the main floor, directly in front of the Spectator Viewing Area. At the end of the team performance, the staff will wait for the team to exit the floor and then will be directed to the back exit area curtain to collect the team and belongings.

PERFORMANCE AREA: The competition area for the National Championship will be approximately 54' x 42' deep (9 Panels) Matted Surface for Cheer and Dance teams.

JUDGES and EVENT SPOTTERS: The judges' area will be directly in front of your team during their performance along with the event videographer and photographers. Competition spotters will be provided for safety.

TEAM EXIT / PERFORMANCE FLOOR: Upon finishing the routine, a team will leave the performance area, exit left rear, back of mat. At the exit curtain, the team will meet up with a Pop Warner volunteer that will coordinate the team holding area until the coaches' return from the Coaches' Seating Area. The volunteer will retain the team belongings and direct the coaching staff to the spectator seating area.

ATHLETIC TRAINER: There will be an Athletic Trainer on hand at the exit area of the performance floor. If your team needs medical assistance, please notify the Pop Warner Volunteer that is responsible for your location. Water stations will also be available throughout the Warm-up and Exit Areas.

- In accordance with and in addition to the Revised Article 17 of the Pop Warner Rulebook, injured participants may not return to practice/performance without explicit approval from the assigned Disney Athletic Trainer, or the onsite Emergency Medical Technician (EMT).

MEDIA/INTERVIEW STATIONS: Head Coaches and/or Teams may be invited to participate in an interview or interactive contest with a Pop Warner Region Media Volunteer and/or a Disney Entertainment Representative inside the venue. Those interested in participating will do a brief interview which may be aired on the overhead screen in the HP Field House and/or on the live webcast.

SPECTATOR VIEWING AREA: Fans can enter a secured family viewing area (in front of the Judges' Stand/directly behind the Coaches' Seating) to cheer on the team as they perform. Fans should arrive 10 minutes before the team's scheduled performance to the Concessions Area, Ground Floor. A Pop Warner volunteer will direct the fans into a secured area that will be closed before the team takes the floor. When the team's routine is complete, the fans will be escorted out of the viewing area in time for the next performance. All fans entering this area must display good sportsmanship, respect for the performers and also be aware of the judges' view. Fans will not be permitted to bring noise makers, megaphones, signs, shakers, etc. into this viewing area. The videographer will provide your Head Coach with a copy of the team performance. A photographer is on hand to provide action photos of your team. Camera, video or any type of recording/photography including cell phones will not be permitted in this spectator viewing area to avoid distraction for the performers and judges.



Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



AWARDS CEREMONY ANNOUNCEMENT: The Awards Ceremony and Parade of Champions will begin immediately following the last performing team. Each team with two coaches will meet on the walkway between the Hess® Sports Fields and the HP Field House.

PARADE OF CHAMPIONS: Athletes must participate in full uniform along with the required soft soled athletic footwear. The Emcee will announce each team to the floor. Your team, with two coaches, will be directed to enter the floor through the center, behind the performance floor, back of the mat. Your team and one coach will parade down the side of the performance floor and will be seated in the team staging area on the main floor. A second coach and two cheerleaders/dancers will be directed to enter the Awards Area from the center/back of the mats and staged around the perimeter of the performance mat.

EXHIBITION AWARDS: The National Event will award each team an Exhibition Plaque along with Routine Review Sheets. When your team is announced, **only one coach and two cheerleaders or dancers are permitted to the awards' area.** A championship picture will be taken in the awards area with the National Staff on hand.

AWARDS CEREMONY EXIT PROCEDURE: At the close of the ceremony, each team with their coaching staff will stay together to immediately exit the awards area. Parents should meet your team(s) outside, at the main entrance to the HP Field House. Spectators will not be permitted to enter the performance area or main floor following the awards ceremony. The area will be supervised by staff members to assist your team.

PHOTOGRAPHY AREA: This station is located at the ESPN Wide World of Sports Complex, Champion® Stadium Second Floor. Each team may take a group and/or individual photo(s) in this location at a time during the event that is convenient to your team, remember to check back after your performance for action photos.

SPORTSMANSHIP MEMO: As a pre-requisite to participation, all participants, coaches, administrators and parents agree to display good sportsmanship throughout the Championship Week and related events. The Head Coach of each team is responsible and will be held accountable for proper conduct of participants, coaches, parents and any other persons affiliated with the team. Please review the "Personal Responsibility at PWLS Events and Sportsmanship" memos (a separate download) with your entire team and organization.

GRIEVANCES: Disputes or rules violations will be handled by the Pop Warner Disciplinary Review Board (DRB). Filing of disputes and details will be available at the Pop Warner Volunteer Tent located at the Football Field #17 just outside the HP Field House and will also be provided in writing to all coaches in advance. As part of participation in the Pop Warner Championship Week, all participants, coaches and volunteers hereby agree to Binding Arbitration should any dispute arise during the event, traveling to and from the event, violation of the Coaches Code of Conduct and sportsmanship related incidents. The decision of the arbitration panel will constitute full, final and complete disposition of the grievances, and will be binding upon all parties. Participants, coaches and/or volunteers violating these articles, rules and/or regulations will be subject to disciplinary action and/or removal from Pop Warner, *Walt Disney World*® property and be disqualified from the event.

NATIONAL CHAMPIONSHIP EVENT SPECIFIC CODE OF CONDUCT: By my signature in the Exhibition Guide Statement of Acceptance, I hereby acknowledge, understand and agree to the following:

- **Proper coaching attire** shall consist of Business, Business Casual or Game Day Attire in the form of a dress, suit, khaki or dress pants and a polo (with Pop Warner Logo and/or Team/Association/League name and/or logo), or Team Sweat Suit/Athletic Sneakers with Pop Warner Team logo, etc.). The following items are not acceptable: Jeans, shorts, flip flops and/or tank tops. Coaching staff consists of Rostered Staff to include Coordinator, Coaches, Coach Trainee, Student Demonstrators, etc.
- **All teams will observe a 10 p.m. Curfew.** All participants must be in their assigned rooms by 10:00 p.m. or participants, coaches and/or the team and association as a whole shall be subject to disciplinary action including but not limited to forfeiture of awards, suspension, and removal from *Walt Disney World*® Resort property, financial penalties and/or permanent removal from Pop Warner. However, participants accompanied by their designated chaperones that are at least 21 years or older who are returning from organized team activities (including without limitation theme park excursions, group dinners, or the Pop Warner Athlete Celebration Party on Wednesday night) outside of their hotels shall be excused from such curfew but must be immediately escorted by such chaperones to their rooms upon returning to their hotels. Pop Warner National and Regional Staff shall be conducting daily checks to ensure compliance.
- **No Video or Telephoto/Zoom Lenses Permitted.** Our policy is to protect the safety and security of our youth participants and to protect your privacy. Video cameras and still cameras with telephoto or zoom lenses will not be permitted during



Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



performances by unauthorized officials. A PWLS designated, professional videographer and photographer will be available at the ESPN Wide World of Sports Complex to order DVD and action photography. Each Head Coach will receive an email from Vault Media prior to event day with an access code to view your team's performance. Therefore, no Video will be permitted by any persons during the event.

- **Prohibition of Firearms.** *Walt Disney World*® Resort prohibits the possession of any firearm while on *Walt Disney World*® Resort property. Any violators will be prosecuted to the fullest extent of the law.

ADDITIONAL NOTE: Spirit Teams attending the Pop Warner Super Bowl, on the sidelines with their respective Football Team, should reference guidelines in the Pop Warner Super Bowl Advisor Manual. On Game Day, Spirit Teams will be greeted by a Pop Warner Volunteer and escorted to the team field location. The Head Coach should come prepared with the Team Book (i.e. Roster, Absentee Forms, Scholastic Proof, ID, etc.) for a brief ID check. Once complete, the Pop Warner Volunteer will give instructions for accepted EWWS on-field guidelines. Teams may perform a half-time routine during your team's Super Bowl Game. (This does not include the Junior Varsity Championship Game on Saturday.) Each field will be equipped with a microphone. Please come prepared with your own music/radio/box/sound system. Upon arrival, the Head Coach should also provide the Volunteer with your halftime music so that he/she can prepare the announcer.



Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



POP WARNER MEMBERS CODE OF CONDUCT: As a condition of my participation in the 2017 Pop Warner Championship Week, I hereby agree to accept the Arbitration Process as outlined in this advisory manual. I hereby agree to accept the decision of the Disciplinary Review Board (DRB) as final, binding and non-appealable. As such, the decision of the DRB will constitute full, final and complete disposition of the grievance, and will be binding upon the participants, Pop Warner and those involved in this agreement. All volunteers, coaches, football and spirit participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the League and/or any HLA shall have the authority to impose a penalty. Members shall:

- S1:** Not smoke and/or use smokeless tobacco on the field.
- S2:** Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.
- S3:** Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.
- S4:** Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
- S5:** Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
- S6:** Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
- S7:** Emphasize that winning is the result of good teamwork.
- S8:** Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
- S9:** Together with team officials, be jointly responsible for the conduct and control of team fans and spectators at all times. Any fan who becomes a nuisance and out of control will be asked to leave.
- S10:** Not use abusive or profane language at any time.
- S11:** Not "pile it on;" not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play. (Football specific)
- S12:** Not receive any payment, in cash or kind, for services as a coach in Pop Warner Football/Spirit. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
- S13:** Not permit or encourage "sweating down" tactics in order for a player to make the team weight. (Football Specific)
- S14:** Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.
- S15:** Not permit an ineligible player or spirit participant to participate in a game or competition.
- S16:** Not deliberately incite unsportsmanlike conduct.
- S17:** Not possess or drink alcoholic beverages and/or use illegal substance(s) on either the game, practice fields or competition.
- S18:** Remove from a game/competition or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- S19:** Uphold all rules and regulations, National, Region and Local, regarding Pop Warner Football, Cheerleading and Dance.
- S20:** Refrain from engaging in any action within or outside Pop Warner which in PWLS sole & absolute discretion reflects negatively upon, or causes embarrassment to, the PW Program.

CODE OF CONDUCT ACCEPTANCE: By my signature on the Exhibition Guide Statement of Acceptance, I hereby swear and attest that I fully acknowledge and understand the Pop Warner Members Code of Conduct. Furthermore, I acknowledge and understand that any violation, public display of poor sportsmanship or failure to uphold the Code may result in disciplinary action including but not limited to the suspension and/or revocation of the league charter as well as my dismissal, suspension and/or permanent removal from any and all Pop Warner activities.



Cheer and Dance Exhibition Guide

Tiny Mite - Mitey Mite Divisions

December 1-3, 2017



POP WARNER LITTLE SCHOLARS CHEER AND DANCE MUSIC POLICY – REVISED 08-26-16

Ownership and creative rights of music are intellectual property covered by Copyright law. Pop Warner respects the intellectual property rights of others and expects all participants to adhere to the following rules regarding use of third party music for cheer and dance performance:

All music used for cheer and dance performance must be purchased from a source authorized to sell a copy.

You may use a mix purchased from an authorized mix vendor.

You may use a song in its complete original form, purchased from an authorized vendor (such as iTunes, or a traditional retail store).

For either a mix or a complete song, save your receipt.

Regional and National championship performances will be covered by licenses secured by Pop Warner Little Scholars.

Any recording or broadcast of the cheer / dance event must be done with the music in background / off mic and with a voiceover describing the participants and the performance.

Please visit the Pop Warner Little Scholars website for the most up to date Music Policy FAQ's.