

# 2010

## Upper Midwest All Star Championship

### Individual Competition Information

For the second year the Upper Midwest All Star Championship will allow individual cheerleaders to display their best skills whether or not their team competes at the Upper Midwest All Star Championship.

**Who is eligible?** Any all star gym from Iowa, Minnesota, North Dakota, South Dakota, Illinois, Nebraska, or Wisconsin can register their cheerleaders for the Individual Competition. You do not need to be on or have a team competing to participate. **Each all star gym may have as many individuals as they want to participate.**

**What is it?** It is an individual competition where they will have one minute to demonstrate their cheerleading style and expertise. The performance should be choreographed to music and should include good motion technique, tumbling, jumps, and dance skills.

**When and where will it take place?** It will take place during the Upper Midwest All Star Championship on Saturday, January 30th, 2010 at Roy Wilkins Auditorium in St. Paul.

**How much does it cost?** \$35 per individual

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#### Rules/Guidelines:

- Individuals do not have to compete on a team at the Upper Midwest All Star Championship
- The age used for competition purposes is the participants' age as of August 31, 2009.
- Individuals may only participate in one division.
- Individuals will follow the current UCA rules and will be able to perform skills up to level 5, with the exception of individuals in the Mini division.
- The MCCA Technical/Safety score sheet will be used for individuals.
- **The time limit is One Minute.**
- Individuals will be given 2 minute marking/warm-up times that follow the same flow prior to performance as the teams.
- Timing will begin with the participant's first movement. Spirited entrances and exits will be included in the overall time.
- Participants must start the routine in the competition area.

#### Divisions:

**Mini All Star (8 years & younger)**

**Youth All Star (11 years & younger)**

**Junior All Star (14 years & younger)**

**Senior All Star (14 – 18 years of age)**