



## **Lightning Bolt Explosion Information**

### **Saturday, January 11th 2020**

### **Appleton North High School Appleton, WI**

#### **Special features to enhance your competition experience:**

- Premiere collegiate style field house showcases team performances
- Ample bleacher space for spectators
- Special security and safety measures prevent spectators from walking in front of team competition
- Spacious warm-up area, 9 panel competition floor for cheer, auditorium stage & wooden court for dance
- Expert, unbiased judges provide beneficial feedback & suggestions
- Certified sports trainer available throughout entire competition
- Outstanding, extensive food selection & concessions services
- No required coaches' meeting - register at least one hour before scheduled warm-up time
- No punitive penalties - performances determine winners not violations
- Trophies will be awarded to all teams
- Medals will be awarded to all individual competitors and stunt groups
- Special needs and college teams compete free
- Fun venue for Wisconsin's amazing athletes

#### **How to register:**

Complete registration materials and return with payment to:  
Heidi Brooks - Lightning Bolt Explosion  
Appleton North High School  
5000 N. Ballard Road Appleton, WI 54913

Teams and/or individuals will not be registered until payment is received. Make checks payable to Appleton North High School. *The registration deadline is Friday, December 6th. There will be a \$100 late fee for registrations received after that date. Please note no registrations will be accepted after Monday, December 16th.*

#### **Cancellations & refunds:**

The event will not be cancelled due to inclement weather. *All registration fees are non-refundable after Monday, December 30<sup>th</sup>.*

#### **Event Rules:**

- School teams must follow NFHS Rules and All Star teams must follow USASF Rules.
- Divisions may be combined in order to promote competition.
- Crossovers may be limited if excessive.

#### **Dance Guidelines:**

- Dance teams have a routine time limit of 2 minutes and 30 seconds.
- Solos & Ensembles are limited to 1 minute and 30 seconds.
- Scholastic dance teams may compete in the pom, jazz, hip-hop or kick divisions. Studio and All Star dance teams may compete in the pom, jazz, hip-hop or kick divisions as well as the contemporary/lyrical division. If a team chooses to compete with a 2<sup>nd</sup> or 3<sup>rd</sup> routine in a different division, the cost is \$50 for each additional routine.

#### **Cheer Guidelines:**

- Scholastic cheer teams have a routine time limit of 2 minutes 30 seconds with 1 minute 30 seconds for music.
- The Rec division is for athletes in grades 5-8. This team is neither a school team nor an All Star team. Rec teams follow the same rules and guidelines as scholastic teams.
- Cheer Dance division routines have a time limit of 1 minute 30 seconds.
- Game Day divisions have a time limit of 3 minutes.
- Cheer teams may compete in the Cheer Dance and Game Day divisions as their only routine or as a 2<sup>nd</sup> routine. If a team chooses Cheer Dance or Game Day as a 2<sup>nd</sup> routine, the cost is \$50 for the additional routine.
- All Star cheer teams have a routine time limit of 2 minutes 30 seconds and can incorporate all music.
- Cheer Solos have a time limit of 1 minute 30 seconds with 1 minute for music.
- Stunt Group routines have a time limit of 1 minute and may be performed with music.

#### **Schedule:**

A line-up and final schedule will be sent via e-mail one week prior to the competition.

AM Performances:

Dance Teams, Cheer Solos & Stunt Groups

PM Performances:

Cheer Teams, Dance Solos & Ensembles

Questions should be directed to Heidi Brooks at [brooksheidi@asas.k12.wi.us](mailto:brooksheidi@asas.k12.wi.us)