

NCHSAA State Cheerleading Invitational

DECEMBER 7TH, 2024



“To be better than yesterday, I have to work harder today, to face the challenges of tomorrow”

- ANDREW DAY

MEET THE ADC TEAM



Andrew Day
Owner & President



Carlos Foster
Chief Operating Officer



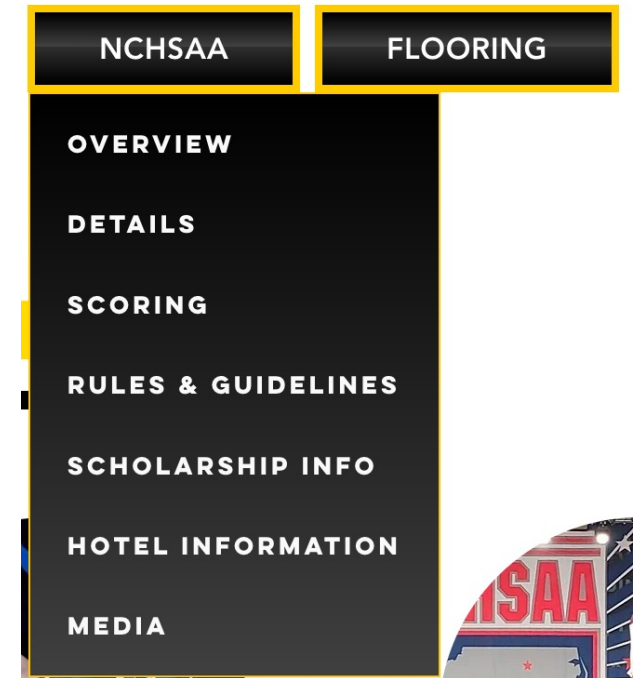
Alex Hood
Director of Digital Marketing

IMPORTANT DATES TO REMEMBER

- ▶ Registration Opens: August 16th, 2024
- ▶ Registration Deadline: November 1st, 2024
- ▶ First Schedule Released: November 8th, 2024
- ▶ Payment Deadline: November 15th, 2024
- ▶ Final Schedule Released: November 22nd, 2024

WHERE TO FIND INFORMATION

- ▶ www.alldaycheerleading.com and click on NCHSAA
- ▶ Competition Guidelines
 - ▶ Divisions Offered
 - ▶ Music Time Limitations & Guidelines
 - ▶ Policies
 - ▶ Routine Format
- ▶ Housing Links through Competition Travel
- ▶ Score Sheets and Progression Sheets



REGISTRATION

Create Account in Reg Champ (one per school)

Upload Roster or Manually Enter Athletes and Coaches (2 coaches allowed per performance)

Select Division for Each Team (Ex. Varsity Game Day Small)

- Send Waivers Electronically
- Upload Proof of Music
- Sign Competition Guidelines
- Sign Release of Liability & Photo Release

- Invoice is Auto Generated and Emailed to Coach on File

*Payable online or check (mailed checks must be postmarked by November 16th, 2024)





To login or create a new account, Enter Your Email:

carlos@alldaycheerleading.com



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 Teams & Specialities

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 Participants

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 Staff & Others

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 My Account

JV DIVISIONS

Junior Varsity Performance Divisions			
Division	Female/Male	# of athletes	Notes
Small	Female	5-16	
Large	Female	17-30	
Coed	Female/Male	5-30	1+ Male
Non-Tumbling	Female/Male	5-30	Males Allowed

Junior Varsity Game Day Divisions			
Division	Female/Male	# of athletes	Notes
Small	Female/Male	5-16	Males Allowed
Large	Female/Male	17-30	Males Allowed
Non-Tumbling	Female/Male	5-30	Males Allowed

*Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:

D1 = 3A and 4A schools

D2 = 1A and 2A schools

VARSITY DIVISIONS

Varsity Performance Divisions

Division	Female/Male	# of athletes	Notes
Small	Female	5-15	
Medium	Female	16-19	
Large	Female	20-23	
Super	Female	24-30	
Small Coed	Female/Male	5-20	1+ Male
Large Coed	Female/Male	21-30	5+ Males
Non-Tumbling Small	Female	5-15	
Non-Tumbling Medium	Female	16-19	
Non-Tumbling Large	Female	20-30	
Non-Tumbling Coed	Female/Male	5-30	1+ Male
Non-Building	Female/Male	5-30	Males Allowed

Varsity Game Day Divisions

Division	Female/Male	# of athletes	Notes
Small	Female	5-15	
Medium	Female	16-19	
Large	Female	20-23	
Super	Female	24-30	
Small Coed	Female/Male	5-20	1+ Male
Large Coed	Female/Male	21-30	5+ Males
Non-Tumbling Small	Female	5-15	
Non-Tumbling Medium	Female	16-19	
Non-Tumbling Large	Female	20-30	
Non-Tumbling Coed	Female/Male	5-30	1+ Male
Non-Building	Female/Male	5-30	Males Allowed

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UNIFORM GUIDELINES

NFHS Rules will be followed

Make-Up

- If worn, make-up should be appropriate for both the performance and age of the athletes, utilizing colors suitable for skin tone.

Hair

- Hair for all athletes does not have to be worn the same but must be secured off the face with a simple style that considers all diversities.
- Bows are not required. If worn, bows must:
 - Not be excessive in size.
 - Not be a distraction to the performance.
 - Be positioned in a manner to minimize risk for all participants. This is restricted to back of the head (below the crown)
 - If the bow has tails, they must be facing backwards and down to limit the ability to fall on to the forehead and into the participants' eyes or block the view of the participants while performing.

A 0.25 deduction will be given for teams in violation of this rule.

MUSIC LIMITATIONS & GUIDELINES

The NCHSAA State Cheerleading Invitational will follow the music time limitations of 1:45 music of the 2:30 performance routine.

The NCHSAA State Cheerleading Invitational will adhere to the USA Cheer Music Copyright Educational Initiative. Full policy can be found on All Day Cheerleading's website under the NCHSAA tab.

EVENT DAY EXPECTATIONS

WHEN YOU ARRIVE

- Visit Registration to check-in your team
- Warmups (team picture at check-in)
- 2 Path Flow (stretch, tumble/stunt, full floor)

ARENA

- Full Production
- Vendor Booths

PERFORMANCE

- Computer Scoring
- Routine Review Process
- On-Time Event Day

AWARDS

- Awards & Prizes (medals for 1st, 2nd, and 3rd)
- Trophy for Division Winner
- Carolina Cup Award
- Coaches Hospitality Room
- Special Awards & Giveaways
- Hit Zero Buttons

NEED TO KNOW

Housing

- ADC and Competition Travel have secured hotel blocks and discounts for teams.

Communication

- We will send out dates for future calls as they are scheduled.
- We will provide emails for updates and important information.

- ▶ All School Divisions Offered
- ▶ Stomp N Shake
- ▶ Middle School
- ▶ Dance
- ▶ Rec
- ▶ All Star (dead floor)

2024-2025

PREMIER Events

ALL DAY CHEERLEADING, INC.



NOV
2

MOUNTAIN PREMIER

Hickory, NC

PIEDMONT PREMIER

Greensboro, NC

NOV
9



NOV
16

TRIANGLE PREMIER

Raleigh, NC

FOOTHILL PREMIER

Shelby, NC

NOV
23



DEC
7

NGHSAA INVITATIONAL

Raleigh, NC

Register now online WWW.ALLDAYCHEERLEADING.COM

CONTACT US

Email: carlos@alldaycheerleading.com

Phone: 865-776-4285

www.alldaycheerleading.com

Facebook: All Day Cheerleading

Instagram: [@alldaycheerleading](https://www.instagram.com/alldaycheerleading)