



**North Rockland High School
106 Hammond Road, Thiells, NY 10984**

Saturday, January 17th 2026

**Rec/All-Stars Session
Morning Session**

Team Check-in/Warm-ups/Comp Begin: TBD

**HS Traditional & GameDay
Afternoon Session**

Team Check-in/Warm-ups/Comp Begin: TBD

(All times are subject to change)

TEAM REGISTRATION FORM: [CLICK HERE](#)

Please register each team separately.

Please send an Athletic Roster for each team registered to

NorthRocklandHSCheer@gmail.com

**\$200 Per Team for Traditional
\$200 Per Team for GameDay**

**\$375 if the same Team competes in
both Traditional and GameDay**

\$150 Per Rec/Allstar Team

Deadline for Registration: 01/07/2026

Make checks payable to ***NRHS Cheer Association***

Send check and Registration Form to:

**NRHS Cheer Association
P.O. Box 652
Stony Point, NY 10980**

REGISTRATION FEE IS NON-REFUNDABLE AFTER 01/10/2026

Any questions contact Tanya Kelsch at (845) 521-9666 or NorthRocklandHSCheer@gmail.com



GENERAL RULES & INFORMATION

- ✓ Arrival: Buses should drop cheerleaders at front of school annex entrance.
- ✓ Judging: Section 1 Score Sheet and Judges.
- ✓ USA Cheer, NFHS and Section One Rules will be followed.
- ✓ There will be two sets of mats in two separate gyms – 1 for warm-up, and 1 for competition.
- ✓ All stunts and/or tumbling must be performed on a matted surface.
- ✓ Team must arrive at least 30 minutes before warm ups to register.
- ✓ Warm ups and competition will occur on a 54' x 42' matted surface (9 mats).
 - Each team will be given a warm up time to be used for stunting, tumbling and performance rehearsal. A team warm-up schedule will be sent out prior to the competition. Teams must arrive prior to scheduled time for their warm up in order to keep the competition running on time.
- ✓ Warm up: Each team will be given a 10-minute warm up.
- ✓ Each team will be given 2 ½ minutes to perform their entire routine for competitive and 3 minutes for GameDay.
- ✓ A sound system will be provided. Please make sure you have two copies of your music.
 - In addition, a representative from your team must be present to test the music prior to the start of the competition and press play during the competition.
- ✓ Awards will be provided to the top three placing teams in each division.
- ✓ Teams will be assigned an area for their belongings.
 - A staff member will ensure that only cheerleaders and coaches are allowed in this area. Please do not leave valuable items unattended in the classrooms. North Rockland High School is not responsible for lost or stolen items.
- ✓ All judges' decisions will be final.
 - No coach will be allowed to address judges after the completion of the competition.
 - No use of video playback.
- ✓ Rec / All-Star teams – Depending on how many teams and/or divisions will have competition; will decide on actual judging or comments. TBD
- ✓ Cheerleaders must remain in uniform throughout the competition.
- ✓ Food & Merchandise will be available for purchase.
- ✓ Spectator Admission:
 - \$10 for Adults
 - \$7 for Students with school ID
 - Free for Seniors 65 & above. Free for Children under 5. Free for Military with ID.
- ✓ The Gym will be cleared between sessions

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