

# 2026 KCFC Cheer and Dance Showcase and Competition

## Game Day Spirit - Youth

Welcome to the 2026 Showcase and Competition Packet! The registration and pre-sale order forms will be released soon. Contact [cheeranddance@kcfootballcheer.org](mailto:cheeranddance@kcfootballcheer.org) with any questions.

**Location:** Shawnee Mission North High School  
7401 Johnson Dr, Overland Park, KS

**Date:** Sunday, November 15<sup>th</sup>, 2026  
\*\*performance times will be posted by Sunday, November 1<sup>st</sup>, 2026

**Registration deadline:** Monday, October 26<sup>th</sup>, 2026.

Registration will be online ONLY!! Each squad must complete an online registration form. Any child not participating must provide a written explanation from parent/guardian explaining absence. This is to ensure no child is unfairly restricted. Participants will be checked against the rosters maintained in the office. NO late registration will be accepted.

On the registration form, list the jumps and stunts that are expected at the performance time. If there are ANY changes to the routine after submission of the form, you will have the opportunity to submit changes the day of the event during practice check in time.

**Showcase/Competition Fees: \$12 per athlete per event; Game Day Fees: \$20 per athlete).** Squads may sign up for "Cheer Only", "Cheer and Dance", or "Game Day Performance". NO refunds after registration deadline for competition fee.

Spectator tickets, shirts and flowers will be purchased on the KCFC website.

- Cheer and Dance shirt and flower bouquets will close on October 16, 2026.
- The \$8 pre-sale admission ticket for spectators 10 years and older will close on October 30.
  - After that date, tickets may be purchased at the door for \$10.

### **Divisions:**

- Cheer Showcase (K-1st, optional for 2<sup>nd</sup> and 3<sup>rd</sup>)
- Competition Cheer (Non-advanced 2nd-8th)
- Competition Cheer (Advanced 4th-8th)
- Game Day Performance Competition (4<sup>th</sup> – 8<sup>th</sup> grade; Non-advanced and Advanced-certified squads)
- Dance Showcase (K-1<sup>st</sup>, optional for 2<sup>nd</sup> and 3<sup>rd</sup>)
- Competition Dance (Non-advanced 2nd-8th)
- Competition Dance (Advanced 4th-8th)

Non-advanced squads will compete in a division at a specific grade level. If a squad consists of multiple grade levels, the squad should compete at the majority grade level of the squad and will only perform stunts at that grade level, not higher. KCFC reserves the right to set the competing grade/stunt levels based on team registration. A minimum of 3 squads per division must be met. If the minimum numbers are not met in a division, squads will be moved up to a division to meet the requirement. A designated performance time is assigned to each squad. KCFC will not be able to accommodate specific requests for performance times.

*\*4<sup>th</sup>-8<sup>th</sup> grade teams have the option to do either Competition OR Game Day Performance. You cannot do BOTH!!*

## **Rules and Requirements:**

This is a recreational competition for KCFC; therefore, all KCFC rules are to be followed pertaining to the routines and appearance of squads. Please refer to the 2026 Rulebook. Showcasing or competing with a dance *is optional*, exception is Game Day Performance. Squads will perform the cheer first followed by the dance. Game Day performances will occur in the order listed below:

- Time Requirements
  - o Showcase cheers and dances have a max time requirement of 1 min 30 sec - no min.
  - o Competition cheer is 1 min - 1 min 30 sec.
  - o Competition dance is 2 min - 2 min 30 sec.
  - o Game Day Performance: Band chant (1 min), Sideline Cheer (stunting) (1 min), Fight song/dance (stunting)(1 min) – Max performance time is 3 minutes with no category exceeding 1 minute
- Non-advanced squads are required to have a minimum of one jump and one stunt that involves all athletes in both the cheer and dance.
- Cradle and extension certified squads are required to have a minimum of one jump and one stunt that involves all athletes in both the cheer and dance routine. A cradle dismount/extension must be performed at least once in both cheer and dance.
- Full Advanced squads are required to have a minimum of two jumps and two stunts with **all** athletes, with at least one being a stunt at the certification level, in both the cheer and dance.
- Game Day performance squads will **not** stunt in the band chant. They will need to have a minimum of one jump in all three (3) categories and a minimum of one stunt that involves all athletes in both the Sideline Cheer and Fight song/dance. If certified, may perform at certification level. No running tumbling allowed. Standing tumbling permitted up to 2 skills at a time.

The DJ will require airplane mode if playing music from your phone. We are working on getting a playlist with everyone's music in performance order, but that option has not been made readily available at this time. Once coach is required to play the music from their device at the DJ stand.

## **Judging and Tabulation:**

- There will be five performance judges for each division. Judges will be picked at random from all KCFC Directors with no area being represented more than once. There will be at least two guest judges that are knowledgeable of the KCFC rules and requirements.
- All scores will be tabulated electronically and averaged to the nearest hundredth.
- Please review the attached information to make sure your routine meets expectations.

## **Awards:**

Showcase performances (K-1st, optional 2<sup>nd</sup>-3<sup>rd</sup>): Cheerleaders will each earn medals for their level of performance per the rating system.

### **Cheer**

Superior: 44 - 50 points  
Excellent: 34 - 43 points  
Outstanding: 33 points and below

### **Dance**

Superior: 44 - 50 points  
Excellent: 34 - 43 points  
Outstanding: 33 points and below

2<sup>nd</sup>-8<sup>th</sup> competition routines will be awarded 1st, 2nd, 3rd place trophies and medals. 4th place and others will receive medals only.

4<sup>th</sup>-8<sup>th</sup> grade Game Day performances will be awarded for each top score in each category (band chant, sideline cheer and fight song/dance) and overall top score. All participants will receive a medal.

### **Volunteer Requirement:**

All competing squads are required to have at least one representative that volunteers for a shift at Cheer and Dance. This representative can be a coach, assistant coach, a parent/guardian, or a squad assistant. A sign-up genius for volunteer roles will be emailed with the performance times on November 1. **Non-compliance with this requirement will result in a deduction on your squad's overall performance score.**

## **Cheer and Dance FAQs**

**What is the admission cost?** Spectators age 10 and older may purchase a \$8.00 pre-sale admission ticket/\$10 at the door. Online order form is available through November 1.

**FREE ADMISSION:** KCFC cheerleaders in uniform, football players in jerseys, KCFC cheer and football coaches with coach passes.

**How early can we arrive? Is there time to practice?** Each squad is assigned a designated practice time prior to their performance time. Squads may arrive no sooner than 30 minutes before their scheduled performance time and can stretch in the holding gym. At their assigned time, the squad and coaches will enter the practice gym and will immediately warm up the cheer and dance routine.

**Do we need our own speaker to practice?** No, you will not need your own device. There will be speakers provided. You do have the option to bring your own speaker.

**Can we wear nail polish?** Per KCFC rulebook, nail polish is allowed but nails must not exceed tips of the fingers. This violation will result in a rulebook deduction.

**Can we have hair or body glitter?** Hair or body glitter are NOT allowed. Face rhinestones are also NOT allowed. Mascot or sticker tattoos ARE allowed with full squad participation. If in doubt, consult with your Area Director or e-mail [cheeranddance@kcfootballcheer.org](mailto:cheeranddance@kcfootballcheer.org) for approval. This violation will result in a rulebook deduction.

**Do our socks and shoestrings need to match?** Yes, as stated in the KCFC rulebook, all uniform pieces must match. If your squad has prior approval to have nonmatching items, e-mail [cheeranddance@kcfootballcheer.org](mailto:cheeranddance@kcfootballcheer.org) prior to competition to make sure we have your squad listed. Failure to have pre-approval listed with the committee may result in deductions.

**Can we do a chant or huddle before our competition routine?** No, all squads may be escorted to the floor and will get into their starting position. Spiriting/chanting onto the floor and huddles before entering the floor are not allowed. You are allowed to spirit off the mat at the end of the performance. This rule has been made so that all squads are able to perform their routines in the time that has been allotted to them, and the competition day stays on schedule.

**Do we have to put a stunt or a jump in our routines?** Yes, squads are required to perform one stunt/one jump in all routines. \*Please refer to the Rules and Regulations section of this packet for specific requirements in each performance category. Please refer to the judge sheets for points and deduction standards. Middle and high school spotters will be present during each performance. These spotters will not participate in any stunt routine and are present for support and safety.

**What are the time requirements?** Showcase cheers and dances have a max time requirement of 1 min 30 sec - no min. Competition cheer is 1 min - 1 min 30 sec. Competition dance is 2 min - 2 min 30 sec. Game Day Performance: Band chant - 1 min, Sideline Cheer - 1 min, Fight song/dance - 1 min; max time of 3 minutes with no one category exceeding 1 minute.

**Where do we go after we perform?** The squad and coaches can sit in the designated bleachers behind the mat and watch the rest of their division until the award ceremony. The squads can then move to the gym floor when awards begin. When the award ceremony is over the squads should exit the gym and proceed to the holding gym. Due to space, we ask that only coaches and squads and one parent enter the holding gym. Coaches will dismiss the cheerleaders to their parents.

**Can we use a routine we learned at a cheer camp?** No. Squads must have original material for the cheer, dance and game day performances. Using a routine or material from a cheer camp from the previous Summer will result in either a deduction or disqualification.

**Can we hire a choreographer?** No, you cannot hire or use a professional choreographer. Since this is a recreational competition, cheer, dance and game day performances must incorporate original material (created by the coaches and/or the squad). Any squad using a professionally choreographed routine (paid for or free), will be disqualified.

**Are there any guidelines for buying music?** No. There are no guidelines for buying music, but all music must be approved by your Area Director prior to competition.

**Are signs and props allowed?** Cheer signs, megaphones, poms and flags are allowed for cheer, dance and game day performances. Glitter on signs is only allowed if it is affixed and cannot be rubbed off. Please follow rules and regulations for all props listed in the rulebook page 18. If you have any questions on props, please have your ideas pre-approved during registration.

**Can coaches place signs for their squads?** Kindergarten–3rd grade coaches can place signs for their squad right before the squad enters onto the floor.

**Where do coaches sit?** 4th-8th grade coaches/assistants will sit in designated chairs to the side of the judge table. Coaches are allowed to perform “call backs” to their cheer squads but they are not allowed to perform motions or the routine while sitting on the side of the judge’s table.

Kindergarten-3rd grade coaches/assistants are allowed to sit on either side of the judge’s table on the floor, if necessary, but NOT in front of the judge’s table. Violation of this rule will result in a one point deduction.

**Will I need cash or card for this event?** Our vendors and a food truck will accept both forms of payment. Our admission table and concession stand will be card only.

**Can I hold additional practices to prepare for competition?** No, all squads must follow the KCFC guidelines stated on page 15. This timeframe stands for all mandatory and optional practices. Squads that do not follow this rule face point deductions and/or other disciplinary actions. Squads cannot practice (which includes walking through your routine, performing motions, jumps, stunting) in any open area, outside of the practice room, while at Cheer and Dance Showcase/Competition. **This will result in a half point deduction.**