

Fall 2020 Lancer Legacy Invitational



The Linganore Lancers will host their 1st Annual Fall Invitational competition at Linganore High School. Please join us on **Saturday, October 3, 2020** starting at 12pm. This competition is open to Varsity and Junior Varsity teams and is sanctioned by Maryland Public Schools State Cheerleading (MPSSC).

Registration:

- \$150 per team
- Make all checks payable to **LHS Cheer**
- **All registration information and checks must be received by September 18, 2020**
- Only the first 20 teams to register will be guaranteed a spot
- **PAYMENTS ARE NON REFUNDABLE**

Competition Guidelines:

- National Federation of High Schools (NFHS) and MPSSC Cheerleading rules and regulations will be followed including:
 - NO CELL PHONES are allowed in the cheerleaders holding area
 - Athletes must wear their entire uniform for the duration of the competition/no jewelry
- Judges will be provided by MPSSC and will use MPSSC score sheets.
- The length of the routine shall not exceed two and a half minutes.
- ALL MUSIC IS ALLOWED! Must have cheer section and it cannot be voiced over
- Must have your music license with you to show compliance with US Copyright laws
- Up to 25 athletes are allowed on the mat
- Only coaches that are **approved by your county Athletic Supervisor** are allowed to enter with your teams

Event Information:

- The competition will be held in the main gymnasium of Linganore High School.
 - **All athletes WILL be able to watch the competition!!**
- Routines will be performed on a non-spring, cheerleading mat (42x42)
- Concessions and t-shirts will be sold
- Coach's room will be provided with lunch and drinks for all registered coaches and will be open the entire competition.
- **Team registration will begin at 10:30am**
- Warm-ups will be on a FULL cheer mat in our adjacent auxiliary gym.
- Tumblers will be able to warm up on the main mat from 11-11:30am.
- Doors will open to the public at 11:30am
- The competition will begin at 12:00 pm
- Cost of admission: \$6.00 for adults/\$2 for students
- Linganore Cheer teams will not be competing (exhibition only)
- Coaches will receive a free tshirt
- Trophies awarded to the top 3 teams in both JV and Varsity

Please complete the MPSSC registration form and send electronically to the email below.

Mail payment to: Linganore High School c/o cheerleading comp – Coach Rumburg
12013 Old Annapolis Road, Frederick, MD 21701

If you have any questions, please contact: Amy Rumburg: amy.rumburg@fcps.org 301-471-5924