

2024 I TEAM ALLSTAR GAME & SHOWCASE

Session 1 Showcase - Check in - 2:00 PM

Session 1 Game - 3:20 - 4:50 PM

Awards - 5:00 PM

Team	Stretch (5 Mins)	Tumbling (5 Mins)	Warm up (5 Mins)	Mat Time
DFL	2:15	2:20	2:25	2:35
Mid Valley	2:20	2:25	2:30	2:40
Valley View	2:25	2:30	2:35	2:45
Western Wayne	2:30	2:35	2:40	2:50
Tunkhannock	2:35	2:40	2:45	2:55
Dunmore	2:40	2:45	2:50	3:00
North Scranton	2:45	2:50	2:55	3:05
Wayne Highland	2:50	2:55	3:00	3:10

Session 2 Showcase - Check in - 6:00 PM

Session 2 Game - 7:20 PM - 8:50 PM

Awards - 9:00 PM

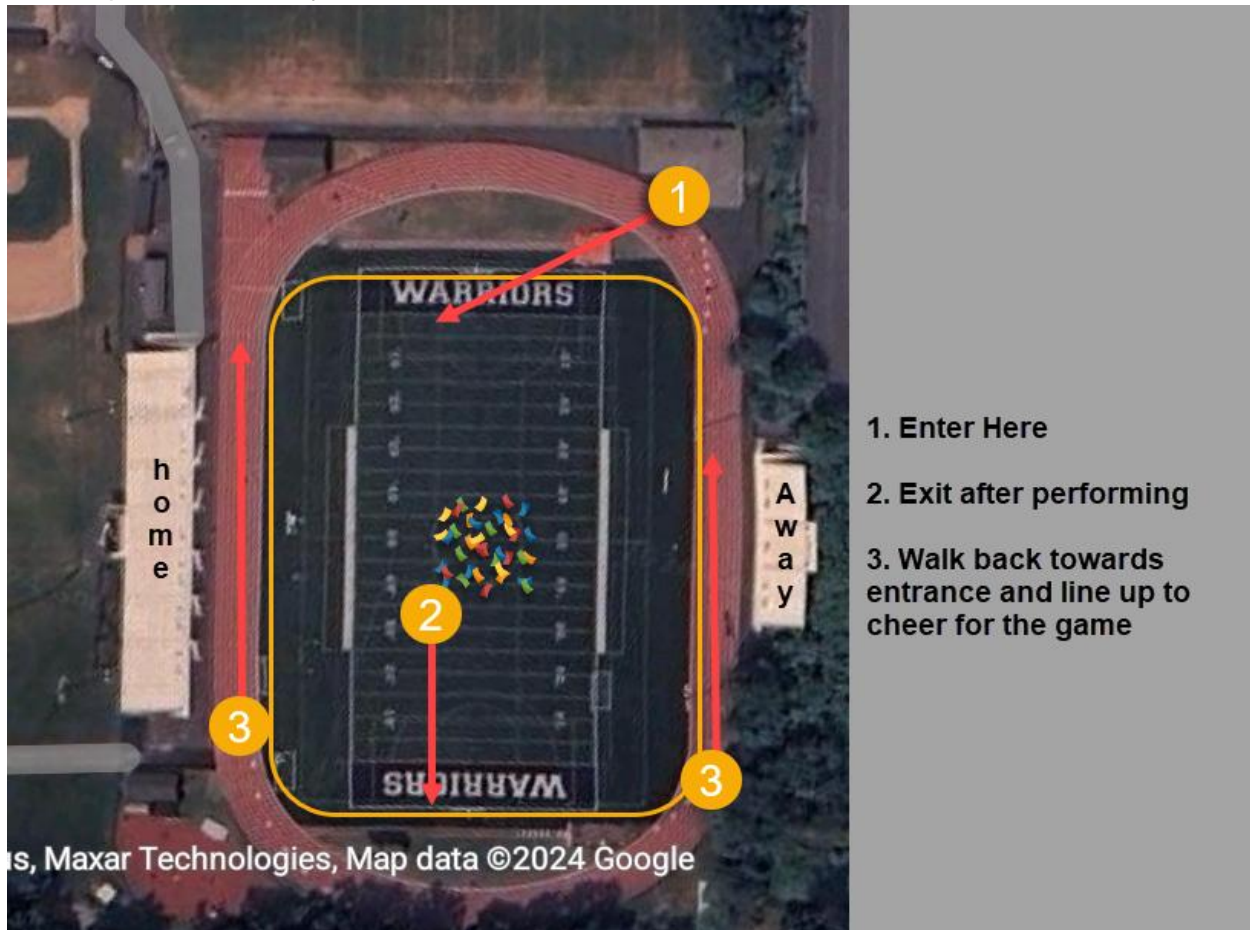
Team	Stretch (5 Mins)	Tumbling (5 Mins)	Warm up (5 Mins)	Mat Time
Old Forge	6:15	6:20	6:25	6:35
West Scranton	6:20	6:25	6:30	6:40
Abington	6:25	6:30	6:35	6:45
Wallenpaupack	6:30	6:35	6:40	6:50
Carbondale	6:35	6:40	6:45	6:55
Lakeland	6:40	6:45	6:50	7:00
Lackawanna	6:45	6:50	6:55	7:05
Riverside	6:50	6:55	7:00	7:10
North Pocono	6:55	7:00	7:05	7:15

- Arrival – for both sessions please arrive no earlier than 45 minutes before check in.
 - For both sessions – upon arrival please keep the cheerleaders on the practice field during registration.
 - For Safety Reasons the cheerleader will stay with coaches from arrival to completion of the game.

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- Cheerleaders will be placed on the practice field upon arrival.
- Cheerleaders will be moved to warmup areas when it is their time to warm up.
- Cheerleaders will then perform on the field entering at the visitor side gate and proceed to the goal post located closest to the practice field and they will enter from the side.

See map below for entry and exit of field



- Cheerleaders will face their fan base. Meaning if they are the home team they will face the home side, if they are the visiting team they will face the visitor side.
 - Home Teams for Session 1
 - DFL
 - Tunkhannock
 - Dunmore
 - Wayne Highland
 - Away Teams for Session 1
 - Mid Valley
 - Valley View
 - North Scranton
 - Western Wayne

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- Home Teams for Session 2
 - Carbondale
 - Lakeland
 - Lackawanna Trail
 - Riverside
 - North Pocono
- Away Teams for Session 2
 - Old Forge
 - West Scranton
 - Abington
 - North
 - South
 - Wallenpaupack
- All Teams will perform for a total Time of 2:00 minutes
- Elements to be included are:
 - Hello Cheer
 - Chat Cheer
 - Dance
- Coaches are allowed to place cheerleaders on the field and carry props if needed.
- Coaching from the sideline is ok for the I team, or coaches can choose to sit on the bench.
- For stunts, please follow the same guidelines as the ACCJFL Cheer Competition
- Coaches crossing the field will follow the same structure as ACCJFL cheer competition
 - Music person will not cross the field but report to the Press Box.
 - Children not performing but will be cheering at the game may cross the field and sit with the coaches!
- When complete they will go to the designated area on the track to watch other squads perform and get ready to cheer for the game.
 - They will be sitting on the track. Bring blankets for them to sit on while watching the other teams perform. (please make sure your teams are respective to the other teams performing)
- The awards will take place directly after the I TEAM football game.
 - Awards for I Team Showcase will be announced and presented
 - Medals for all I Team Graduates will be presented
 - Medals for all I Team Cheerleaders will be presented
- Any team that chooses to opt out of staying for the award portion of the event will not receive their awards/medals until the next league meeting.
 - Medals will only be given to the children that perform/play/cheer on the field during their session.

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**Football Breakdown
Session 1
Game Start Time 3:20 PM**

Home Team		Away Team	
Team Name	# of Players	Team Name	# of Players
DFL	14	Mid Valley	13
Tunkhannock	6	Valley View	11
Dunmore	18	North Scranton	14
Wayne Highlands	14	Western Wayne	12

**Session 2
Game Start Time 7:20 PM**

Home Team		Away Team	
Team Name	# of Players	Team Name	# of Players
Carbondale	5	Old Forge	11
Lakeland	10	West Scranton	10
Lackawanna Trail	6	Abington North	4
Riverside	6	Abington South	6
North Pocono	11	Wallenpaupack	1

Cheerleading Break Down

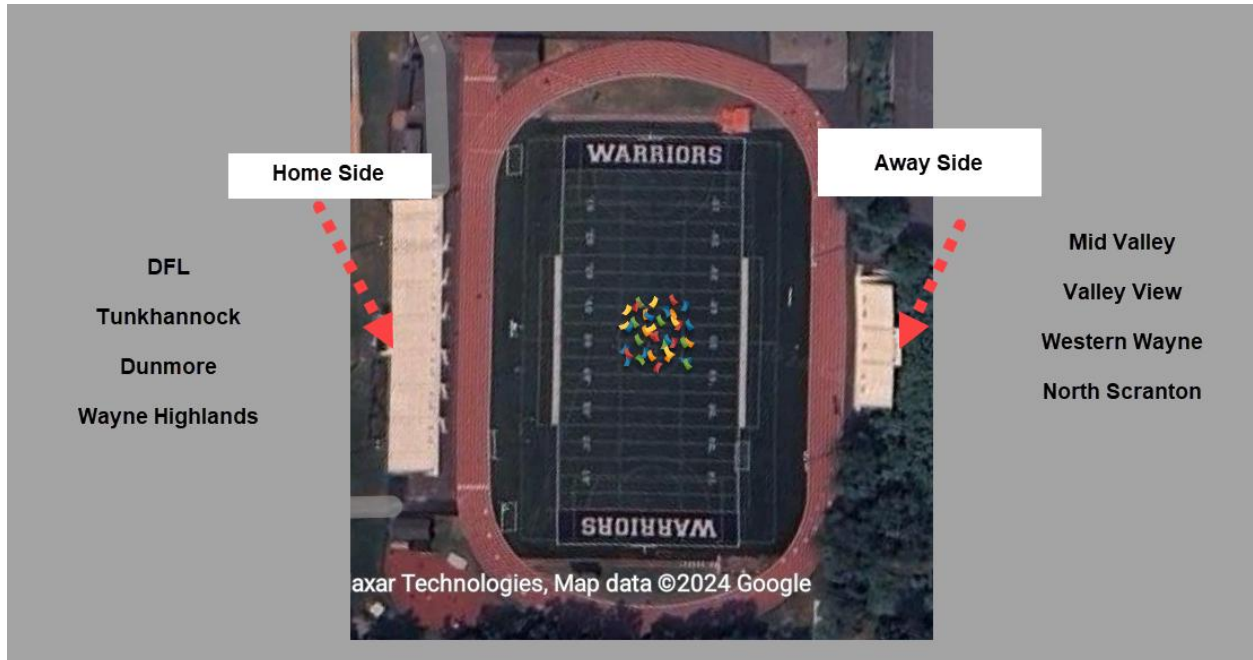
Session 1

Home Team		Away Team	
Team Name	# of Cheerleaders	Team Name	# of Cheerleaders
DFL	23	Mid Valley	21
Tunkhannock	9	Valley View	38
Dunmore	45	North Scranton	14
Wayne Highlands	21	Western Wayne	22

Session 2

Home Team		Away Team	
Team Name	# of Cheerleaders	Team Name	# of Players
Carbondale	30	Old Forge	31
Lakeland	24	West Scranton	18
Lackawanna Trail	30	Abington	46
Riverside	20	Wallenpaupack	12
North Pocono	51		

Session 1 Home Side and Away Side Seating by Teams – Sign will be posted.



Session 2 Home Side and Away Side Seating by Teams – Sign will be posted.

