Georgia High School Association State Cheerleading Championships 2026



Friday Nov. 13, 2026	
Session 1: 10:00 AM	3A and 4A
Sesson 2: 3:00 PM	5A & 6A

Saturday, Nov. 14, 2026	
Session 1: 10:00 AM	A,2A, Private
Session 2: 3:00 PM	7A and Coed

Congratulations on advancing to Finals!

Please read this entire packet. There is new information.

Action Required: Music Submission Deadline – <u>November 11th</u>

Immediately stop what you are doing and email your music to** jhaudioproductions@gmail.com**.
Submission instructions can be found at the back of this packet.

Important:

- Deadline: **November 10th — *no exceptions*.**
- Label your file: **Use your** school's name and division **as the filename.**
- Send it today! **No music will be accepted after the deadline.**

GPB will be televising the competition in its entirety on both days! This year's broadcast will include interviews, backstage footage, and behind-the-scenes moments — a first for this event.

Please keep this in mind as you and your cheerleaders express your emotions, whether in moments of excitement, disappointment, or victory. We want to showcase all the great things you and your athletes do and highlight the positive spirit of our sport.

<u>State Contract & entry fee:</u>

There is a state entry fee for Cheerleading. Please go to and find it under Quick Source. You can bring it with you and turn in at check-in or mail it in.

<u>Housing:</u>

Each school is responsible for making housing accommodations for their team. Please complete this form to help us track this information: https://forms.gle/9MVrx5YgcDg3CSrT8

Arrival: (arrive in uniform)

Buses will follow specific Directions. Bus Drivers will be directed to the South Side of the arena. They will park across the street from the Marriott. There will be a shuttle to bring them back to the Coliseum. Team entrances will be marked by Side One and Side Two. (See map at the back of this packet.)

DAY 1	**Session 1**	**Tunnel One – 3A teams/coaches** **Tunnel Two – 4A teams/coaches**
DAY 1	**Session 2**	**Tunnel One – 5A teams/coaches** **Tunnel Two – 6A teams/coaches**
DAY 2	**Session 1**	**Tunnel One – A & Private teams** **Tunnel Two – 2A teams/coaches**
DAY 2	**Session 2**	**Tunnel One – 7A teams/coaches** **Tunnel Two – Coed teams/coaches**

*Bus drivers who want to enter the building will go through the Pass Gate using their identification. It is located at the main entrance of the coliseum.

Team Check-in:

MORNING SESSIONS		
Session	**Arrival Time**	**Teams**
Session 1 Group 1 Teams performing before intermission	Teams 1-16 arrive by 8:45 a.m.	**Team check-in opens at 9:00 a.m.** Competition begins promptly at 10:00 a.m.
Session 1 Group 2 Teams performing after intermission	Teams 17-32 arrive by 9:15 a.m.	Team Check-in opens at 9:30 a.m. Rotations run continuously. Be prepared to arrive early and go directly to your seats.
AFTERNOON SESSIONS		
Session 2 Group 1 Teams performing before intermission	Teams 1-16 arrive by 1:45 PM	Team check-in opens at 2 p.m. Competition begins promptly at 3:00 p.m.
Session 2 Group 2 Teams performing second half of session.	Teams 17-32 arrive by 2:15 p.m.	Team check-in opens at 2:30 p.m. Rotations run continuously. Be prepared to arrive early and go directly to your seats.

1. Teams have a scheduled arrival time to provide buses time to drop off and park in overflow parking across the street from the Coliseum.
2. All team members must **arrive in uniform and at the same time**. Any team member arriving out of uniform will be sent back to their bus to find a place to dress. **Dressing areas will not be provided**.
3. All bags will be searched upon entrance into the facility. Items should fit into a backpack. No gift bags may be brought into the arena. Please exchange gift bags on the bus. Coolers are not allowed. Speakers are not allowed. (Speakers will be provided in warm up as long as they do not distract other teams.
4. **Team members listed on the roster** may enter through team check-in and **no more than three coaches and one music person**. The coach will be able to identify the competing team/team number and the alternates.
5. ***All coaches must present a Dragonfly pass at check-in. Have it ready on your phone to show to the staff. All coaches must be on the approved coaching list generated by the school's staff rosters.***
6. No coaches' children, relatives, or other school personnel may enter through the team check-in tunnels. They should go to the front entrance or the pass gate. Babies may not be carried through team check-in. Children are not allowed in the warm-up, music, or competitive areas. Any exception of this must be cleared by Penny Mitchell in advance.
7. Teams will be guided to the back two sections of the arena. Spaces are labeled by performance numbers. Restrooms are located upstairs in the back on each side. There are also restrooms in the warm up area; however, please only use those when your teams are in warm ups. Prior to your call to warm ups we ask that you remain in the assigned area. The ice will not be down but it still may be cold in the arena.
8. The team will be directed to assigned seats where they will be called to warm-ups. Our staff will not come looking for you.
9. **Once rotations begin the competition will run continuously.** Please be in place so that you can be moved to the warm-up area when the officials are ready for you to perform. If you have any issues and you are running late, please contact Penny Mitchell – 478-957-9775.

Warm ups:

1. No more than 3 coaches and **cheerleaders in uniform** may enter warm ups**. Uniform:** All alternates must be in the same uniform as the rest of the team to enter the warm-up area and to be allowed on the competition floor. All alternates, in uniform, will walk out with the coaches and be guided to a spot behind the coaches. **P**lease don't allow your alternates to be a distraction.
2. The coaches and the music person will be given credentials to wear to the floor. These credentials cannot be shared with anyone and will be turned in as the team leaves the floor.
3. The music person must report immediately to the music area once the team is called to warm-ups. There must be a music person from your team with backup music. A delay of meet will be given if the DJ has to wait on someone to obtain the backup copy.
4. Teams will be called down to the seating area beside the entrance to the actual competition floor in the order they are to compete.
5. Speakers will be provided in the warm up area.
6. There will be a taped off area where your team can stretch while they wait for the first open mat.
7. The warm up area is divided into 3 stations: (**practice this rotation**)
    a. **MAT ONE:** 2 strips. Teams will have approximately five minutes on this mat *suggested* for stretching, jumping, and standing tumbling.
    b. MAT TWO: 3 strips. Teams will have approximately five minutes on this mat *suggested* for standing and running tumbling.

c. **MAT THREE:** 7 strips. Teams will have approximately 5 minutes on this mat *suggested* for partner stunts and pyramids. Running tumbling can also be practiced on these mats.

8. Once teams have completed their time on the three stations, they will be asked to wait at the curtain until ready for performance. Teams will hear their name announced. While at this curtain we ask that you remain quiet. You can be heard on the competition floor. Be fair to your fellow competitors. Also, we try to "manage" that area the best we can. Most of the time it runs very smoothly.
9. After performing, teams will exit on the back side of the mat (where they entered the floor), return to the water station, and then back to their seats.
10. Teams will remain in their assigned areas. Restrooms are available.

Music:

1. **All music should be emailed to Jeff Hulsey. Please see the instructions in the back of this packet.**
2. **Every school must have a music person to remain at the music area while their competition team is on the floor. The music person should have a backup copy, and GHSA also requires that a backup music device (iPhone, cd, media player) accompany the music person in case of emergency.**
3. There will be no time allowed for music check before the competition.
4. One coach or school representative will be responsible for making sure the DJ knows when to start/stop music.
5. Music will have already been emailed to Jeff Hulsey, our DJ. Please have a back-up. Any delay with music will result in a **Delay of Meet** deduction.
6. **If you have any questions, contact Penny at penny@ghsa.net**

Medical Personnel and trainers

1. Athletes who need to be taped should see the trainer **well before warm-up times**. Please provide tape for your athletes.
2. Athletic trainers will be available on the floor and in the training room.
3. Teams bringing personal trainers may use them in the stands prior to the beginning of the rotation. Once a team goes to warm ups, the Athletic Trainers and medical personnel assigned by the GHSA and Coliseum will be responsible for assisting teams. Personal School Team trainers may not come to the floor unless they are one of the two approved coaches or the music person who have credentials to enter the competition floor.
4. All school trainers must enter through the main gate or the pass gate with a GHSA pass. They cannot enter through team check-in.

GHSA Rules and Guidelines:

1. No flash photography.
2. Gift bags are not allowed in the arena.
3. **Artificial noisemakers (cowbells, megaphones, air horns etc.) are not allowed in any indoor activities.**
4. *Please make fans aware that there will be priority seating available when their team competes.*
5. All information for spectators will be available on the GHSA website.

Any team who wishes to attend a session in which they are not competing will enter throught the pass gate in the upstairs entrance. All team members should be dressed alike so that they look like a team. Please do not try to enter through team check-in. Back packs should be left on the bus for these sessions.

Awards:

The top 6 teams in each division will be called to the floor. With the Private school and Class A session, top 4 will be called down.
The top 4 teams will be announced with placement. Only the state champion and runner up receive trophies and medals.
The arena will be cleared shortly after awards are given.

Bullet points:

- Email music.
- Coaches make sure you have your Dragonfly pass ready
- **Arrive in uniform.**
- Team members will be called and admitted based on the roster you submitted.
- Know when to check in and the entire team must check-in together.
- Bags will be checked by Coliseum workers (may take a few seconds).
- Find trainers for taping if they are needed.
- Cheerleaders will only be allowed into the warm-up area if they are wearing matching uniforms. (3 coaches) no sweats
- Music person goes to floor when team goes to warm ups.
- Warm up is 2 mats for 5 min, 3 mats for 5 min, 7 mats for 5 min.
- Warm ups will run continuously & be slowed down if an injury or accident occurs.
- Exit the same way you entered the floor.
- Have a great time and enjoy yourself!



Instructions for submitting music:

The 2025 GHSA Cheerleading State Championships on November 14 and 15 at the Macon Coliseum will REQUIRE each team's performance music to be submitted as a music file for playback. Each team will designate a music person to press play as before. GHSA will also require that a backup music device (phone, cd, media player) accompany the music person in case of emergency. All teams will be required to follow this new procedure.

1. Please send music file as an attachment to the following email address

jhaudioproductions@gmail.com

2. The music file must be in one of the following: formats:

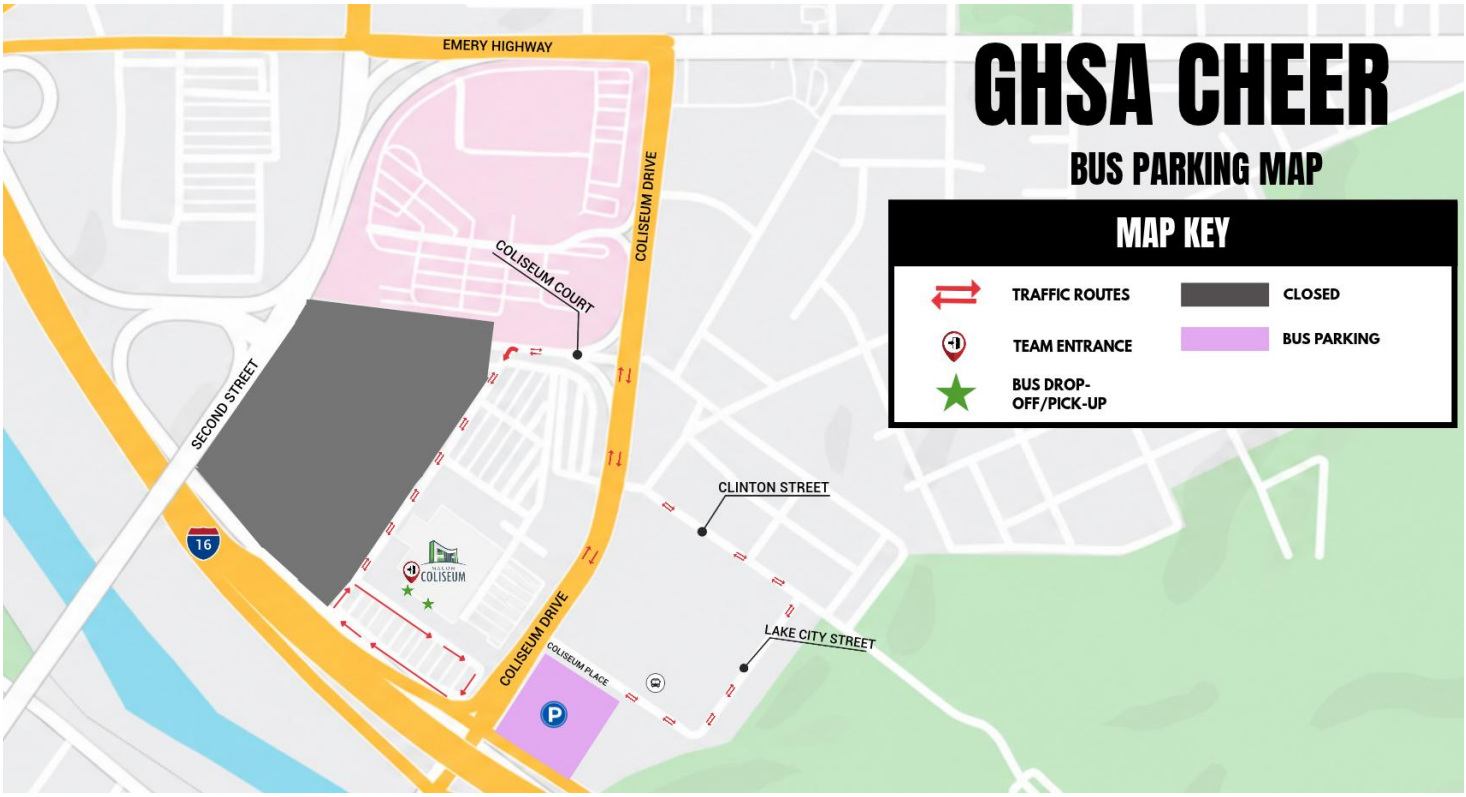
mp3 m4a aac mp4 wav aiff

3. A music person is required to press play at performance time.

4. The music person must also have a backup device with them in case of emergency (phone, cd, media player).

3. Deadline for submission is November 11th. No file will be accepted unless it is submitted by email to the above address.

Map for drop off and bus parking




GHSA CHEER
PARKING MAP
MAP KEY
GENERAL PARKING
ACCESSIBLE PARKING ONLY
RESTRICTED PARKING
TRAFFIC ROUTES
BUILDING ENTRANCE
RIDESHARE & ADA PICK-UP / DROP-OFF
CLOSED
BUS PARKING
SHUTTLE PICK-UP & DROP-OFF
EMERY HIGHWAY
COLISEUM COURT
COLISEUM DRIVE
SECOND STREET
CLINTON STREET
LAKE CITY STREET
COLISEUM PLACE
16
COLISEUM