



Missouri Cheerleading Coaches Association

904 Wellington

Macon, MO 63552

Join us, November 13 & 14 in Columbia, Missouri. This is your chance to be crowned a State Champion!

State Champions will be crowned in each classification (1-5) in both Large and Small divisions. The competition is open to ALL MSHSAA member schools.

Be sure to pass along the information in this packet to ALL THOSE PLANNING TO ATTEND THE COMPETITION!!

The Missouri State Cheerleading Championships are conducted in accordance with the MSHSAA and National Federation Guidelines for Cheerleading Safety. Each CHEERLEADER COACH and/or ATHLETIC DIRECTOR should have received a booklet from the National Federation illustrating legal as well as illegal partner stunts and pyramids. **Please note, MSHSAA rules for cheerleading, may be and in some cases are more stringent than National Federation Guidelines.**

All competitions are performed on a matted surface.

The Missouri Cheerleading Coaches Association is a non-profit professional organization for cheerleading coaches of junior high, junior varsity, varsity and college squads.

A Regional competition must have a minimum of 15 schools registered by the deadline in order to have a competition at that site. If there are not enough registered, those squads registered would then be assigned to the next closest Regional to them.

ADVANCEMENT

In the varsity division the top 5 squads in each division will advance to the State Finals unless a division has 15 or more squads, then the Top 8 will go on to State and at Regionals receive plaques for places 1-5 with places 6, 7 & 8 receiving the award of excellence. The 80% rule will still take effect.

At large bids will be given to those varsity squads scoring in the top 80%.

At Regionals, "At Large" Jr. High and Jr. Varsity squads will be announced and given an Honorable Mention Certificate if they score within 80% of the top scoring squad in their division.

ATHLETIC TRAINERS

The MCCA will have athletic trainers on duty during the competition. They will be on duty in the event of injury or illness to any participant. Please bring your own prewrap, wrapping tape, and ace bandages.

BANNERS

Only OFFICIAL SCHOOL BANNERS may be displayed.

CATASTROPHIC INSURANCE

The MCCA will provide catastrophic insurance for all participants at both the MCCA Regional and State Competitions.

COMPETITION ORDER

Competition times will be randomly selected by people not associated with any competing school prior to the day of the competition. Squads cannot swap times.

A complete listing of competition times is on the MCCA website: www.missouricheercoaches.org.

The Coed Division will compete during the session that the majority of the squads would fall under.

Every attempt will be made to adhere to the time schedule, however, times will vary. Fans should make plans to come early!

ELIGIBILITY

The competing squad's school must be a member of the Missouri State High School Activities Association and compete in their basketball classification.

All participants must have a signed waiver turned in at the Regional Competition site. Waivers will be good for that years regional and state competition.

All registration fees must be paid prior to the competition.

The performing squad at the state competition must be a cheerleader that was rostered on the regional registration form, and meets all other state requirements. **Only those squad members listed on the original regional registration form will be allowed to be substituted in for competition at the state level under one of the following guidelines, and submitted to MCCA prior to the competition.**

1. injury authorized by physician.
2. grade Ineligibility
3. moving out of the district
4. coaches Discretion/Decision

Squad size may not change from Regionals to State; you must compete with the same number or less at State as done at regionals.

The competing squad must show school authorization of each participant as a member of the squad. This list will be compared with those from the various regionals.

No Junior High and/or Junior Varsity squads or members may be combined with varsity squads for the purpose of competition.

The squad entered in the competition must cheer together in more than half of the games during their season.

Absolutely NO registrations will be accepted after the deadline. There will be no exceptions.

ENDING ROUTINES

Timing will stop when your squad comes to a stand still or a stationary position and a designated member of your squad signals to the timekeeper (verbal or wave), that the routine is completed. Failure to signal the timekeeper could result in a time infraction.

ENTRY FEE

For the Regional Competition: Eight dollars (\$8.00) per cheerleader. No charge for coaches.
For the State Competition: Ten dollars (\$10.00) per cheerleader. No charges for coaches.

Absolutely NO registrations will be accepted after the deadline. There will be NO exceptions.

FALLS

A 25 point deduction for a fall is one in which the flier makes an uncontrolled or unassisted descent to the floor or an MCCA spotter makes a save.

All other falls will be a 5 point deduction.

FOOD

At the State Competition the Hearn Center will have plenty of food available for you to purchase. Personal coolers are NOT allowed in the Hearn Building.

GENERAL ADMISSION

There will be a general admission charge at the Regional Competition, and at the State Competition the admission will be \$10.00. All competitions are open to the public.

There are NO RESERVED SEATS- seating is on a first come basis.

GRIEVANCE POLICY

The established grievance policy of the MCCA will be in effect at all times. A copy of the policy will be enclosed in your regional packet upon registration.

There will be a designated person at regionals and state to receive all grievances.

A grievance room will be set up in a private area where coaches can go. Grievance discussions will be limited to 5 minutes per squad by one coach. A tape and TV for viewing will be available to review the grievance.

HOLDING AREA/FLOOR LEVEL

All squads will report to the holding area 30 minutes prior to their scheduled competition time.

At the State Competition, access to the holding area will be restricted to participants in uniform and coaches that display the floor pass tags provided to them. Each squad will be issued 2 coaches floor passes. (Floor passes are not admission passes.) Please DO NOT request more! Anyone not displaying the coaches floor pass or cheerleaders not in official school uniform will not be permitted in these areas. There is NO floor seating at any time during the competition.

Lost passes will not be replaced.

JUDGES

The judging panel will consist of 5 judges plus 3 penalty judges and 1 level of difficulty judge for each regional and 5 judges plus 4 penalty judges and 1 level of difficulty judge for the state final competition.

All penalties are given to coaches shortly following their squads performance at the designated penalty table.

The same judging forms used at the regional competition will be used for the state competition. Judges forms WILL NOT be available for your viewing the day of the competition but will be mailed to the coaches at a later date.

JUDGING SHEETS

See sample forms.

LEVEL OF DIFFICULTY BONUS POINTS (non grievable)

The bonus point sheet should be filled out prior to the competition, checking each skill that you believe your squad is attempting.

Remember that when it states all squad members must do the skill, each and every member must complete that skill correctly. For example: when performing double toe touches each person must meet the requirement. A toe touch must have the legs diagonally to the front, legs lifted from the hips at about a 45 degree angle as close to, if not hitting 90 degrees. An eagle spread is NOT a toe touch. On a 180 jump toe touch, the jump occurs in the air and the feet do not touch the ground until after the toe touch.

MUSIC

You are required to bring two CD's of your music - one you will use as a back up. Either a coach or a designated representative of your squad must start and stop your music. There will be someone at the music table to assist you in where to put your CD, start/stop button, etc. *Coaches are encouraged to use CD-R's if they burn their own music and are reminded that MCCA or the host school is not responsible if a CD does not work in the sound system. Any time delay in the music performance could result in a time and/or music time penalty.

There will be a thirty minute time period prior to the start of each session where coaches can try their music. This will be **only** for testing purposes.

Coaches are strongly encouraged to bring their own CD player as an emergency back up.

ON DECK

The ON DECK AREA is limited to the coach and squad members only.

PASSES (STATE COMPETITION ONLY)

Once your state registration has been received, you will be mailed a packet. This packet includes pass cards for each of your cheer squad members, 2 coaches, and 5 extra passes for team managers, bus driver, administrators, faculty supervisors or other school representatives, etc. Any additional tickets, other than those allowed must be purchased at the gate. PLEASE DO NOT REQUEST MORE. Lost tickets WILL NOT be replaced. These passes will admit you to all three sessions. The coaches floor pass is ONLY to allow the coach on the floor level, IT IS NOT AN ADMISSION PASS! Only coaches with floor passes will be allowed in the holding area. There will be strict supervision and enforcement of this policy.

Squads should enter the pass gate as a group.

Each card must be signed IN INK by the card bearer. All passes will be checked with photo ID, please come prepared. They are to be used only by the person whose name originally is placed on the card. Each individual must carry a pass which will be punched when he/she is admitted by the gatekeeper. Be sure that all persons keep their passes. Passes will be honored only at the door marked "PRESS GATE" located at the EAST entrance to the main arena of the Hearnes Center.

The pass gate operator will keep the passes when entering for the third session or after the first or second session if one is not returning.

PENALTY SHEETS/PENALTIES

A 25 point penalty WILL be assessed for the use of inappropriate music, language or gestures.

A safety check will be done before each squad competes. (See sample form)

Coaches are responsible for checking with the penalty table following their routine for any penalties. This procedure must be done within 20 minutes of the finished performance.

PERFORMANCE AREA

Squad members stepping off the mats will be assessed a 10 point penalty per infraction.

Coaches of the competing squad at state and regionals will have 2 designated seats on the floor level to the front and side of the judges for viewing their squad's performance.

PICTURE INFORMATION

At the State Competition, pictures will be taken in the Practice Area for your purchase and mailed to each member. You must PRE-PAY for pictures, so come prepared. Picture packets will be mailed in your state confirmation packets once you have registered.

PRACTICE TIMES

At the State Competition each squad will be given a 15 minute practice time approximately 1 hour before their scheduled competition time. There will be 3 designated practice areas. ONLY in these 3 areas can music be used. These areas will be monitored at all times. If you miss your scheduled time, you WILL NOT be given another time.

Do not call the Hearnes Center to request a time to be on the arena floor. There is no practicing by ANY SQUAD on the competition floor prior to the event.

Please do not come to the practice area until your scheduled time and do not abuse the time limit.

You will need to bring your own tape/CD players and it should run on batteries.

Regional practice times will depend on the site facility and availability of a practice area.

PROPS

Poms and megaphones can be used.

Crowd involvement signs may also be used in either category provided they are hand-held, 2 dimensional signs, not to exceed 2x3 feet.

If a sign or prop is not gently tossed or placed at anytime, a 10 point penalty will be assessed for each violation. Signs and/or props must be placed or dropped by a team member who must remain inside the performance area.

These are the only props that will be allowed.

REGISTRATION DEADLINE FOR STATE

State registrations will be due **September 23**. There will be a one week grace period where those schools who qualified but whose registrations have not been received will be contacted. They have one week to rectify the situation/show proof of registration.

SMOKING POLICY

At the State Competition the North Exit on the main concourse will be the only area designated to allow smoking. Absolutely no smoking is allowed anywhere else in the Hearnes Center.

SOUVENIRS

Specially designed t-shirts, long sleeved t's and sweatshirts will be sold at the state competition. MCCA shall hold exclusive rights for the sale of all souvenir items at MCCA sponsored events.

A souvenir state program with pictures of all the competing squads that submitted a picture will also be for sale.

SPORTSMANSHIP REQUIREMENT

Refrain from using ANY competing school's name in your routine.

A participant, coach, substitute, trainer or other team attendant must not commit an unsporting act.

This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or gestures
- c. Baiting or taunting an opponent.
- d. Using tobacco or smokeless tobacco.

This is a 25 point penalty per infraction.

SPOTTERS

Members of the competing squad must fulfill all spotting requirements as listed in the guidelines from the MSHSAA and National Federation.

SQUAD SIZE/DIVISIONS

For the 1/2 schools (as established in basketball)

Small Varsity - 10 or fewer members

Large Varsity - 11 to 18 members

For the 3/4/5 schools

Small Varsity - 14 or fewer members

Large Varsity - 15 to 20 members

For *Coed (any squad having 2 or more male members)

Small Varsity-4 or fewer male participants with a limit of 20 total members on the competition floor

Large Varsity - 5 or more with a limit of 20 total members on the competition floor

Junior High Division (Award of Excellence/Regionals Only)

A squad consisting of all freshman and younger with a limit of 18 total members on the competition floor.

Junior Varsity Division (Award of Excellence/Regionals Only)

A Junior Varsity squad containing freshmen and older with a limit of 18 total members on the competition floor.

SUBSTITUTIONS

When making substitutions from Regionals to State Competitions, you may ONLY substitute the same gender. You cannot substitute in a male for a female, or vice versa.

TIMING

Timing starts with the first organized movement, motion, word or music by the performing squad.

A 3 second human error factor will be considered.

Routines are limited to a maximum of 3 minutes and a minimum of 2 minutes. A 10 point penalty is assessed to any squad exceeding 3 minutes, or a squad who does not use more than 2 minutes. Music used within the routine cannot exceed over half the total time.

VIDEO STUNT REVIEW

If you have questions concerning any safety rule or questions regarding specific performance elements, please follow these steps:

All questions must be in written form. NO phone calls will be accepted.

For all legality verifications, you must send a DVD that contains the skill in question along with a letter stating the skill you are questioning. DVD MUST include the following:

1. Front, side and back view of skill.
2. Include your name, team name, email and phone number or your DVD
3. Do not sent entire routine, only the skill(s) in question. Your DVD will be kept on file with MCCA

Videos that are not in the above format will NOT be viewed.

All DVD's must be received by July 24. Videos not received by that date will **NOT** be reviewed.

Do **NOT** depend on your choreographer, coach or director to determine if something is legal. If you feel that something may be illegal, send a DVD to the address below.

Send DVD's to:

MCCA Legalities
11501 N. Virginia
Kansas City, MO 64155

VIDEO TAPING

Video taping will be allowed. Anyone wanting to video tape must do so from the site's designated area or from your seat as long as you are not using a tripod OR taking up aisle space OR blocking someone's view. NO power outlets will be available so please come prepared.

There will be DVD available for purchase by a professional photographer at the state competition. Orders will be taken the day of the competition.

There will be a person designated to tape the competition for penalty viewing purposes. This will be the only tape used to review penalties.

Questions?????

All questions and concerns regarding the Regional or State Competitions are to be addressed BY THE COACH. Not through parents or students. Coaches are to contact the Regional Director, State Competition Director, Nancy Hequemberg, 573/893-6543 or Suzy Thompson, 660/385-4254