



MCCA GAME DAY COMPETITION RULES HANDBOOK

The MCCA Official Game Day Competition Rules Handbook is compiled, edited, and published by the Missouri Cheer Coaches Association under the oversight of the MCCA Competition Committee. The committee is comprised of the following: MCCA President and Vice President, the MCCA Competition Director, the Kansas City and the St. Louis Regional Directors (all directors appointed by the current President), and two coach volunteers from each of the school classification divisions for regional and state competitions (1A, 2A, 3A, 4A, 5A, Co-ed). *Competition Committee members' names and contact information can be found in Appendix A.*

The Competition Committee works to review all competition rules, rubrics, and score sheets to ensure they stay in accordance with MCCA goals as well as the Missouri State High School Athletics Association (MSHSAA), the National Federation of State High School Associations (NFHS), and the USA Cheer Guidelines for Cheerleading Safety. The committee also reviews all yearly proposal submissions and votes on which proposals will be sent to the general membership for consideration.

All Missouri Head Cheerleading Coaches and/or Athletic Directors should receive a rules booklet from the NFHS yearly. Coaches should follow the MCCA Game Day Competition Rules Handbook as well as MSHSAA, NFHS, and USA Cheer rules for cheerleading at all times. If there are questions regarding MSHSAA, NFHS, USA Cheer, or MCCA competition rules, coaches may reach out to any of the competition committee members as a starting point of contact to find answers.

All Missouri coaches are encouraged to be members of the Missouri Cheer Coaches Association and to be involved in the association to help promote and support both sideline and performance cheerleading in the state of Missouri. Additionally, a school **MUST BE A MEMBER** of MCCA to be eligible to compete at any of the 4 competitions hosted by MCCA each year (*if you are not yet a member of MCCA, please see Appendix C for how to obtain your MCCA membership*).



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GENERAL INFORMATION

The Missouri Cheerleading Coaches Association hosts 4 yearly competitions: a St. Louis area regional competition, a Kansas City area regional competition, a Performance State Championship, and a Game Day State Championship. Each team wishing to compete at the Performance State Championship must compete at one of the (or may compete at both) regional competitions. There is no qualifying competition for the Game Day State Championship.

Both regional competitions and the Performance State Championship will be hosted during the first semester of the school year. The Game Day State Championship will be hosted in the second semester of the school year. *Exact dates, locations, and registration deadlines may be found in Appendix B.*

Teams wishing to compete with MCCA at any of the 4 competitions must be a member of the Missouri Cheer Coaches Association; yearly membership runs from June 1 to May 31 of each year (*if you are not yet a member of MCCA, please see Appendix C for how to obtain your MCCA membership*).

MCCA or the host school will provide a trainer during each competition. MCCA also provides catastrophic insurance for all athletes at all competitions.

GAMEDAY STATE CHAMPIONSHIP

The Missouri Cheerleading Coaches Association started the MCCA Game Day State Championship in the winter of 2022.

MCCA offers the Game Day State Championship to provide teams a championship level competitive event to showcase their sideline/timeout crowd leading skills performed during a typical game situation.

The goal of the Game Day State Championship is to recreate your game-day atmosphere. Teams perform routines intended to promote crowd involvement/response and to enhance the genuine spirit of each sporting event.

Teams may compete in any or all of the following divisions: Timeout, Fight Song, and/or Band Chant (*all 1 minute routines*).

All MCCA Member schools may compete in the Game Day State Championship without prior qualification either in place of, or in addition to, the MCCA Regionals and Performance State Championship.

To be considered for a Game Day State title, the team must meet the following requirements:

1. The team must compete in all 3 Game Day Divisions (Timeout, Fight Song, Band Chant)
2. Teams must place in the Top 5 in at least 2 of the 3 divisions.
3. Qualifying Team scores will be averaged.

The top 5 teams of each division will be awarded placement plaques.

The top 3 teams of each will be awarded individual medals.

The top team of each division will be awarded a plaque and the title of Game Day State Champions.

GAME DAY CHAMPIONSHIP ELIGIBILITY

The Game Day State Championship is open ONLY to MSHSAA & MCCA member schools (if you are not yet a member of MCCA, please see Appendix C for how to obtain your MCCA membership).

Teams may utilize athletes from any/all of their teams without restrictions on the composition of the team.

No more than 1 team may compete per school.

In the event that a school has a competition team that is separate from their sideline team and both wish to compete, priority shall be given to the sideline team for entry into the Game Day State Championship.

All athletes (including alternates) MUST turn in a signed waiver (found [HERE](#) on our website or in Appendix K of this document) prior to competing at the Game Day State Championship.

All MCCA membership and competition registration **fees MUST BE PAID PRIOR** to competition.

GAME DAY STATE CHAMPIONSHIP DETAILS

CLASSIFICATIONS:

Classifications will be determined according to your MSHSAA official school enrollment numbers (1A – 5A classifications). There are NO co-ed or superlarge classifications.

Please see Appendix D for the current competition classification breakdown based on your school's enrollment numbers. If you do not know your current MSHSAA official school enrollment, you can find it at <https://www.mshsaa.org/Activities/SchoolEnrollments.aspx>

TEAM SIZE:

Teams are allowed a maximum of 20 athletes on the mat per division, females and males.

Teams may utilize members from all their teams including mascots (see below).

Team size may not change between divisions.

General MCCA alternate guidelines for Performance Competitions also apply to the Game Day State Championship.

MASCOTS:

Mascots may participate, but are not required.

Mascots do not count toward the total number of athletes.

Schools with multiple official mascots are allowed to use both (e.g., Truman and Trudy the Tiger).

Mascots may use props (signs, poms, megaphones, flags) just as the athletes; however, mascots ARE NOT ALLOWED to stunt or tumble (only forward rolls allowed).

PERFORMANCE AREA:

The performance area will be a full 9-panel matted cheer floor (42'x54').

Coaches will be provided designated seats on the floor level to the front and/or side of the mat for viewing their team's performance.

SAFETY CHECK:

Teams will be assigned a designated safety check time and location prior to going to the practice/warm up area at each competition. It is the coaches responsibility to be sure that all athletes are in compliance with all MSHSAA/NFHS/USA Cheer Safety Guidelines. Any safety violations will be assessed at the time of the safety check and will affect final scores (*see Appendix E for the Safety Check Penalty Sheet*).

Teams will have a safety check prior to their warm-up for EACH DIVISION in which they compete during the Game Day State Championship (Timeout, Fight Song, Band Chant).

If a team receives a penalty during their first safety check and the issue still exists during the following safety checks, they will receive the same penalty again. Each division is considered a separate competition and is safety checked, judged, and penalties assessed as such.

CHECK-IN - PRACTICE/WARM UPS:

Competition Order will be randomly assigned by the State Competition Director prior to the day of competition. Teams will receive their check-in time, practice/warm-up and performance order approximately 2 weeks prior to each competition. The state competition director WILL NOT guarantee accommodations for special time/order requests.

Each team will receive a designated practice time for each division in which they compete. Please arrive NO MORE THAN 10 minutes prior to your scheduled time. When possible, teams will have a designated team 'buddy' that will escort them to the practice room. It is the responsibility of the coach to be sure the team checks in on-time and is ready to warm up prior to competing. If teams miss their scheduled practice time, they forfeit their practice time and must go directly to the holding/on-deck area. The practice area and on-deck holding area is limited to official coaches, athletes, and alternates only.

Each team will have 3 minutes per division to warm up.
The practice area will be monitored at all times.

Taking photos and/or recording any individual or team other than your own is strictly prohibited at all times during MCCA Competitions (*both during practice and during competition*) unless it is explicitly approved by the individual and/or team and prior written approval from MCCA was obtained.

MCCA does NOT provide spotters in the practice room. Please provide your own spotters as needed.

HOLDING AREA/ON DECK:

All teams will be escorted to the holding/on deck area approximately 10 minutes prior to their scheduled competition time. Only coaches and athletes are allowed in this area.

MUSIC:

Music may only be used for the fight song and the band chant divisions.

All music must comply with USA Cheer Guidelines. It is the coaches' responsibility to know the guidelines. [CLICK HERE](#) to find the USA Cheer Music Guidelines and preferred music providers. Music must be from a preferred provider and you must submit all music forms/licenses/proof of compliance prior to competition. Submit this [MUSIC FORM](#) (also available to print in appendix L) along with any additional documentation obtained when you turn in your team waivers.

There will be a 30 minute designated timeframe for music check prior to the start of competition. This is the **ONLY TIME** coaches will be allowed to test their music prior to competition.

All music should be on a phone, tablet, or other electronic device (NO CDs). Coaches must provide their own dongle. An auxiliary cord will be provided.

Either a coach or other designated team representative must start/stop the music; however, there will be someone at the music table to assist teams. *Remember to test your music during the designated time prior to the start of competition.*

PROPS:

Poms, megaphones, signs, and flags are allowed.

Flag poles must be PVC or similar plastic or aluminum pipe. Flags on any type of pole are not allowed during any stunts; flags on poles may only be used where the person using the flag has both feet on the ground. Soft material flags, not on a pole, are allowed to be used by flyers in stunts.

All signs must be hand-held, 2-dimensional, and no larger than 2'x3'.

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

All props must be carried on/off the performance area as they would be during a timeout during basketball.

NO PROPS may be tossed/placed outside of the performance area.

SPOTTERS:

MCCA or the host school will provide spotters on the performance floor.

SPORTSMANSHIP:

MCCA encourages and supports sportsmanship, integrity, and fairness among athletes and coaches during all competitions. To ensure a positive experience for all, MCCA asks that all athletes, coaches, trainers, team representatives, and spectators abide by the following:

- Any questions or concerns regarding a team's performance must be communicated directly to the MCCA Board **ONLY** by the coach.
- No athlete, coach, trainer, team representative, or spectator may contact the judges directly.
- Any unruly, aggressive, or belligerent behavior/gestures may result in a deduction, potential team disqualification, removal from the event, and/or barred participation in future events.
- No team shall use a competing team's name in their routine.

A minimum of a 5-point penalty shall be imposed per infraction.

GAME DAY STATE CHAMPIONSHIP JUDGING

JUDGES:

There will be three judges and a head judge per judging panel; there will be 2 penalty judges at each competition.

When possible, multiple panels of judges will be used to keep the competition running smoothly and on-time. When multiple judging panels are used, divisions will be staggered on the schedule to keep all teams within a division with the same panel of judges.

JUDGES FORMS:

Links to sample score sheets are on the MCCA website and are included in this document as indicated below:

- *TIMEOUT SCORE SHEET – See Appendix F*
- *FIGHT SONG SCORE SHEET – See Appendix G*
- *BAND CHANT SCORE SHEET – See Appendix H*

SCORING TIES:

In the event of a tie, the highest overall judges score will be used to break the tie. If there is still a tie, the lowest overall judges score will be used to break the tie. If after this process there is still a tie, then the original results will stand.

PENALTIES:

A safety check will be done when teams check-in for their practice/warm up times for each division. Any safety violations at that time will result in penalties for the team.

During competition, a fall in which the flyer makes an uncontrolled or unassisted descent to the floor or a fall for which an MCCA spotter must step in to assist the catch will receive a 5-point deduction. All other falls will receive a 1-point deduction.

A 5-point deduction will be assessed for inappropriate music, language, gestures and/or moves.

A 5-point deduction will be assessed for each prop remaining on the competition area after the performance.

A 15-point deduction will be assessed for teams having the majority of their athletes still in the competition area when the final buzzer sounds at the end of the timeout division performance.

All penalties are delivered to the penalty table shortly following a team's performance.

Coaches are responsible for picking up the team's penalty sheet at the penalty table following their performance. All penalty sheets must be picked up within 20 minutes of the finished performance. *(see Appendix E for the Penalty Sheet)*

GRIEVANCE POLICY:

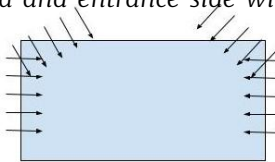
The established MCCA Grievance Policy will be in effect at all times *(see appendix I)*.

There will be a designated panel at the Game Day State championship to receive, review, and rule on all grievances.

TIME OUT DIVISION DETAILS

- **Competition Area**

- Athletes will enter from the side or back corner (similar to a timeout in basketball).
 - Teams should practice entering the competition area from both sides as the specific side of the holding/on-deck area and entrance side will be determined by the host school and cannot be guaranteed.



- All skills (stunts, pyramids, jumps, tumbling) must be performed inside the competition area.
- Props must be carried on/off the competition area similar to a basketball timeout.
- Props may NOT be set up in advance.
- Objects cannot be thrown/placed outside the competition area

- **Timing**

- Each team will perform cheers/chants not to exceed 1 minute similar to a basketball timeout.
- Timing will begin when the buzzer sounds AFTER your team is announced.
- A 'warning' buzzer will sound when there are 15-seconds remaining.
- A final buzzer will sound at 1 minute - the majority of the team should be completely off the mat when this buzzer sounds.
 - If the majority of the team remains on the mat when the final buzzer sounds, a 15-point deduction will be assessed.
- Any organized entrance, chant(s), etc. are considered part of the routine and will be judged and timed as such.

- **Skill Incorporation**

- All MSHSAA, NFHS, and USA Cheer Safety Guidelines must be followed.
- MUST INCLUDE BOTH a cheer and a chant.
- Poms and Signs MUST BE USED.
 - Megaphones and flags are optional but encouraged.
 - A 5-point deduction will be assessed for any props left on the competition area after performance.
- Performance should incorporate props effectively to enhance crowd involvement.

- **Skill Restrictions**

- NO MUSIC allowed during the timeout division.
- NO BASKET/SPONGE TOSSES
- Maximum difficulty level of tumbling: standing back handsprings
- Running tumbling ONLY during entrance.
- Skills limited to those allowed on gym floors by NFHS.

- **Judging Criteria**

- Effective entrance that IMMEDIATELY involves the crowd with a clean exit upon completion.
- Potential for crowd response.
- Practicality & effectiveness of material.
 - Stunts and tumbling will not be scored separately or for difficulty. They are only assessed in the terms of enhancing crowd involvement.
- Ease of participation for the crowd.
- Showmanship, genuine spirit, confidence, creativity, eye contact, natural smile.
- Good volume, spirited, encouraging, natural sounding.
- Effective formations, spacing, crowd-coverage, seamless transitions.
- Overall execution and effective use of time.

BAND CHANT DIVISION DETAILS

- **Competition Area**
 - Athletes will start in the competition area and will not be judged on a run on.
 - All skills (jumps) must be performed inside the competition area.
 - Props must be carried on/off the competition area similar to a basketball timeout.
 - Objects cannot be thrown/placed outside the competition area.
- **Timing**
 - Each team will perform a band chant not to exceed 1 minute.
 - Time will start with the first synchronized motion or music note.
 - Timing ends when the team comes to a stationary position and a designated member of your team signals to the timekeeper (verbal or wave) that the routine is complete.
 - A 3-second human error factor will be considered when timing routines before penalties are assessed.
- **Skill Incorporation**
 - All MSHSAA, NFHS, and USA Cheer Safety Guidelines must be followed.
 - Recorded music may be used during the performance. Live music is not permitted.
 - Performances should incorporate props effectively:
 - Poms and signs may be used.
 - Megaphones and flags are encouraged.
 - A 5-point deduction will be assessed for any props left on the competition area after performance.
- **Skill Restrictions**
 - NO basket/sponge tosses
 - NO standing/running tumbling
 - NO stunts/pyramids
- **Judging Criteria**
 - Performance is appropriate for a game day environment.
 - Level changes, ripples, creative movements, and other visual effects
 - Potential for crowd response
 - Practicality and effectiveness of material
 - Ease of crowd participation
 - Correct motion technique and synchronization
 - Showmanship, genuine spirit, confidence, creativity, eye contact, natural smile
 - Effective formations, spacing, crowd-coverage, seamless transitions
 - Overall execution and effective use of time

FIGHT SONG DIVISION DETAILS

- **Competition Area**
 - Athletes will start in the competition area.
 - All skills (stunts, standing tumbling, jumps) must be performed inside the competition area.
 - Props must be carried on/off the competition area similar to a basketball timeout.
 - Objects cannot be thrown/placed outside the competition area
- **Timing**
 - Each team will perform a fight song not to exceed 1 minute.
 - Time will start with the first synchronized motion or music note.
 - Timing ends when the team comes to a stationary position and a designated member of your team signals to the timekeeper (verbal or wave) that the routine is complete.
 - A 3-second human error factor will be considered when timing routines before penalties are assessed.
- **Skill Incorporation**
 - All MSHSAA, NFHS, and USA Cheer Safety Guidelines must be followed.
 - Recorded music may be used during the performance. Live music is not permitted.
 - Performances should incorporate props effectively:
 - Poms and signs may be used.
 - Megaphones and flags are encouraged.
 - A 5-point deduction will be assessed for any props left on the competition area after performance.
- **Skill Restrictions**
 - NO basket/sponge tosses
 - NO running tumbling
 - Maximum level of difficulty for standing tumbling is limited to standing back handspring.
 - Stunts and tumbling will not be scored separately or for difficulty. They will only be assessed in terms of enhancing crowd involvement.
- **Judging Criteria**
 - Performance is appropriate for a game day environment.
 - Level changes, ripples, creative movements and other visual effects
 - Potential for crowd response
 - Practicality and effectiveness of material
 - Ease of crowd participation
 - Correct motion technique and synchronization
 - Showmanship, genuine spirit, confidence, creativity, eye contact, natural smile
 - Effective formations, spacing, crowd-coverage, seamless transitions
 - Overall execution and effective use of time

REGISTRATION AND REQUIRED FORMS

REGISTRATION:

schools MUST BE A MEMBER OF MCCA to register for competition

Teams should go to www.missouricheercoaches.org to begin the registration process.

There is a link under the competition tab at the top of the page titled "Registration". Once the Game Day State Championship registration has opened (*see Appendix B for registration dates/deadlines*), you may begin the registration and payment process.

Once all the information has been entered, teams will receive a confirmation email with an additional link to secure payment.

The registration fee for the Game Day State Championship is determined by the number of divisions for which you register your team:

- TIME OUT DIVISION ONLY = \$10/athlete & alternate
- BAND CHANT DIVISION ONLY = \$10/athlete & alternate
- FIGHT SONG DIVISION ONLY = \$10/athlete & alternate
- ALL 3 DIVISIONS (must register for all 3 to be eligible for a state title) = \$25/athlete & alternate

A late registration fee of \$10 PER ATHLETE/ALTERNATE for all divisions will be assessed after the registration deadline.

The late registration fee will be applied up to two weeks after the published deadline ONLY (2021).

After the 2 week "late registration" period, absolutely no registrations will be accepted. Be sure you check dates and plan ahead – especially for payment purposes.
(*See appendix B for registration dates/deadlines*).

All teams MUST BE PAID IN FULL prior to competition.

Game Day State Championship registration will open mid-fall.
See Appendix B for exact dates and registration deadlines.

REQUIRED FORMS:

Team Roster: (*see appendix J*)

Each team must submit an official team roster. Each athlete (on mat and alternate) should be listed along with grade. All rostered athletes must also be rostered with MSHSAA.

Athlete Waivers: (*see appendix K*)

All athletes (including alternates) MUST fill out/sign a waiver (found [HERE](#) on our website) prior to competing upon arrival at the Game Day State Championship..

Music License: (*see appendix L*)

Music must be from a preferred provider and you must submit all music forms/licenses/proof of compliance prior to competition. Submit this [MUSIC FORM](#) along with any additional documentation obtained when you turn in your team waivers at your team check-in upon arrival.

SPECTATOR DETAILS

ADMISSION

All spectator seating/tickets are general admission only.

All spectator tickets will be sold ONLINE ONLY. There are NO CASH TICKET SALES!

As soon as the competition schedule is released, online PRE-SALE tickets will open.

A link will be sent out to all coaches to share with their fans. Additionally, the link will be shared on social media and on our MCCA website.

Spectators MUST PRESENT TICKETS FOR SCANNING upon arrival (*either a print out or electronic*).

All general admission tickets will be \$10.00 per person, per session for each competition (each regional, Performance State Championship, and Game Day State Championship). It is VERY IMPORTANT for spectators to know in which session their athletes will compete (coaches will need to share this information).

All spectator tickets are NON-TRANSFERABLE and NO REFUNDS will be issued. Spectators must choose the correct date, day, and session carefully.

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

When allowed by the host venue, there may be a VIP viewing area near the front and/or side of the competition area where fans may sit while their team competes. Entrance and exit into and out of this area will be monitored and will move quickly so each group has the opportunity to watch their team.

VIP Viewing area IS NOT GUARANTEED and can be removed at any time at the discretion of MCCA and/or host school/venue.

SOUVENIRS

Specially designed apparel will be sold at each competition. Online sales will be open prior to competition, and purchases will be available for pick up and the competition. MCCA shall hold exclusive rights for the sale of all souvenir items at MCCA sponsored events.

FOOD

NO OUTSIDE FOOD/DRINK will be allowed at any competition.

When possible (depending on host location), concessions will be offered for purchase.

BANNERS, POSTERS, BALLOONS

Posters, fatheads, homemade banners, and balloons are NOT ALLOWED at any competition. Only “official” school banners will be allowed.

QUESTIONS?

All questions and concerns regarding either Regional, the Performance State, and/or the Game Day State Competitions are to be addressed ONLY BY THE COACH. Not through parents, athletes, or students. Coaches are to contact the Competition Director(s) or the MCCA President.

APPENDIX A

Competition Committee Members 2022-2023

	<u>Name</u>	<u>School</u>	<u>Email</u>
Competition Director	Jenn Newman	Ottawa University	competition@missouricheercoaches.org
St. Louis Regional Director	Casey Cowsert	Pacific	stlregional@missouricheercoaches.org
KC Regional Director	Morgan Padilla	Park Hill	kcregional@missouricheercoaches.org
1A	Jacquelyn Collins Lisa Stobbe	Delta Putnam County	jackee.collins@deltarv.k12.mo.us lstobbe@putnamcountyr1.net
2A	Andrea Sanders Mackenzie Hustead	East Prairie Macon	andrea.sanders@eastprairie.org dhustead@macon.k12.mo.us
3A	Tiffany Cox Kyleah Stahlman	Smithville Union	coxt@smithville.k12.mo.us kyleah.stahlman@hotmail.com
4A	Jennifer Morelock Casie Eichel	Platte County Farmington	morelocj@platteco.k12.mo.us Ceichel@farmington.k12.mo.us
5A	Liz Green Sonya Gough	Northwest Blue Springs South	egreen@northwestschools.net sgough@bssd.net
Coed	Erica Wagner Amy Barron	Timberland Kickapoo	ericawagner@wsdr4.org albarron@spsmail.org

APPENDIX B

Competition Dates, Locations & Registration Deadlines 2022-2023

November 1:

REGISTRATION OPENS

Game Day State Championship

December 15:

REGISTRATION CLOSING (WITHOUT LATE FEE)

December 16:

LATE FEES of \$10 per athlete applied to late registrations

January 1:

NO GAME DAY CHAMPIONSHIP registrations AFTER THIS DATE

February 19:

Game Day State Championship @ Drury University

APPENDIX C

MCCA Membership Information

[CLICK THIS LINK](#) to become a member of MCCA.

After you fill out the membership form.

[CLICK HERE TO PAY](#) for your membership.

IMPORTANT DATES:

June 1:

2022-2023 Membership year begins

Nominations for [Community Service Award](#), [Sportsmanship Award](#), [Administrator of the Year Award](#), and [Coaches Service Award](#) are open

January 1:

Coaches must be members by this date in order to run for board positions, vote on proposals, or apply for scholarships

[MCCA Coaches Conference registration](#) opens

January 31:

[Scholarship applications](#) must be postmarked by this date to be considered

February 24:

Registration closes for the MCCA Coaches Conference

Nominations close for [Community Service Award](#), [Sportsmanship Award](#), [Administrator of the Year Award](#), and [Coaches Service Award](#)

Deadline to run for [board positions](#)

March 1:

Deadline to [submit Proposals](#)

March 31-April 2:

[MCCA Coaches Conference. Camden on the Lake](#)

APPENDIX D

MCCA Classification Breakdown based on MSHSAA Enrollments

Class	Enrollment	Division Sizes
1A	0 - 220	Small 1 - 11, Large 12 - 20
2A	221 - 500	Small 1 - 11, Large 12 - 20
3A	501 - 740	Small 1 - 14, Large 15 - 20
4A	741 - 1119	Small 1 - 14, Large 15 - 20
5A	1120 - 2055	Small 1 - 14, Large 15 - 20

APPENDIX E

Penalty Form

Judge	Team		Division	Video Link
Category	Type	Quantity	Deduction	Comments
Time	<input type="checkbox"/> Total Time Over 1:00 <input type="checkbox"/> Total Time Under 1:00		0	
Boundary	<input type="checkbox"/> Front		0	
	<input type="checkbox"/> Back		0	
	<input type="checkbox"/> Left		0	
	<input type="checkbox"/> Right		0	
Safety Check	<input type="checkbox"/> Hair		0	
	<input type="checkbox"/> Nails		0	
	<input type="checkbox"/> Jewelry		0	
Minor Falls	<input type="checkbox"/> Tumbling		0	
	<input type="checkbox"/> Stunt		0	
	<input type="checkbox"/> Pyramid		0	
	<input type="checkbox"/> Toss		0	
Major Falls	<input type="checkbox"/> Tumbling		0	
	<input type="checkbox"/> Stunt		0	
	<input type="checkbox"/> Pyramid		0	
	<input type="checkbox"/> Toss		0	
TOTAL POINTS DEDUCTED			0	

LEGALITIES				
Severity		Rule	Details	Deduction
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
Major	<input type="checkbox"/>	Penalty		0
	<input type="checkbox"/>	Warning		
TOTAL POINTS DEDUCTED				0

APPENDIX F

Time Out Division Score Sheet

TEAM:						
DIVISION:	1A	2A	3A	4A	5A	
CATEGORY	MAX POINTS	SCORE			COMMENTS	
	ENTRANCE					
	5					
	PROPS INCORPORATION					
	5					
	MOTIONS/SYNCHRONIZATION					
	15					
	FORMATIONS/TRANSITIONS					
	10					
	VOICE					
	10					
	SHOWMANSHIP					
	15					
	CROWD LEADERSHIP					
	15					
	CREATIVITY					
	15					
	OVERALL IMPRESSION					
	10					
TOTAL	100					

APPENDIX G

Band Chant Division Score Sheet

TEAM:						
DIVISION:	1A	2A	3A	4A	5A	
CATEGORY	MAX POINTS	SCORE			COMMENTS	
MUSIC INCORPORATION						
	5					
PROPS INCORPORATION						
	5					
MOTIONS/SYNCHRONIZATION						
	15					
FORMATIONS/TRANSITONS						
	10					
VISUAL APPEAL						
	10					
SHOWMANSHIP						
	15					
CROWD LEADERSHIP						
	15					
CREATIVITY						
	15					
OVERALL IMPRESSION						
	10					
TOTAL	100					

APPENDIX H

Fight Song Division Score Sheet

TEAM:						
DIVISION:	1A	2A	3A	4A	5A	
CATEGORY	MAX POINTS	SCORE			COMMENTS	
SKILL INCORPORATION						
	5					
PROPS INCORPORATION						
	5					
MOTIONS/SYNCHRONIZATION						
	15					
FORMATIONS/TRANSITIONS						
	10					
VISUAL APPEAL						
	10					
SHOWMANSHIP						
	15					
CROWD LEADERSHIP						
	15					
CREATIVITY						
	15					
OVERALL IMPRESSION						
	10					
TOTAL	100					

APPENDIX I

GRIEVANCE POLICY

RULE 1: Competition Grievance Procedure - Penalties

A MCA representative or designee shall be named as the Penalty Judge prior to the competition. That person or a committee formed by that person shall be the only and final interpreter of the rules at the competition.

Any school or coach wishing to protest points awarded at a Regional or State Competition shall follow these guidelines:

- The school or coach has 20 minutes from the penalty judge's registered time to protest awarded penalty points. Time begins when the coach receives notices.
- The protest must be delivered in writing on the protest form to the grievance panel within the allotted time.
- The grievance panel would render the final decision and no further protests could result.
- A protest shall be based only on an error in applying a rule of the MSHSAA, the National Federation Spirit Rules, and/or the USA Cheer Spirit Rules. The only items that can be grieved are: MSHSAA, NSHS, and USA Cheer rules and time.
- No protest shall be heard on judgment calls of an official.

Any further inquiries concerning the results of the protest shall be directed to the MCCA President.

Any school or coach that does not follow the procedure shall have the following points deducted from their performance score:

- Failure to observe the time limit will result in voiding the protest.
- Approaching or trying to influence a judge's decision will result in a 25 point penalty.
- Deliberate disruptive behavior and/or use of profanity by a coach, team, athlete, and/or team representative will result in a 25 point penalty.
- Verbally abusing or disrespectfully addressing a judge, competition official, and/or an MCCA Board or Committee Member will result in a 25 point penalty.
- Continued abusive behavior may lead to removal from the premises by the Regional or State Competition Director.

In order for the MCCA Board to uphold a protest, it must be established that the error made by a penalty judge was the determining factor in penalty points being assessed.

RULE 2: Individual School or Coach Grievance Procedure

A school/coach wishing to have another school/coach penalized for violation of the Association's rules (which for purposes of this Rule shall include evaluation of any provision of the Constitution) shall file a written notice of protest signed by its principal or designee, and specifying the grounds of the protest with the MCCA President. The notice shall be filed without delay after the alleged violation has occurred. The MCCA Board may consider unreasonable delay a factor in ruling on any protest. Protests may also be initiated by the Board.

The MCCA President shall notify the accused school/coach of the protest, and after such further investigation as the President deems necessary, shall either make a ruling or refer it to the MCCA Executive Board.

Either the accusing school or coach or the accused school or coach may appeal to the MCCA Executive Board from a ruling on the protest or refer it to the MCCA Executive Board.

If any member of the MCCA Executive Board is an interested party in a protest, the MCCA Executive Board shall appoint a disinterested person as a replacement in the decision of the case.

When a ruling has been appealed or when a protest has been initiated by or referred to the MCCA Executive Board, the MCCA Executive Board shall give the interested schools or coaches not less than three days notice of the time and place of the hearing. The hearing shall be conducted by the MCCA Executive Board, pursuant to such procedures as it may direct, provided that interested schools or coaches have an opportunity to present evidence on their behalf. Pending decision of any appeal from a ruling of the MCCA President, that ruling shall stand and be given full force and effect for all purposes, except as specifically provided to the contrary in Section 2-3. If the ruling is modified or overruled on appeal, the MCCA Executive Board; at its discretion, may take such corrective action as it deems feasible and fair to all concerned.

All rulings of the MCCA Executive Board shall be final.

RULE 3: Violations of Rule - Penalties

Upon a ruling by the MCCA President or by the MCCA Executive Board that a student or coach is ineligible, the school shall forfeit all events in which that student or coach participated during that student's or coach's ineligibility, either before and/or after such ruling, and the student or coach is disqualified for the remainder of that activity season.

For violation of any rule of the Association and in addition to contest forfeitures provided in Section 1 of this rule, the MCCA Executive Board may impose any one or more of the following penalties:

- Probation: When a school or coach is on probation, they shall suffer no impairment of rights or membership, but probation shall be a factor in determining the penalty for any violation during probation.
- Forfeiture of championship, titles, awards, prizes or the right to participate in such Regional or State Competition as the MCCA Executive Board may direct.
- Fines, in such amounts as the MCCA Executive Board may determine, to a maximum of \$25.00 for one violation.
- Suspension of rights of membership in the Association for such period as the MCCA Executive Board may direct, to a maximum of 365 days.
 - During suspension, a school or coach may not participate in any Regional or State Competition or both events. If a suspended coach accompanied a team to the competition floor or present in the facility, the team will forfeit participation.

Events in which an ineligible player cheers shall be forfeited. In competition, all events in which the ineligible cheerleader has participated shall be forfeited, but only the team defeated that is most advanced in competition shall be advanced on the bracket to continue competition.

The MCCA Executive Board may direct that any or all penalties provided in this section are to be imposed only if certain conditions are not met, or that any such penalties are to be relieved if certain conditions are met.

Suspended or expelled schools or coaches may be reinstated by the MCCA Executive Board. Reinstatement may be subject to such conditions as the MCCA Executive Board may direct.

Responsibility: If a student or coach who has been declared ineligible is permitted to participate in interscholastic competition because of a temporary restraining order, preliminary injunction and/or permanent injunction issued by a court against the school, and if such restraining order and /or injunction is subsequently vacated, dismissed, stayed, reversed or finally determined by the courts to not justify injunctive relief, one or more of the penalties outlined in 3-2 above may be assessed in the interest of restitution and fairness to other member schools.

RULE 4: Sportsmanship

The MCCA Executive Board has the power to suspend coaches from membership and schools and/or coaches from participation for the unsportsmanlike conduct of teams, coaches, students, and fans at any and all MCCA sponsored events. (A fan is considered a non-school student or follower of the cheerleading team.)

The MCCA Executive Board may delegate to the Regional and State Competition directors the power to take immediate action when a situation demands such. The parties concerned shall have the privilege of requesting a hearing before the MCCA Executive Board (see Rule 2-3).

The MCCA Executive Board may, at its discretion, substitute a fine not to exceed the sum of \$25.00 for each offense in lieu of suspension from the Association or to take any action that it deems advisable that does not exceed the maximum penalty of two (2) years suspension from the Association.

APPENDIX J

Roster

				(Indicate alternate by putting 'alternate', otherwise leave blank)
	First Name	Last Name	Grade	Alternate
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				

APPENDIX K

Athlete Waiver**Agreement of Compliance Form Release and Wavier**

Every Participant must have a completed and signed release form to turn in at registration in order to participate. All areas must be completed. Please photocopy and distribute to each person attending the event. Coach/Director must retain a photocopy of each completed form for your records and keep them with the team

Minor's Name _____

School Name _____

Address _____

School Address _____

City, State & Zip _____

School City, State & Zip _____

() _____

() _____

Phone Number _____

School Phone Number _____

Location of Event _____

Squad Type: ☐ Varsity

Event Dates _____

☐ JV☐ Jr. High

Name of Parent / Legal Guardian _____

Liability Release For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as parent or legal guardian of _____, a minor (hereinafter "Minor") hereby grant to permission necessary to allow Minor to participate in the above event to be conducted by Missouri Cheerleading Coaches Association (hereinafter "MCCA"). I, in my own behalf and on behalf of the Minor, further agree to release and to hold harmless MCCA, the Hosting site (university, hotel, convention center, high school) on whose premise the Event will occur (hereinafter the "Location") the affiliates of MCCA and Location, and the respective directors, officers, representatives, members, agents and employees of MCCA, the Location and their respective affiliates (hereinafter collectively "Releasees") from any and all liability for negligence or any other claim judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that the Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss, or costs Releasees may have to pay as a result of any such action, claim, or demand.

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: _____ Date: _____

Insurance Information The following information is **REQUIRED** for participation.

Parent's Name _____

Parent's Social Security Number (not required but helpful for quick verification of insurance policy by hospital/clinic): _____ / _____ / _____

Insurance Company: _____

Insurance Company Address: _____

Medical Insurance Policy/Group Number – REQUIRED: _____

Insurance Company Phone #: _____ - _____ - _____

Emergency Information:

Name to contact: _____ Address: _____

City, State, Zip: _____ Cell Phone Number: _____

Daytime Phone Number: _____ Evening Phone Number: _____

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the Event and that he/she shall consume the prescribed dosage for such medications.

Medications (if any): _____

Allergic to (if any): _____

I acknowledge that the Minor suffers from the following conditions: _____

Family Doctor: _____ Phone Number: () _____

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the minor, further acknowledge that nothing in the Participant Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will.

Signature of Parent of Legal Guardian: _____ Date: _____

Relationship to Minor: _____ Minor Birthdate: _____

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: _____ Date: _____

Witness Signature: _____ Date: _____

Witness Address: _____

APPENDIX L

Music License Form

Missouri Cheerleading Coaches Association REQUIRED Music Information

School: _____ Division: _____

Coach's Name: _____

*Coach's Signature: _____

*Coaches signature verifies you have adhered to all copyright laws and guidelines.

Regional & State Competition Dates: _____

If you are participating in Regional and State MCCA Competition, please select one of the four options below.

☐

Using one popular song from a music provider like iTunes, Google Play, etc.

- Name of Song: _____
- Artist Name: _____

☐

Used a preferred provider listed on varsity.com/music. Please attach documentation that you purchased music from the preferred provider.

- Music Provider: _____

☐

Using an original song, that was created by someone who owns the rights to the song and gave you these rights to the song. Please attach appropriate documentation.

☐

Received permission to edit a popular song with another popular song. Please attach appropriate documentation.

- You need to get permission from all owners of the recording (the record label) and the music composition (the music publishers) before you edit a recording with another recording. This can be time consuming and expensive as you might not get immediate approval from these groups in time for your performance.

☐

Use cover version of popular recordings from past Varsity Spirit Summer Camp Music CDs that you already own. These songs CANNOT be edited together and has to be used as is.