



MCCA PERFORMANCE COMPETITION RULES HANDBOOK

The MCCA Official 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 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*).



MCCA COMPETITION RULES HANDBOOK

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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 (or 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.

PERFORMANCE COMPETITIONS

Competition Order will be randomly assigned by the Regional and State Competition Directors.. Teams will receive their competition order approximately 2 weeks prior to each competition. The regional and state competition directors WILL NOT guarantee accommodations for special time/order requests.

REGIONAL COMPETITIONS:

A regional competition will be held in the St. Louis area and in the Kansas City area during the first semester of each school year (*Detailed information on exact dates, locations and registration deadlines can be found in Appendix B*). When possible, these competitions will be held at a neutral location (such as a university or a non-competing high school). Every effort will be made to alternate regional sites and dates. For instance, if the Kansas City regional is first one year, the St. Louis regional will be first the next year. This is with the understanding that the MCCA Board has the final decision, as event scheduling at regional host schools will be a major factor (2020).

All varsity teams wishing to compete at the Performance State Championship must qualify at (*at least*) one of the regional competitions. The Top 5 teams of each classification/division will qualify to move on to the Performance State Championship (*if a division has more than 15 teams, then the Top 8 will advance to state*). Additionally, teams scoring in the top 80% will be awarded an At-Large bid to state.

Neither Junior High nor Junior Varsity (JV) teams are eligible to advance to state (2022).

PERFORMANCE STATE CHAMPIONSHIP:

A Performance State Championship will be held after the qualifying regional competitions (*Detailed information on exact date and location can be found in Appendix B*).

Performance State Champions will be awarded in the small and large divisions of each classification (1A-5A) as well as small and large co-ed and superlarge divisions.

Teams may not change classifications/divisions between regionals and state. The team that competes at the Performance State Championship MUST be the SAME rostered team that competed at the regional competition (*the only expectation is officially rostered alternates - see performance competition eligibility section for details*).

PERFORMANCE COMPETITION ELIGIBILITY

All competitions are 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).

The competing team must cheer together in more than half of the games for which they cheer during their season. Only athletes officially rostered with MSHSAA are eligible to compete with MCCA.

The competing team at the performance state championship must be the same team that was rostered on the original roster turned in prior to the regional competition. Only athletes listed on the original roster as alternates may be substituted at the performance state championship under one of the following guidelines:

- Injury authorized by a physician
- Academic ineligibility
- Transfer/move from school/district
- Coach discretion

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

REMEMBER: all substitutes MUST have been listed as an alternate and registration paid from your original roster.

Team size may not increase from regional to state.

All athletes (including alternates) MUST turn in a signed waiver (found [HERE](#) on our website or print from appendix K in this document) prior to competing at the regional competition; these will be kept on file for the Performance State Championship.

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

PERFORMANCE CLASSIFICATIONS & DIVISIONS

Classifications will be determined according to MSHSAA official school enrollment except when registering for Co-ed or Superlarge. Co-ed and Superlarge will include teams in all 5 classifications (1A-5A) with no distinction between school enrollment size.

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>

Once you have determined your correct classification, use the tables on the following page to determine the correct division for your team. Teams should register in the small or large division within their classification based on the number of athletes (and/or males) on the mat (alternates do not count in these numbers although they must be listed and paid for on your team roster/registration).

Team size may not increase from Regionals to State.

Regarding Regional Competition and the Performance State Championship, no Junior High nor Junior Varsity athletes may be combined with varsity athletes for the purpose of competition.

VARSITY Divisions will be determined based on the following grid:

<u>Classification</u>	<u>Division</u>	<u>Team Size</u>	<u>Males</u>
1A	Small	11 or fewer athletes	0
1A	Large	12 - 20 athletes	0
2A	Small	11 or fewer athletes	0
2A	Large	12 - 20 athletes	0
3A	Small	14 or fewer athletes	0
3A	Large	15 - 20 athletes	0
4A	Small	14 or fewer athletes	0
4A	Large	15 - 20 athletes	0
5A	Small	14 or fewer athletes	0
5A	Large	15 - 20 athletes	0
1A - 5A Co-ed*	Small	20 or fewer athletes	1-2 males
1A - 5A Co-ed*	Large	25 or fewer athletes	3 or more males
1A - 5A Superlarge	Superlarge	21 - 25 athletes	0

**If more than 15 schools are registered for Co-ed, the division will split into 2 divisions according to school size, creating a small school division and a large school division.*

***Junior High Division is based on the following grid:**

<u>Junior High** Classification</u>	<u>Division</u>	<u>Team Size</u>	<u>Males</u>
1A - 5A	No size split	25 or fewer athletes	No restrictions

***no Junior High team members may be combined with varsity teams for the purpose of competition.*

***If more than 5 Junior High teams compete at one regional, this division will be split into small and large according to participant numbers; however, the split must not result in a division having only one team.*

***JV Divisions are based on the following grid:**

<u>JV Classification</u>	<u>Division</u>	<u>Team Size</u>	<u>Males</u>
1A - 5A	Small	12 or fewer athletes	No restrictions
1A - 5A	Large	13 - 25 athletes	No restrictions

**NO JV team members may be combined with varsity teams for the purpose of competition.*

PERFORMANCE COMPETITION DETAILS

PERFORMANCE AREA:

The performance area will be a full 9-panel matted cheer floor (42'x54') at all 4 competitions hosted by MCCA. Athletes stepping off the mat will be assessed a 1 point penalty per infraction (*breaking the vertical plane is not a violation*).

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.

TIMING:

All performance routines should be a minimum of 2 minutes and a maximum of 3 minutes; this includes both the music and the cheer portion (*there is no time requirement for the cheer portion*).

A 3-second human error factor will be considered when timing routines before penalties are assessed.

Timing starts with the first organized movement, motion, word or music by the performing team. 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 5 point penalty will be imposed to teams not within the timing guidelines.

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 Penalty Sheet – Safety Check section*).

PRACTICE/WARM UPS:

Each team will receive a designated practice time at each competition. 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.

At each regional, every effort will be made to give teams 15 minutes to warm up/practice prior to competing. As possible, three 5-minute warm up stations will be available just as at state. Please understand that there may be changes/limitations on regional warm ups due to host location and availability of mats.

At the Performance State Championship, all teams will be given 15 minutes to warm up/practice approximately 1 hour prior to taking the competition floor. There will be 3 designated matted practice areas on which teams will rotate every 5 minutes. The first two areas will consist of 2 rolls of cheer floor each to be used as coaches/teams desire. The final practice area will be a full size competition cheer floor (42'x54'). The final mat is the only area in which teams are allowed to use music.

The practice area will be monitored at all times. No teams are allowed to practice any skills (jumps, stunts, tumbling) unless on one of the matted areas. You will be assisted in moving from mat to mat through the practice area. Please be sure you adhere to your allotted time on each mat. No team should be on any of the practice mats outside of their specified warm-up time.

If teams miss their scheduled practice time for any reason, they will forfeit their practice time and will go directly to the holding/on-deck area.

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:

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](#) (or print from appendix L) along with any additional documentation obtained when you turn in your team waivers at your regional competition.

There will be a 30 minute designated timeframe for music check prior to the start of each regional competition and the performance state championship. 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.

MASCOTS:

Mascots are welcome to compete with their team; however, they do not count against the numerical requirements of each division.

Mascots must also follow all MSHSAA, NFHS, and USA Cheer Safety guidelines while performing with their teams.

SPOTTERS:

MCCA or the host school will provide spotters on the competition 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 (this includes social media).
- 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.

ALL-STATE TEAM:

All-State team members will be selected by video submission. Please see the [MCCA website](#) (bottom right side of page) to download details on deadlines, scoring, and other criteria.

PERFORMANCE COMPETITION 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:

The same judging forms will be used at both regionals and the performance state championship.

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

- *DEGREE OF DIFFICULTY RUBRIC* - See Appendix F
- *QUANTITY GUIDELINES* - See Appendix G
- *SCORE SHEET* - See Appendix H

VIDEO STUNT REVIEW:

If you have questions regarding the legality of a skill in your routine, you may send a video of the skill with the specific questions via email for review. All reviews and questions must be in written form. No phone calls will be accepted. **NO VIDEOS WILL BE ACCEPTED/REVIEWED WITHIN ONE WEEK OF COMPETITION.**

For all legality verifications, please do the following:

1. Send an email, including coaches name, email address, phone number, team name, division, and an explanation of the skill in question.
2. Link or attach a video containing front, side, and back view of the skill in question

Do NOT send a video of the entire routine, only the skill in question.

All stunt review emails should be sent to president@missouricheercoaches.org.

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. Any safety violations will result in penalties for the team. Safety violations will receive a warning at regional competition. At the State Championship, any safety violation will result in a deduction for the team. All other penalties (other than safety check violations) will be assessed at regionals.

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.

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 a copy of the Penalty Form.

GRIEVANCE POLICY:

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

There will be a designated panel at both regionals and the Performance State championship to receive, review and rule on all grievances. All grievances must be filed within 20 minutes of receipt of the penalty sheet.

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

The VARSITY TEAM registration fee for performance divisions (regionals and performance state) will be \$25.00 per athlete listed on the original team roster (**including all listed alternates**).

The Junior High AND Junior Varsity registration fee is \$10 per rostered athlete and alternate.

All regional/Performance State Championship registrations and fees are due PRIOR to the regional competitions. There is NO additional registration fee for those teams that qualify for the Performance State Championship.

THE GAME DAY STATE CHAMPIONSHIP DOES REQUIRE A SEPERATE REGISTRATION AND FEE.
See Appendix B for registration dates & deadlines.

A late registration fee of \$10 PER ATLETE will apply for all Varsity divisions, and \$5 late fee PER ATHLETE for JV and Junior High Divisions.

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 first competition.

Registration for both regionals and the Performance State Championship will open mid-summer. *See Appendix B for exact dates and registration deadlines as these will adjust yearly.*

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. Additionally, for the performance competitions (regionals & performance state championship), all rostered athletes (on mat) must cheer together in more than half of the games during their season.

Athlete Waivers: *(see appendix K)*

All athletes (including alternates) MUST fill out/sign and turn in a waiver (*found [HERE](#)*) prior to competing at the regional competition. Waivers will remain on file for the Performance 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 regional competition.

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 at the door 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.

SOUVENIRS

Specially designed t-shirts, long sleeved t-shirts, and sweatshirts will be sold at each competition. Online sales will be open prior to competition and purchases will be available for pick up at 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 competitions.

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

	Name	School	Email
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

July 1:

REGISTRATION OPENS:

Regional Competition/Performance State Championship

August 15:

REGISTRATION CLOSES (WITHOUT LATE FEE)

August 16:

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

September 1:

NO REGISTRATIONS AFTER THIS DATE

September 24 - 25:

Kansas City Regional @ AVILA University

October 2:

St. Louis Regional @ Lindenwood

December 10 & 11:

Performance State Championship @ Southeast Missouri State 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.

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

Proposal submission deadline

MCCA Coaches Conference registration opens

January 31:

Scholarship applications must be postmarked by this date to be considered

February 1:

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 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 F

Scoring Rubric

<h1>Stunts</h1>		
1.0-1.5	Majority	Any Skill on 2 feet at prep level or below
1.5-2.0	Most	Any Skill on 2 feet at prep level or below; 1/2 twisting to prep level or below
2.0-2.5	Majority	Any skill on 1 leg at prep level; 2 footed extension; Full twisting to prep level.
2.5-3.0	Most	Any skill on 1 leg at prep level; 2 footed extension; 1/2 twisting to extended two leg stunt; full twisting to prep level.
3.0-3.5	Majority	Any skill on 1 leg at prep level; 2 footed extension; full twisting to prep level; inversions to prep level or below; 1/2 twisting to extended two leg stunts; single base prep level stunts
3.5-4.0	Majority	Extended 1 leg stunt, with a dismount; full twisting skills to extended two leg stunt with a dismount; 1/2 twisting to extended 1 leg with a dismount; single base prep level stunts
4.0-4.5	Majority	Full twisting to extended lib with twisting and/or inverted dismount-release to extended 1 leg, hitting an immediate body position with twisting and/or inverted dismount-single-based extended stunts
4.5-5.0	Majority	Full twisting to extended lib with body positions with full twisting and/or inverted dismount; release to extended 1 leg, hitting an immediate body position with full twisting and/or inverted dismount; single-based extended 1 leg stunts. ** Skill suggestions for this range: high to high tic tocs, Switch up with more than 1/4 twist to an extended single leg stunt, 1 1/2 up to extended stunt, Full up to extended single leg stunt, Double up to extended stunt, Low to high full around to extended stunts, High to high full around to extended stunts, Release inversion to extended stunts

Sideline Notes:

The skills listed above are suggestions. This is more of the TYPE of skills that need to be performed to get into a range. 1 skill listed in a range will get you in that range that is performed by majority. When more skills are performed with in that range and done by majority it could help your overall difficulty score. ** These are suggestions. More creative stunts and dismounts are possible, but in such cases scoring will be left at the discretion of judges

COED

1.0-2.0	Majority	Toss Chair
2.0-3.0	Majority	Walk in to hands/Toss to hands, assisted
3.0-4.0	Majority	Unassisted prep level stunt or Assisted Extended stunt.
4.0-4.5	Majority	Unassisted extended stunt
4.5-5.0	Majority	Elite extended stunt 100% unassisted with creative entrance and/or dismount.

Sideline Notes:

The skills listed above are suggestions. You may find a variety of ways to do these stunts. Use your coed stunts that best display your teams talents.

Pyramid/Baskets

1.0-2.0	At least 1 structure	Only 1 structure. No transition or creative entrance/exit. BASKETS: Majority 1 skill toss
2.0-3.0	At least 1 structure	Only 1 structure on 1 leg. No twisting skills. Minimal transitions. BASKETS: Majority 2 skill toss
3-0-4.0	2 Structures	Only 2 structures on 1 leg w/few transitions with creative entrance and/or exit. BASKETS: Majority 2 skill toss-1 must be twisting skill
4.0-5.0	3 Structures	Minimum 3 structures. Creative entrance, exit & transitions between structures; skills including twisting, releases & inversions. BASKETS: Majority 3 skill toss 1 must be twisting skill.

Sideline Notes:

Make sure you stop for at least 2 counts and hit a "picture" moment for each structure. If the structures are just passed through or not held long enough, the judges may not count it as a structure. Structures are where 1 stunt connects to another person/stunt.

Baskets are **not** required; however, they could enhance your score if thrown.

Tumbling

1.0-2.0	Majority	Forward Rolls, Cartwheels, Roundoffs, Front/Back Walkovers
2.0-3.0	Majority	Standing Back Handsprings, Roundoff Back handspring, Roundoff Back Handspring series
3.0-4.0	Majority	Standing Back Handspring series, Roundoff Back Handspring Tucks, Roundoff Tucks
4.0-5.0	Majority	Standing Tucks, Roundoff Back Handspring layouts or higher, Whip or specialty pass through to tucks or higher.

Sideline Notes:

Tumbling is cumulative. You can re-use tumblers to get your quantity. Anything in front of a roundoff is considered a specialty pass.

Jumps

1.0-2.0	Majority	Spread Eagle, Tuck Jump, and T-jumps
2.0-3.0	Majority	1 advanced connected to 1 or more basic jumps
3.0-4.0	Majority	2 advanced connected jumps
4.0-5.0	Majority	3 advanced jumps 2 of which must be connected. Must include variety.

Sideline Notes:

Jump to tumble has been removed from this section. If you do a jump to tumble, the tumbling skill will count toward your tumbling score and jump will be scored accordingly.

Dance

1.0-5.0	Majority	Less than 2 consecutive 8 counts of dance. Scoring will be left to judges discretion
5.0-7.0	Majority	At least 2 consecutive 8 counts of dance with 2 formation changes and 2 level changes
7.0-10	Majority	At least 2 consecutive 8 counts of dance with a variety of creative formation changes and multiple level changes

Sideline Notes:

The dance section of your routine needs to be defined. It is very hard for the judges to find your dance if it looks like its just a transition to the next section.

APPENDIX G

Quantity Guidelines


MCCA QUANTITY GUIDELINES ** 9/18/18

# of Participants	Tumbling, Jumps & Dance		# of Stunts without Fronts & # of Single-base Extended Stunts		COED	# of COED Stunts	
	Majority	Most	Majority	Most	# of Males	Majority	Most
5	3	4	1	1	1	1	1
6	4	5	1	1	2	2	2
7	4	6	1	1	3	2	2
8	5	6	1	2	4	3	3
9	5	7	1	2	5	3	4
10	6	8	1	2	6	4	5
11	6	9	1	2	7	4	6
12	7	9	2	3	8	5	6
13	7	10	2	3	9	5	7
14	8	11	2	3	10	6	8
15	8	12	2	3			
16	9	12	3	4			
17	9	13	3	4			
18	10	14	3	4			
19	10	15	3	4			
20	11	15	3	4			
21	11	16	3	4			
22	12	17	3	4			
23	12	18	3	4			
24	13	18	4	5			
25	13	19	4	5			

**** Quantity for basket/sponge tosses will be based on the stunt quantities listed above. Use of front spots in BASKETS does not lower difficulty currently. ****

APPENDIX H

Performance Competition Score Sheet

		Squad Name _____				Judge _____							
		Division _____				Panel _____							
		Max Value	Difficulty Score	Max Value	Execution Score	Suggested Improvements	Strong Areas	Additional Comments					
Skills Execution	Stunts	5		5		<input type="checkbox"/> Work on execution <input type="checkbox"/> Add difficulty <input type="checkbox"/> Add more transitions <input type="checkbox"/> Add more structures <input type="checkbox"/> Squeeze legs/feet <input type="checkbox"/> Timing issues <input type="checkbox"/> Point toes <input type="checkbox"/> Need more Variety <input type="checkbox"/> Clean up dismounts <input type="checkbox"/> Work on stability	<input type="checkbox"/> Good execution <input type="checkbox"/> Good difficulty <input type="checkbox"/> Creative transitions <input type="checkbox"/> Good structures <input type="checkbox"/> Clean landings <input type="checkbox"/> Good timing <input type="checkbox"/> Toes pointed <input type="checkbox"/> Good variety <input type="checkbox"/> Good dismounts <input type="checkbox"/> Solid Stunting						
	Pyramids & Tosses	5		5									
	Tumbling	5		5									
	Jumps	5		5									
	Coed	5		5									
		Max Value	Score										
Crowd Appeal	Voice/Energy	10		<input type="checkbox"/> Work on voices <input type="checkbox"/> Be more energetic <input type="checkbox"/> Engage more <input type="checkbox"/> Entertain more <input type="checkbox"/> Too repetitive <input type="checkbox"/> Be more creative									
	Crowd Leading	10							<input type="checkbox"/> Strong voices <input type="checkbox"/> Good enthusiasm <input type="checkbox"/> Crowd leading <input type="checkbox"/> Crowd pleasing <input type="checkbox"/> Good variety <input type="checkbox"/> Good creativity				
	Creativity	10											
		Max Value	Score										
Routine Execution	Motion Technique	10		<input type="checkbox"/> Work on placement <input type="checkbox"/> Tighter motions <input type="checkbox"/> Add level changes <input type="checkbox"/> Add formation changes <input type="checkbox"/> Timing issues <input type="checkbox"/> Work on flow/pace <input type="checkbox"/> Work on formations <input type="checkbox"/> Work on spacing									
	Dance	10							<input type="checkbox"/> Good technique <input type="checkbox"/> Good sharpness <input type="checkbox"/> Visually appealing <input type="checkbox"/> Great variety <input type="checkbox"/> Good timing <input type="checkbox"/> Clean, easy to follow <input type="checkbox"/> Good formations <input type="checkbox"/> Good use of space				
	Synchronization	10											
	Transitions/Formations	10											
		Max Value	Score										
Total Points													

APPENDIX I

GRIEVANCE POLICY

RULE 1: Competition Grievance Procedure - Penalties

A MCCA 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 is 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 athlete 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

Required Forms: 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				
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APPENDIX K

Required Forms: 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: <input type="checkbox"/> Varsity
_____ Event Dates	<input type="checkbox"/> JV
_____ Name of Parent / Legal Guardian	<input type="checkbox"/> Jr. High

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: _____

APPENDIX L

Required Forms: Music License

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.