

# 2010 MCCA State Cheerleading Competition

Saturday, January 30th, 2010

Roy Wilkins Auditorium, St. Paul

## INFORMATION

### REGISTRATION

#### **Coaches**

MCCA member coaches will be admitted without charge to the event; however all non-member coaches must be preregistered and pay a \$10 fee for the day. Any coaches who are not prepaid and registered will need to purchase a ticket at the spectator door. These coaches will not be given access to the competition floor or the back staging areas. **Please plan accordingly and register all coaches ahead of time.**

#### **Team Members/Alternates**

All team members and alternates who have paid the registration fee will be allowed entrance into the competition. In the event a fee has not been paid for a team member or alternate this must be paid at the team door before they will be admitted. Each team member, including alternates, should complete a waiver form to be on file and be listed on the team roster. Please note the number of team members and alternates you register is the number used when ordering medals.

#### **Parent Volunteers**

Due to the age of some of our participants, teams registered for the **Elementary and Middle School Divisions** will be allowed to register and prepay parent volunteers to enter and work with the team. These parents will have access to the areas designated for teams and coaches only and will be the only parents allowed in these areas. Each team registered for this division may register and pay for **1 parent** for every **6 team members**. **This must be done with your team registration, not at the door the day of the event.**

#### **Participant Waivers**

All waivers need to be completed through the 1 Form, an online waiver system. Details can be found on the MCCA website. Coaches will need to set up an account for their team and then send invites to their team members' parents through the system. Parents will then create an account which can be accessed and updated at any time. Parents will then also be able to sign the waiver for the event. It is suggested that you do this in advance and not wait until last minute. Paper waivers will only be an option for those participants who do not have access to email or the internet. Please contact Becky Stephens at [becky.stephens@mccacheer.com](mailto:becky.stephens@mccacheer.com) to receive this form.

### TEAM CHECK-IN

When you arrive at Roy Wilkins Auditorium, coaches, team members, and parent volunteers should enter and check-in at the 5<sup>th</sup> Street entrance. MCCA Member coaches, prepaid non-member coaches, prepaid parent volunteers, registered team members, and 1 bus driver will be admitted without charge.

**When you check in, you must check in as a team, not individuals.** It is highly suggested that teams check-in a minimum of 1 hour prior to their first scheduled report time. At this time all MCCA member coaches, prepaid non-member coaches, and prepaid parent volunteers will receive a pass that must be worn visible at all times. This pass will give you access to the coaches room, team areas, marking areas, backstage, and competition floor. In addition, coaches will turn in any missing items not checked off on the checklist and teams will receive a folder containing important information for the day.

Coaches will be notified as to where the information table is if they have any questions regarding the event. Additionally, coaches and cheerleaders will be directed to the reserved area for teams where they will keep all of their belongings. Please remember to leave your valuables at home. MCCA is not responsible for any lost or stolen items.

## **The Flow Prior to your Performance**

There will be an open warm-up mat located in the Roy Wilkins Backstage Area for your teams use. Please be considerate of other teams and limit your time to no more than 10 minutes. This mat should be shared with other teams. It is not for the purpose of running through your full routine.

All teams will follow this routine prior to performing. It will start about 45 minutes prior to your scheduled performance time. Please be on time.

- 1) Your team will report for a preliminary safety check to help your team avoid any deductions. This will take place inside the doors of the Wilkins backstage area when coming from the team area.
- 2) The team will have their team photo taken.
- 3) Your team will have two 4 - minute warm-up times where you can warm-up stunts or tumbling prior to your full performance.
- 4) Prior to having your last warm-up time, a final safety check will take place. This is when deductions will be taken for any violations.
- 5) Your team will have a 4 – minute warm-up time on a full size cheerleading floor (9 strips) prior to your performance. This will take place in an enclosed curtained area to provide your team more privacy. When you are finished your team will have about 10 -15 minutes until they take the floor.

## **During your Performance**

No one will be allowed to sit directly in front of the mat. Coaches will be able to sit at the announcers table, which is also, where you will play your music. Additional teammates, sister teams, etc will have a reserved section off the front corner of the mat. We need to keep the front clear for photographers, the video taping crew, and other media. Thank you in advance for your cooperation

## **Music**

You are responsible for running the music for your own team(s). The gentlemen who will be running the sound equipment are very good and will help talk each coach through this process. Be sure you watch the schedule and are waiting on deck near the sound equipment table when your team is coming up.

## **Spotters**

MCCA will provide “Spotters” during all sessions. All teams are required to have spotters on the floor.

## **Cheerleader Areas**

The backstage area and team areas are only for cheerleaders, their coaches, pre-paid parent volunteers, and event workers. No other parents or spectators will be allowed in these areas.

When you are done performing and want to watch the competition, you will need to head upstairs to the balcony area where all the spectators are seated. Due to the fact the venue is so much larger there are no restrictions as to where cheerleaders may be seated. Only if they are supporting a team from their school will they be allowed to be seated in the reserved section on the competition floor. Coaches, please also instruct your teams not to walk around during routines.

## **OTHER IMPORTANT INFORMATION**

### **Spectators**

Admission is \$15 for adults and \$10 for students in grades K-12. Children not in school yet are free.

This fee will be charged one time per person. In the event you want to leave and come back you will need to have your hand stamped. You will need both your ticket and hand-stamped to regain admittance.

### **Busses**

Busses can drop off the teams at the 5<sup>th</sup> Street entrance to Roy Wilkins and then move to the parking area for busses. A map will be provided closer to the event.

### **Spending Money**

Cheerleaders and spectators may want to have money to spend on:

\*Food from the concession stands **because no coolers or outside food is allowed in the venue.**

\*Purchasing action and/team pictures on site or the video (\$30) of the day

**\*\*\*No Video Taping Allowed!\*\*\***

\*Purchasing a 2010 MCCA State Competition T-Shirt (\$20-25) -proceeds go to Honor Team of Excellence Scholarships!

\*Some of the vendors and MCCA will also have fun cheerleading items for sale.

## First Aid

There will not be a trainer on site for taping. Red Cross will be present for emergency purposes only.

## Scoring

Each judging panel will consist of 5 judges. We will drop your highest and lowest score and the remaining 3 scores will create your team total score. Any deductions will be taken off from this total. In the case of a tie, the team that receives the fewest deductions will win! If there is still a tie...The team that scores the highest in the Overall Presentation section of the score sheet will win! If needed, we will continue to the Cheer Section and the Music Section.

## Awards

The number of awards given will depend on the number of teams in the division.

1-3 teams in a division – 1<sup>st</sup> Place Trophy Only

4-5 teams in a division – 1<sup>st</sup> and 2<sup>nd</sup> Place

6-7 teams in a division – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place

8+ teams in a division – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Place

\*\*Only first place teams will be awarded individual medals.\*\*

## Order of Competition

Competition order will be determined by the order registration is received (first teams to register go last) and will be posted on the website prior to the competition. Please understand that sometimes adjustments may need to be made to work around conflicts for participants in more than one division. Yet, please also understand that avoiding all conflicts is not always possible. A team will be put into the line up once all of the forms have been received (coach membership, registration form, team roster with AD signature, payment, and waivers)

## Rules/Restrictions and Time Limit

MCCA will follow the UCA/AACCA Rules for school teams.

## Divisions

Please notice the change in divisions this year! MCCA has worked very hard to provide a fair format.

Make sure that when you send in your registration you are registered for the correct division. **No changes in divisions will be made after the registration deadline of December 19th, 2009.**

## MCCA COMPETITION GUIDELINES

**School Divisions** are determined according to school size. School size is determined by using the enrollment of the school grades 9 – 12 posted on the MSHSL web site. The enrollments are updated every 2 years and can be found on their website at <http://www.mshsl.org/mshsl/enrollments07.asp> The Novice division in both JV and Varsity is limited by skill level not the experience level of the team. There will be a separate division for Elementary and Middle School/Jr. High. The divisions are listed on the registration form.

## Team Definitions:

**School Category** –A School team is a group representing a school district that assumes liability for that team. **All School teams must have a signed proof of affiliation and liability insurance from their school district.** All participants on the team must be eligible to participate in extra curricular activities in accordance with the MSHSL eligibility rules.

Varsity Team- A varsity team is a group representing a school district, which assumes liability for that team, all participants must be in the 7th to 12th grade at that school.

Novice Team- A Novice team is a group representing a school district, which assumes liability for that team, and that team, agrees to limit their routine by skill level to USASF level 2. **There are novice categories in Varsity and JV.**

Co-Ed- A Co-Ed team is a varsity group with four or more males representing a school district that assumes liability for that team.

Junior Varsity – A JV team is a group that consists of non-varsity competing members representing a school district that assumes liability for that team. All team members must be in 7th – 12th grade in this division.

Middle School/Jr. High – A Middle School/Jr. High team is a group that consists of non-high school competing members representing a school district that assumes liability for that team. Team members in this division must be in the 9th grade and below.

Elementary – An Elementary team is a group that consists of non-high school or non-middle school competing members representing a school district that assumes liability for that team. Team members in this division must be in the 6th grade and below.

Non-Building Team- A Non-Building team is a group representing a school district, which assumes liability for that team, and that team agrees to perform a routine with no partner stunts, pyramids or tosses. All team members must be in 12<sup>th</sup> grade and below.

## **MCCA COMPETITION RULES:**

**For School teams**, MCCA adheres to the UCA/AACCA guidelines and rules and will be judged with the UCA Score sheet. These can be viewed at [www.varsity.com](http://www.varsity.com).

Appearance Rules for **all** participants:

Hair must be pulled away from the face (at least half up) with no wispy hairs that can touch the eyes.

No loose glitter.

No jewelry.

Nails must not be visible above the fingertip when viewed from the palm at face level.

Participants on a high school team must be 7th – 12th graders.

Participants who are considered the spotters for a stunt must be attentively spotting. Deductions will be given for inattentive spotting.

Participants must begin the routine with at least one foot on the ground.

Participants cannot participate on more than one school (see definitions below) competing team.

Participants on both All-Star and School teams must pay two registration fees.

School Routines have a time limit of 2:30 with up to 1:30 allowed for music.

### **The MCCA State Competition will run in Two Sessions.**

#### **MCCA will NOT start sessions early.**

(These times are approximate and may change depending on the number of registrations received)

#### **SESSION ONE: AFTERNOON**

##### **All Division II Teams, All Novice, Non-Building, Junior High/Middle School, and Elementary Teams**

Due to the fact we do not know how many will be in each session exact times will be provided shortly after the registration deadline. The times listed below are approximate:

**12:00 PM**      **Marking Times for Session One Begin**

**8:00 AM**      **Doors open for spectators**

**1:00 PM**      **Session One Begins**

Once all teams have performed, trophies will be awarded! That will end this session and coaches should pick-up their score sheets as they leave from the MCCA Information Table.

#### **All-State Team Performance and Recognition**

(Prior to awards for Session 1)

**4:00 PM**

**\*Recognition of the Honor Team of Excellence, Scholarship Recipients, and the RAH Awards**

## **SESSION TWO: LATE AFTERNOON**

### **All Division I Teams, Co-Ed, JV, and School Stunt Groups**

Due to the fact we do not know how many will be in each session exact times will be provided shortly after the registration deadline. The times listed below are approximate:

**3:30 PM**      **Marking Times for Session Two Begin**

**8:00 AM**      **Doors open for spectators**

**4:30 PM**      **Session Two Begins**

Once all teams have performed, trophies will be awarded for this session. That will end this session and coaches should pick-up their score sheets as they leave from the MCCA Information Table.

## **REFUND POLICY**

There will be no refunds due to inclement weather or after the registration deadline of December 19th, 2009.

## **REGISTRATION CHECKLIST**

**Please mail the items below to:**

MCCA State Competition

PO Box 211277

Eagan, MN 55121

\_\_\_\_\_      Registration Form  
\_\_\_\_\_      Payment in full (Payable to MCCA)  
\_\_\_\_\_      Team Roster with AD or Directors Signature

**NOTE: All participant waivers are now completed online with the 1 Form.**