

2010 Upper Midwest All Star Championship

(Hosted by MCCA, the Minnesota Cheerleading Coaches Association)

Saturday, January 30th, 2010

Roy Wilkins Auditorium, St. Paul

INFORMATION

ELIGIBILITY REQUIREMENT

To be eligible for this event your all-star gym must be from one of the following states: Illinois, Iowa, Minnesota, Nebraska, North Dakota, South Dakota, or Wisconsin.

REGISTRATION

Coaches

MCCA member coaches will be admitted without charge to the event. In addition 2 gym staff members will be admitted free of charge with each team registered for the event. In the event you have more staff than your gym allowance, additional staff 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.**

NOTE: Only All-Star Coaches from Minnesota can become MCCA member coaches. This is because their team members can benefit from our other programs. This membership is valid from July 1, 2009 to June 30th, 2010. The cost is \$35. Membership Registration Forms are available at www.mccacheer.com under Membership.

Team Members/Alternates/Crossovers

All team members, alternates, and crossovers that 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, alternate, or crossover 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.

Parent Volunteers

Due to the age of some of our participants, teams registered for a **Tiny, Mini, Youth, or Junior Division** 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 these divisions 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 to receive this form.

TEAM CHECK-IN

When you arrive at Roy Wilkins Auditorium, coaches, team members, and parent volunteers should meet at the main Roy Wilkins Auditorium Lobby to enter as a team. Once your entire team has arrived you will be able to check-in and be brought to your assigned team location. MCCA Member coaches, additional staff at no charge, prepaid additional 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, additional staff at no charge, prepaid additional 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.

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 Upper Midwest All Star Championship T-Shirt (\$20)

*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 Performance section of the score sheet will win! If needed, we will continue with the Skills sections first starting with the Building Skills, then Tumbling/Jumps and lastly Dance/Motions.

Awards

All participating teams will receive a trophy.

First place teams will also be awarded a championship banner.

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 (Registration form, team roster with proof of insurance, payment, and waivers).

Rules/Restrictions and Time Limit

MCCA will follow the UCA safety guidelines for all-star teams.

Divisions

MCCA will use the same divisions as UCA, which are the USASF divisions for levels 1-5. 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.**

UPPER MIDWEST ALL STAR CHAMPIONSHIP GUIDELINES

All Star Divisions/levels are determined by using the USASF levels and the 2009-2010 UCA Divisions.

Team Definitions:

All-Star Category- An All Star team is a group of individuals representing a for-profit entity or a non-school organization. This includes teams competing under a school or community name that is not associated with the school for insurance or liability purposes. All Star teams will be competing under the UCA All Star rules, using the All-Star score sheet. All USASF levels for each of the 2009-10 UCA divisions are available. **Each All Star Team must provide a signed statement confirming medical and liability insurance as part of their registration.**

UPPER MIDWEST ALL STAR CHAMPIONSHIP RULES:

All Star teams will be competing in accordance with the current UCA All Star guidelines and rules and will be using the All-Star Score Sheet and divisions by levels. These can be viewed at 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 jewelry.

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

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

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

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

All Star routines have a time limit of 2:30 and must be all music.

The Upper Midwest All Star Championship

**These times are approximate and may change depending on the number of registrations received.
Exact times will be provided shortly after the registration deadline.**

The times listed below are approximate:

7:00 AM **Doors open for teams and coaches**
8:00 AM **Marking times Begin and Doors open for Spectators**
9:00 AM **Competition Begins**

Once all teams have performed, trophies will be awarded! This will end the 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:

Upper Midwest All Star Championship
PO Box 211277
Eagan, MN 55121

_____ Registration Form
_____ Payment in full (Payable to MCCA)
_____ Team Roster with Directors Signature
_____ Proof of Insurance

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