



MCCA All-State Cheer Team Information (NFHS Rules will be followed)

The MCCA All-State Cheer Team is open to nominated Cheerleaders from a MCCA member coach. Tryout videos are uploaded via www.mccacheer.com on the All-State page, those who advance then tryout at the Great Minnesota Cheer-Off finals. Those who make the All- State team will perform at the MCCA State Competition.

Details:

The cost is **\$18.00 per cheerleader** trying out via video submission through the MCCA website. There is no fee for advancing to the All-State finals.

We will only be allowing 6 cheerleaders per school (must be nominated by the coach to be selected) to tryout for the All-State team. Online registration and video submissions must be completed and uploaded through the MCCA website between September 1st and September 14, 2011. Payment should be mailed at the time of registration. Registration is not considered complete until payment is received. **(Your video will not be judged if payment is not received.)**

Video Requirements:

- For the video submission the cheerleader **must** state his/her name, followed by the performance of the MCCA cheer and MCCA dance. Remember to perform like you are in front of a live crowd and judges. Male participants will only perform the cheer. This should be taped continuously to create one file. Cheerleaders should not perform an entrance or exit. It is highly suggested that you use a tripod and that the cheerleaders full body is displayed in the screen at all times.
- Cheerleaders should be wearing a white t-shirt (clean and not turned inside out) and black shorts, and have a plain background. No where in your video should your school be represented. Only acceptable video locations are gym, field house, or track.
- The cheerleader will be judged on the MCCA cheer. The cheer will be available on www.mccacheer.com, on the All-State page in mid-August.
- The cheerleader will be judged on a MCCA choreographed dance, performed to music. The dance will be available on www.mccacheer.com, on the All-State page in mid-August.
- **Deductions:** (deductions are given per violation per judge)
 - 5 points if a NFHS rule is broken (NFHS rule examples include but not limited to: nails cut, hair up (off of face), no jewelry, and proper shoes)
 - 10 points for improper video format. Example: location, school representation, non-continuous video, and no music to the performed dance in video.

** Cheerleaders moving on will be notified via email with further instructions**

Finals Requirements (for those who advance):

- Cheerleaders who advance will need to complete a participant waiver before being allowed to perform at finals. A scanned waiver should be submitted via email to waivers@mccacheer.com by Sunday October 9th, 2011. If your team is participating in the Cheer-Off, you will not need to complete another waiver.
- Cheerleaders who advance to the All-State Finals will be required to perform a **NEW** MCCA Cheer and MCCA choreographed dance (Posted on the website). Males will perform the cheer only.
- No less than 15 cheerleaders will be selected to be part of the MCCA All-State Cheer Team. The natural break in the scores will determine the final team size.

Format:

- 1) Spirited entrance- can include running tumbling and jumping
- 2) Performance of MCCA choreographed Cheer.
- 3) Performance of MCCA choreographed Dance (Males excluded)

Performance at MCCA State:

- The All-State Team will perform, as well as be presented their medals at the MCCA State Cheerleading Competition on January 28, 2012. Practices for the final performance will take place in December/January in the metro area. Notification about dates and times will be communicated via email in advance.

Any questions please contact: Jessica.Makowsky@mccacheer.com