



2022 MCCA State Varsity Stunt Group Competition Information

For the 16th year, the State Cheerleading Competition will allow groups of cheerleaders to display their best stunting skills at the State Competition.

Who is eligible? Any MCCA Member coach can register their Varsity cheerleaders for the State Stunt Group Competition. **Each school can have only ONE stunt group registered.**

Coach Requirements:

- 1) All coaches attending the State Competition with their team **MUST** be members of MCCA.
- 2) To align with UCA and MSHSL we will now be requiring **ONE coach per stunt group** to complete the certification course and must accompany the team at the State Competition. Proof of certification is required upon registering for the State Competition. The course is accessible online or in person, and certification is valid for four years. The online course takes between 3 and 6 hours. Coaches can take the USA Cheer/AACCA safety course on USACheer.org/safety or on the Cheer and Dance Safety Certification course on NFHSLearn.com. **Please submit your proof of certification no later than Wednesday, January 5th, 2022 to state.mcca@gmail.com.**

NOTE: For State 2023, all coaches must provide proof of certification.

What is it? This competition is a small group competition, where up to 5 people perform a one-minute routine to music. The routine represents a continuous flow of stunts.

When and where will it take place? It will take place during the State Cheerleading Competition on Saturday, January 29th, 2022 at Roy Wilkins Auditorium, St. Paul. All stunt groups will compete during the 1st Session of the State Competition.

How much does it cost? It is \$125 per stunt group for groups registered by December 18th, 2021. Registrations will be accepted through January 5th, 2022, but the cost per the stunt group will increase to \$150.

Rules/Guidelines:

- Only one Varsity Stunt Group per school.
- Alternates are allowed to substitute in for a team member as long as a waiver form is submitted
- Teams can have up to 5 people and may be any combination of males and/or females. (This does include spotters)
- Everyone must start with at least one foot on the ground.
- Bases, back spots, and flyers may switch positions as long as it is the same group of people involved.
- Tumbling into or out of a stunt will be permitted as long as it does not violate rules.
- No other tumbling will be allowed. **This is a stunt competition.**
- There will be no leading of cheers, jumps, or dance.
- School teams will follow the UCA/USA Cheer rules
- The MCCA Technical/Safety score sheet will be used for all stunt groups.
- **The time limit is One Minute.**

The USA Music Copyright Policy is applicable to this event. Please fill out the standard form from MCCA guaranteeing your music mix meets all criterion set forth by USA Music. The form and supporting documents should be emailed to music.mcca@gmail.com by 1/5/22.

Stunt groups will follow this routine prior to and following their performance. Please be on time.

- 1) Your stunt group will check-in on the North Side of St. Paul RiverCentre Exhibit Hall A to be escorted to backstage.
- 2) Your stunt group will have a safety check prior to competing. **This is when deductions will be taken for any violations.** Coaches will sign the deduction form as proof they are aware of any deductions received. **(There is not a prelim safety check this year, so check beforehand)**
- 3) Your stunt group will have a 10 – minute warm-up time on a full-size cheerleading floor (9 strips) prior to your performance in the Roy Wilkins Backstage Area. This will take place in an enclosed area to provide your team more privacy. **This is your only warm-up time so use it wisely.** You will be on one of three warm-up mats.
- 4) Your stunt group will proceed to performance line up to be “In the Hole”. Your stunt group will have about 10 minutes until they take the floor.
- 5) Compete on a 9-strip Cheer Floor
- 6) Exit the floor and go through the doors on your left to view a video of your performance.
- 7) A coach will pick up their Deduction Sheet at the Score Review Table behind the judge’s risers and teams will head to the Roy Wilkins Lobby where you can meet your fans as well as return to the Team Area in the Exhibit Hall.

Only Teams will be able to access the Exhibit Hall via the escalator in the Roy Wilkins Lobby, No spectators.

Division:

Varsity – a group of participants who are on a Varsity Team for their school. All team members must be in 7th-12th grade in this division.