



MINNESOTA CHEERLEADING  
COACHES ASSOCIATION

## 2021 MCCA State Cheerleading Competition Saturday, February 27th, 2021 St. Paul RiverCentre, St. Paul

### TEAM REGISTRATION INFORMATION

*Registration for teams is due January 23rd, 2021. A late fee of \$5 per person will be assessed after this date. No registrations will be accepted after February 6<sup>th</sup>, 2021.*

#### **Coaches**

**FREE** for MCCA Member Coaches (**Remember you must have one coach as a MCCA member to participate**)

**\$15** for Each Non-Member Coach

MCCA member coaches will be admitted without charge to the event; however, all non-member coaches must be preregistered and pay a non-member coach fee for the day. Any coaches who are not prepaid and registered will not be given access to the competition floor or the back-staging areas. **Please plan accordingly and register all coaches ahead of time as we must have accurate counts in advance to assure we do not exceed capacity. Also, spectator tickets are not available for purchase the day of the event.**

**NEW THIS YEAR:** To align with UCA and MSHSL we will now be requiring **ONE coach per cheer team** 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](http://USACheer.org/safety) or on the Cheer and Dance Safety Certification course on [NFHSLearn.com](http://NFHSLearn.com). **Please submit your proof of certification no later than Saturday, February 6<sup>th</sup>, 2021 to [state.mcca@gmail.com](mailto:state.mcca@gmail.com).**

**NOTE: Student coaches should be listed as coaches on your registration and roster, but no fee should be paid. Please indicate they are an athlete when listing their name.**

#### **Team Members/Alternates/Crossover/Team Managers**

**\$35** per Varsity Team Member

**\$30** per Non-Varsity Team Member

**\$20** per Crossover Varsity/Non-Varsity Team Member. This is specifically for team members competing in a Game Day and the traditional competition division for their school.

**\$15** per Alternate Team Member (this is charged per routine)

**\$15** per Team Managers

All team members, alternates, crossovers, and team managers listed on the team roster 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, alternate, crossover, or team manager 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, alternates, and team managers you register is the number used when ordering medals for Varsity divisions.

## ***Virtual Teams***

The fees listed above will remain the same for all teams that need to compete virtually for the 2021 State Competition. Teams will set up a time for a MCCA Board member to come and record your team LIVE at your school between February 22-25<sup>th</sup>. All Virtual teams will compete against in-person teams in the appropriate division.

## ***Exhibition Teams (NEW)***

**\$10** for each Exhibition Team Member

**\$5** for each Crossover Exhibition Team Member

**FREE** for each Special Needs Team Member

All team members listed on the team roster 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 this must be paid at the team door before they will be admitted. Each team member should complete a waiver form to be on file and be listed on the team roster.

**All exhibition performances will receive feedback from our panel of judges**

## ***Parent Volunteers***

**\$15** for Each Parent Volunteer

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. Teams 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***

The MCCA Participant Waiver can be found on our website. Each participant should complete the online waiver. **All waivers need to be received by Saturday, February 6<sup>th</sup>, 2021 to avoid a \$25 processing fee.** In the event you have an athlete who cannot complete the online waiver, please email the Competition Director, Becky Stephens, at [state.mcca@gmail.com](mailto:state.mcca@gmail.com) for the paper version. A list will be updated regularly on our website to show whose waivers we have on file.

## ***Team Rosters***

Please fill out a roster for **each** team that will be competing. Be sure to include all coaches, team members, alternates, crossovers, and team managers on the form. This form is used to verify total payment due, to verify all waivers are on file and complete, and will be used the day of the competition at check-in and random roster checks. **Your roster needs to be received by Saturday, February 6<sup>th</sup>, 2021 to avoid a \$25 processing fee. This can be scanned and emailed to [state.mcca@gmail.com](mailto:state.mcca@gmail.com).**

**NOTE: If a change to your roster occurs after submission, the Event Director, Becky Stephens, must be contacted 24 hours in advance of the competition. In the event of a last minute injury, illness, or emergency situation occurring less than 24 hours prior to the competition, notification can be made on site the day of the event.**

Make sure to include grade and birth date for all School participants. GPA is optional, but highly encouraged for all High School teams. This will enter your team for the RAH Award.

This form must also be signed by your school principal, athletic director or Community Ed Director AND the head coach verifying all team members are eligible to compete for school teams.

## ***Team Photos***

Once again this year we will be featuring all teams in the State Program. **Please submit your team photo (jpeg format) no later than Saturday, February 6<sup>th</sup>, 2021 to [photos.mcca@gmail.com](mailto:photos.mcca@gmail.com).**

## ***Music Information Form and Supporting Documents***

The USA Music Copyright Policy is applicable to all MCCA Events. Teams competing in the Minnesota Cheerleading Coaches Association's State Competition are required to follow the national copyright laws. To participate in a MCCA competition, the coach is obliged to fill out the prescribed form guaranteeing that their music mix meets all criteria set forth by USA Music.

Please go to [www.USACheer.net/music](http://www.USACheer.net/music) to be sure your music is compliant. For more information you can also visit [www.varsity.com/music](http://www.varsity.com/music)

The MCCA Music Information Form and supporting documentation must be submitted no later than Saturday, February 6<sup>th</sup>, 2021 to [music.mcca@gmail.com](mailto:music.mcca@gmail.com) .

### ***State Apparel Team Pre-orders***

As a team, you will be able to pre-order the State Competition Apparel. There will be no need to wait in line and you will get the size and style you want. Apparel orders will be picked up at Team Registration the day of the event.

Team Orders must be placed online by **Monday, February 1st, 2021.**

**Pre-order Prices:** \$17 for short sleeve t-shirts, \$23 for long sleeve t-shirts, \$37 for sweatshirts, \$14 for the Full-size bow, and \$10 for the keychain bow.

Apparel quantities will be VERY limited onsite at the event and the prices will increase \$2-3 per item.

**NEW THIS YEAR:** We will have a vendor onsite able to personalize your items and add bling to them as well.

**PAYMENT MUST BE RECEIVED BY FEBRUARY 20th OR YOUR PRE-ORDER WILL BE CANCELLED.** You can mail one check or multiple checks for each team order or pay online.

### ***Divisions***

Please take the time to make sure you have registered your team for the correct division. MCCA has worked very hard and taken the input of our membership to provide a fair format that promotes a competitive atmosphere. **No changes in divisions will be made after the registration deadline of February 6<sup>th</sup>, 2021.**

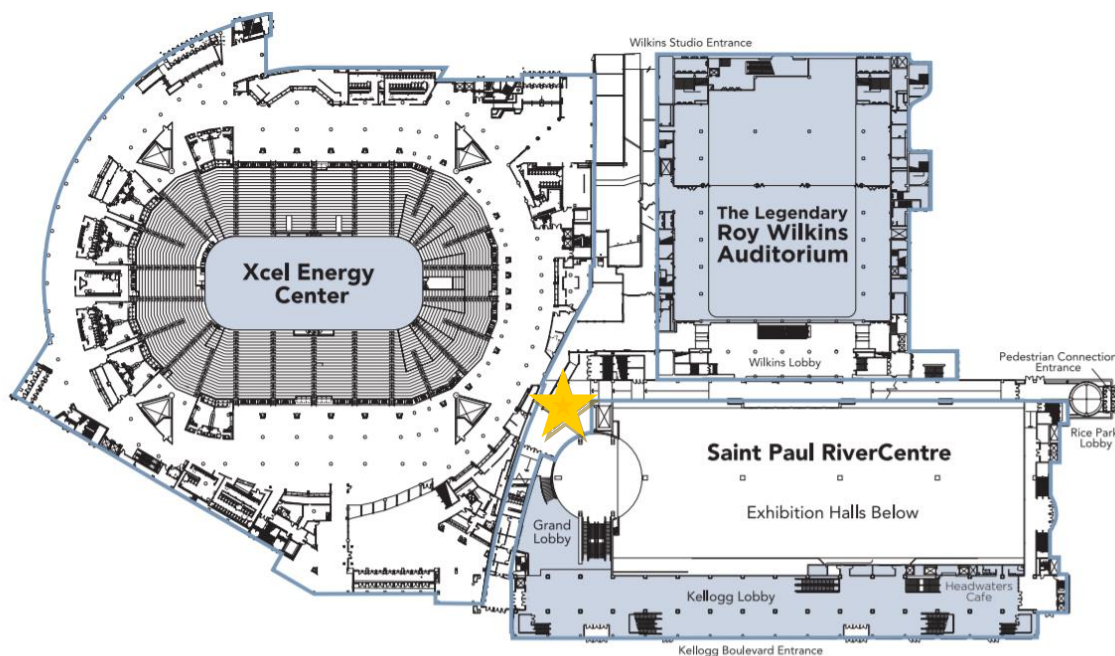
### ***Performance Video File***

All head coaches will have the option to have a video file of their performance emailed to them shortly after their performance. Permission will need to be given to release your email address to Mr. Video to do so.

## **COMPETITION DAY DETAILS FOR ALL TEAMS**

### **Team Check-in (NEW for 2021)**

When you arrive at St Paul RiverCentre, coaches, team members, and parent volunteers should **check-in at the open area off the skyway from the St. Paul RiverCentre Parking Ramp.** If coming from the Kellogg Lobby you will proceed up the stairs in the Grand Lobby. **All teams will have a designated Check-in Time.**



**Teams will be escorted to the Roy Wilkins Exhibit Hall after completing team check-in.**

If your team is arriving by bus you will want to be dropped off on Kellogg Blvd in front of the St. Paul RiverCentre and follow the signs to this location. **For those meeting their teams it is suggested to meet in the Kellogg Lobby of the St. Paul RiverCentre or the skyway from the RiverCentre Parking Ramp and then walk as a**

**team to check-in. This is to assist with congestion at check-in. It is also suggested that you meet up no more than 10-15 minutes prior to your team check-in time to avoid unnecessary gathering.**

MCCA Member coaches, prepaid non-member coaches, prepaid parent volunteers, registered team members will be admitted without charge.

**When you check in, you must check in as a team, not individuals. We ask that you have your team line-up in ALPHABETICAL order to speed up the process.** At this time all MCCA member coaches, prepaid non-member coaches, prepaid parent volunteers, and team managers will receive a pass that must be worn visible at all times. This pass will give you access to the 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. In the event you have any further questions, you can ask those working the Registration Table.

Coaches and cheerleaders will be directed to the reserved area for their team where they will keep all of their belongings temporarily, get ready to compete and start warming up and stretching. We highly suggest that you come dressed and ready to compete. Only bring a small bag you can carry with you and your jacket if necessary. Restrooms will only be used for the purpose intended since there is limited capacity. There will be no changing or fixing of make-up and hair in the restrooms, so you may want to have a mirror. Also, please remember to leave your valuables at home. MCCA is not responsible for any lost or stolen items.

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

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 be escorted from the Roy Wilkins Exhibit Hall to the St. Paul RiverCentre Exhibit Hall. **At this time, you will have your belongings with you.**
- 2) Your team will have a group photo taken, in the Rotunda, prior to heading into the warm-up area.
- 3) Following your picture your team will place their belongings on designated tables in the Exhibit Hall.
- 4) Your team will have a safety check prior to your warm-up. **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.
- 5) Your team will have a 10 – minute warm-up time on a full-size cheerleading floor (9 strips) prior to your performance. This will take place in a curtained area to provide your team more privacy. When you are finished, your team will have about 8 minutes until they take the floor.
- 6) Compete on a 9-strip Cheer Floor
- 7) Exit the floor and view a video of your performance.
- 8) A coach will pick up their Deduction Sheet at the Score Review Table behind the judges' risers and teams will head to claim their belongings and exit via the Rotunda to the Kellogg Lobby.

### **During your Performance**

**Only coaches and non-competing team members will be allowed to sit directly in front of the mat.** There will be a TAPE LINE that we will ask you to sit behind. Coaches and non-competing members should NOT be on the mat prior to or after the performance.

A coach or designated person should also sit at the announcers table, which is where you will play your music.

**Please have the person running your music be there while your team is On Deck.**

We need to keep the front clear for our judges, photographers, the video crew, and other media so any pre-registered parent volunteers will need to watch from the designated floor seating. 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 is 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. Please remember to bring more than one copy of your music. Music can be played on CD or iPod/Phone (iPod/Phone is preferred by the sound technician for the main competition floor). We also ask that if you need a specific adapter to play your device to bring it with you. **Remember that all music must follow the USA Music Copyright Policy and documentation must be on file with MCCA.**

### **Spotters**

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

## Cheerleader Areas

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

The team area located in the Roy Wilkins Exhibit Hall is only for participants and NO STUNTING is allowed in this area.

**NOTE: Please do not use outlets in the Exhibit Hall without permission. MCCA is charged \$100 for each hook-up that the facility finds and it not documented in advance. If MCCA finds your team using outlets without permission you will be charged this fee.**

## Spectators

Admission is \$5 per spectator for each mini session they attend. A mini-session will consist of a small group of teams competing back-to-back. The number of teams in a mini-session will depend on the number of team members on the teams competing. This is because the maximum number of spectators allowed in the Exhibit Hall at any given time will be 250.

Each athlete will be allowed **2** spectators in the St. Paul RiverCentre Exhibit Hall while they compete. If a spectator has an athlete competing on more than one team or multiple athletes, they will purchase admission for each mini-session.

All spectators who wish to attend must be pre-registered and pre-paid. **Mini-Sessions should be released by Monday, February 15th, 2021.**

**Here is the general process for purchasing spectator tickets:**

- 1) Coaches will compile a list of spectators with contact information for EACH team participating. This information will be used for contract tracing. An Excel form will be made available for you under the Coaches Corner,
- 2) Coaches will complete a Spectator Registration form for EACH Team and submit payment in advance.
- 3) Spectator Tickets must be purchased and paid for **AND** your spectator lists must be in by Tuesday, February 23<sup>rd</sup> 2021 at 11:59pm.
- 4) Spectator tickets are non-refundable, but can be transferred to someone else the day of the event. We will just need to update the contact information on hand that day.

### **The day of the event:**

Spectators will pick up wristbands for all mini-sessions they have purchased tickets for at the St. Paul RiverCentre in a location to be still determined. Tickets will be pre-sorted by school and athlete to make the process go smoothly. This is when you would report any changes in who is attending to MCCA.

**NEW BAG POLICY and SAFETY MEASURES:** To provide a safer environment and significantly expedite guest entry, St. Paul RiverCentre encourages you to not bring a bag to an event or to limit the size of bag that you bring. We suggest clear totes (plastic, vinyl or PVC) which do not exceed 12" x 6" x 12", gallon size plastic storage bags or small bags or clutch purses no larger than 4.5" x 6.5". Oversized bags and backpacks are prohibited for spectators. [http://www.rivercentre.org/assets/doc/RWA\\_BagPolicy\\_Flyer2018-2a505e1774.pdf](http://www.rivercentre.org/assets/doc/RWA_BagPolicy_Flyer2018-2a505e1774.pdf)

## Busses

Busses can drop off the teams at the St. Paul RiverCentre on Kellogg Blvd to get to team check-in 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:

**\*Purchasing the video from the day \*\*\*No Video Taping Allowed!\*\*\***

**\*Purchasing a 2021 31<sup>st</sup> MCCA State Competition Apparel (\$20-40) -proceeds go to the Honor Team of Excellence Scholarships! (Limited availability onsite due to pre-orders)**

**\*Purchasing the 2021 State Competition Bow or personalizing and blinging out your State Apparel items.**

**Vendors will be located in the Kellogg Lobby to allow more spectators in per session.**

## First Aid

We will have a staff of medical professionals on site for your first aid needs. They will be located in the team warm-up area and close to the performance mat as well. Please supply your own tape for athletes that need to be taped regularly.

## Rules/Restrictions and Time Limit

MCCA adheres to the UCA/AACCA/USA Cheer guidelines and rules and will judge with the UCA Score sheet. These can be viewed at [www.varsity.com](http://www.varsity.com).

Appearance Rules for **all** participants:

- Hair can be worn in a full ponytail or half up (from the ears back). All face framing hair must be pulled back if it reaches the participants eyes.
  - No loose glitter.
  - No jewelry.
  - Nails must not be visible above the fingertip when viewed from the palm at face level.
  - Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing
- 
- ✓ 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 competing team. The only exception is a traditional routine and Game Day routine.
  - ✓ School Routines have a time limit of 2:30 with up to 1:30 allowed for music.
  - ✓ Game Day performances should consist of a Band Chant, Situational Sideline, Time Out Cheer and Fight Song. The maximum performance time must not exceed three minutes. Timing will begin with the first movement, voice, or note of music, whichever comes first.

## Disqualification:

Any team that does not adhere to the terms and procedures outlined in this informational packet or violates the MCCA Coaches Code of Ethics will be subject to disqualification from the competition, will automatically forfeit any right to any awards presented by the competition, and may also forfeit the opportunity to participate in a competition the following year.

## Refund Policy

Cancellations must be received by February 6, 2021 in order to receive a refund. The only exception would be if your team or MCCA needs to cancel due to COVID-19. Written documentation would be required by your school to receive a refund. There will be no refunds due to inclement weather.

# TENTATIVE SCHEDULE FOR THE DAY

**The MCCA State Competition will run in Multiple Mini-Sessions.**

**MCCA will NOT start sessions early.**

**Final Schedule will be released February 15th, 2021**

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

- |                |   |
|----------------|---|
| <b>7:30AM</b>  | <b>Team Check-in will begin</b>                 |
| <b>8:40 AM</b> | <b>Warm-up Times will begin</b>                 |
| <b>8:40 AM</b> | <b>Doors open for Mini-Session 1 spectators</b> |
| <b>9:00 AM</b> | <b>Competition Begins</b>                       |
|                | ★ <b>Elementary Teams</b>                       |
|                | ★ <b>Middle School/JV Game Day</b>              |
|                | ★ <b>Varsity Stunt Groups</b>                   |
|                | ★ <b>Middle School Teams</b>                    |
|                | ★ <b>JV Teams</b>                               |

- ★ Varsity Game Day
- ★ Varsity Teams

Virtual Award Sessions will be scheduled throughout the day after the completion of a division.

### Scoresheets:

- If we continue to use paper will either be picked up from the designated table in the Rotunda following your division awards otherwise, they will be scanned and emailed to you by Sunday evening.
- If we are able to move to an electronic version, scoresheets will be emailed to the coach as soon as possible following division awards.

Final team scores and rankings will be emailed to coaches within 24 hours of the conclusion of the event.

MCCA will schedule a time approximately 4 weeks following the State Competition to deliver your awards (trophies, plaques, and/or medals) to you.

## NON-VARSITY COMPETITION DETAILS

### Team Definitions:

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 JV and Varsity teams must be eligible to participate in extra-curricular activities in accordance with the MSHSL eligibility rules. For all other school divisions, team members must attend school within the school district.

### Divisions

**Non-Varsity Divisions** The divisions are listed on the registration form and descriptions are provided below. There will be no splitting or combining of any divisions. These teams cannot have more than 32 participants.

**Elementary** – An Elementary team is a group of competing members representing a school district that assumes liability for that team. Team members in this division must be in Kindergarten through 6th grade.

**Middle School**– A Middle School team is a group of competing members representing a school district that assumes liability for that team. Team members in this division must be in 5<sup>th</sup> – 9<sup>th</sup> grade.

**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. This division will include JV Co-ed teams as well.

**Junior Varsity Non-Tumbling Team**- A JV Non-Tumbling team is a group that consists of non-varsity competing members representing a school district, which assumes liability for that team, and that team agrees to perform a routine with no tumbling. All team members must be in 7th – 12th grade in this division. This division will include JV Co-ed Non-tumbling teams as well.

### Competition:

The competition will consist of one round of competition to determine the division champion.

### **Order of Competition**

Competition order will be determined by the order registration is received and completed (first team to complete their registration goes last in the division) 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 schools/programs in more than one division. Yet, please also understand that avoiding all conflicts is not always possible.

### **Deduction Review Process**

Due to COVID restrictions, coaches can watch the video playback with their team and then must **immediately** pick up a copy of their deduction sheet. This will be located behind the judges' stand. Coaches will have 5 minutes from the time of pick up to dispute any point deductions from the performance (Falls, illegal skills, time of routine).

Following any challenges made, coaches will then need to leave the Exhibit Hall. You will not be able to leave and come back in. No challenges can be made regarding deductions for jewelry, hair, finger nail length, or glitter since coaches will have already signed off on these at safety checks.

- If it is a time dispute, the routine will be timed again via video playback of the performance.
- If it is an illegal skill, that particular skill will be reviewed via video playback.
- If it is for a deduction for an individual or stunt fall, the entire routine will be relooked at for deductions. This may mean if something was missed the first time it could be called during the review process.

### Scoring

The judging panel will consist of 6 judges. There will be 2 judges for the Cheer Section, 2 for the stunt/pyramid elements of the Music Section, and 2 for the non-stunting elements of the Music Section. Scores will be averaged so the total possible points will be out of 100. Any deductions will be taken off from this total.

**In the case of a tie for School Teams**, the team that receives the fewest deductions will win!  
If there is still a tie...The team that ranks highest in the Cheer Section will win!

\*\*All score sheets are available on the website [www.mccacheer.com](http://www.mccacheer.com).

### Awards

The number of awards given will depend on the number of teams in the division. The top 50% will be awarded a team trophy or plaque and in the event, there are an odd number of teams in the division, an additional place will be awarded.

Trophies will be presented up to 3<sup>rd</sup> place with plaques for any places beyond.

### Awards Presentation Ceremonies

Awards will be held virtually and be LIVE on the MCCA Facebook page at scheduled times throughout the day following the conclusion of a division.

All team placements will be announced, but awards will be distributed according to the guidelines above. If your team receives a trophy/plaque we will deliver your award to you within approximately 4 weeks of the event. We apologize for the delay, but with all the unknowns in our continuously changing world we do not want to incur unnecessary costs.

## GAME DAY COMPETITION DETAILS

### Team Definitions:

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.

### Divisions

**Game Day Divisions** The divisions are listed on the registration form and descriptions are provided below. There will be no splitting or combining of any divisions. These teams cannot have more than 32 participants.

**Varsity Game Day Tumbling** - A Game Day Tumbling 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.

**Varsity Game Day Non-Tumbling**- A Game Day Non-Tumbling team is a group representing a school district, which assumes liability for that team, and that team agrees to perform a routine with no tumbling. All participants must be in the 7th to 12th grade at that school.

**Non-Varsity Game Day** – A Game Day team consisting of non-varsity team members representing a school district which assumes liability for that team. Teams may perform a routine with or without tumbling. All participants must be in the 5<sup>th</sup> to 12<sup>th</sup> grade at that school and be considered a JV or Middle School Team.



## Game Day Guidelines

- 1) The Game Day Division showcases what traditional cheerleading is all about – leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations / performance, motion/dance and overall routine.
- 2) The performance will follow this order: Band Chant, situational sideline into Cheer, Fight Song. Collectively the sideline and cheer section will be defined as the Crowd Leading portion of the routine.
- 3) The use of crowd leading tools such as signs, poms, flags and/or megaphones is required.
- 4) The incorporation of skills (Stunts and tumbling are allowed in the fight song, sideline and cheer) Stunts and Tumbling are not allowed in the band chant.

**NOTE: Fight song incorporation is limited to 3 consecutive 8-counts of stunts and or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times.**

- 5) The Band Chant should have an emphasis on crowd appeal and practicality – No stunts or tumbling permitted however jumps and kicks will be allowed.
- 6) Following completion of the band chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offense or defense crowd-leading response, which transitions the squad into the crowd leading portion.
- 7) Each section should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel.
- 8) Traditional game day uniform is required.
- 9) **Total Time is limited to 3 minutes.**
- 10) Additional Skill Restrictions
  - No Tosses (basket, sponge or elevator) are allowed.
  - No Inversions are allowed.
  - No Twisting Dismounts are allowed.
  - Single leg stunts are limited to liberties and liberty hitches.
  - No Running Tumbling is allowed.
  - Standing Tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.

## Competition:

The competition will consist of one round of competition to determine the division champion.

### **Order of Competition**

Competition order will be determined by the order registration is received and completed (first team to complete their registration goes last in the division) 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 schools/programs in more than one division. Yet, please also understand that avoiding all conflicts is not always possible.

### **Deduction Review Process**

Due to COVID restrictions, coaches can watch the video playback with their team and then must **immediately** pick up a copy of their deduction sheet. This will be located behind the judges' stand. Coaches will have 5 minutes from the time of pick up to dispute any point deductions from the performance (Falls, illegal skills, time of routine). Following any challenges made, coaches will then need to leave the Exhibit Hall. You will not be able to leave and come back in. No challenges can be made regarding deductions for jewelry, hair, finger nail length, or glitter since coaches will have already signed off on these at final safety checks.

- If it is a time dispute, the routine will be timed again via video playback of the performance.
- If it is an illegal skill, that particular skill will be reviewed via video playback.
- If it is for a deduction for an individual or stunt fall, the entire routine will be relooked at for deductions. This may mean if something was missed the first time it could be called during the review process.

### **Scoring**

The judging panel will consist of 6 judges. There will be 3 judges for the Crowd Leading Section and 3 for the Band Chant and Fight Song Section. Scores will be averaged so the total possible points will be out of 100. 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 ranks highest in the Crowd Leading Section will win!

\*\*All score sheets are available on the website [www.mccacheer.com](http://www.mccacheer.com).

### **Awards**

The number of awards given will depend on the number of teams in the division. The top 50% will be awarded a team trophy or plaque and in the event there are an odd number of teams in the division, an additional place will be awarded.

Trophies will be presented up to 3<sup>rd</sup> place with plaques for any places beyond. First Place Varsity teams will receive individual medals.

### **Awards Presentation Ceremonies**

Awards will be held virtually and be LIVE on the MCCA Facebook page at scheduled times throughout the day following the conclusion of a division.

All team placements will be announced, but awards will be distributed according to the guidelines above. If your team receives a trophy/plaque we will deliver your award to you within approximately 4 weeks of the event. We apologize for the delay, but with all the unknowns in our continuously changing world we do not want to incur unnecessary costs.

## **VARSITY COMPETITION DETAILS**

**Due to COVID, all Varsity teams will compete in only one round of competition to determine our State Champion this year. There will not be a Prelim and Finals Round, nor a Grand Champion.**

### **Team Definitions:**

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.

### **Divisions**

**Varsity 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 <https://legacy.mshsl.org/mshsl/news/csp%20Enrollments%20-%20Alpha%20-%202019-20%20and%202020-21.pdf>. There will be no splitting of any divisions. **If there are two or less teams in a division, divisions will be combined by Class Size, if possible.**

### **Divisions broken down by class size**

#### **CLASS A: Student enrollment for grades 9-12 is 1-1299 students**

\*Class A schools are given the option to compete in Class AA if they would prefer to do so. This will be indicated by checking a box on the online registration form.

#### **CLASS AA: Student enrollment for grades 9-12 is 1300 or more students**

**Varsity Tumbling Team**- A Varsity Tumbling 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.

#### **Tumbling 1 – 15 or less team members**

#### **Tumbling 2 – 16-32 team members**

**Varsity Non-Tumbling Team**- A Varsity Non-Tumbling team is a group representing a school district, which assumes liability for that team, and that team agrees to perform a routine with no tumbling. All participants must be in the 7th to 12th grade at that school and must all be females.

#### **Non-Tumbling 1 – 15 or less team members**

#### **Non-Tumbling 2 – 16-32 team members**

## Divisions NOT broken down by class size or team size

**Co-Ed Non-Tumbling** - A Co-Ed Non-Tumbling team is a varsity group with **one or two males** representing a school district that assumes liability for that team. All participants must be in the 7th to 12th grade at that school.

**NOTE: Co-ed Non-Tumbling will be moved to a regular Varsity Non-Tumbling division, based on the division criteria, if there are 2 or less teams registered in the division**

**Co-Ed Tumbling** - A Co-Ed Tumbling team is a varsity group with **one or more males** representing a school district that assumes liability for that team. All participants must be in the 7th to 12th grade at that school.

**NOTE: Co-ed Tumbling will be moved to a regular Varsity Tumbling division, based on the division criteria, if there are 2 or less teams registered in the division**

### **Order of Competition**

Competition order will be determined by the order registration is received and completed (first team to complete their registration goes last in the division) 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 schools/programs in more than one division. Yet, please also understand that avoiding all conflicts is not always possible.

### **Deduction Review Process**

Due to COVID restrictions, coaches can watch the video playback with their team and then must **immediately** pick up a copy of their deduction sheet. This will be located behind the judges' stand. Coaches will have 5 minutes from the time of pick up to dispute any point deductions from the performance (Falls, illegal skills, time of routine). Following any challenges made, coaches will then need to leave the Exhibit Hall. You will not be able to leave and come back in. No challenges can be made regarding deductions for jewelry, hair, finger nail length, or glitter since coaches will have already signed off on these at final safety checks.

- If it is a time dispute, the routine will be timed again via video playback of the performance.
- If it is an illegal skill, that particular skill will be reviewed via video playback.
- If it is for a deduction for an individual or stunt fall, the entire routine will be relooked at for deductions. This may mean if something was missed the first time it could be called during the review process.

### **Scoring**

The judging panel will consist of 6 judges. There will be 2 judges for the Cheer Section, 2 for the stunt/pyramid elements of the Music Section, and 2 for the non-stunting elements of the Music Section. Scores will be averaged so the total possible points will be out of 100. Any deductions will be taken off from this total.

**In the case of a tie**, the team that receives the fewest deductions will rank higher!

If there is still a tie...The team that ranks highest in the Cheer Section will rank higher!

\*\*All score sheets are available on the website [www.mccacheer.com](http://www.mccacheer.com).

### **Awards**

The number of awards given will depend on the number of teams in the division. The top 50% will be awarded a team trophy or plaque and in the event there are an odd number of teams in the division, an additional place will be awarded.

Trophies will be presented up to 3<sup>rd</sup> place with plaques for any places beyond. First Place Varsity teams will receive individual medals.

### **Awards Presentation Ceremonies**

Awards will be held virtually and be LIVE on the MCCA Facebook page once ALL Varsity teams in all divisions have competed.

All team placements will be announced, but awards will be distributed according to the guidelines above. If your team receives a trophy/plaque we will deliver your award to you within approximately 4 weeks of the event. We apologize for the delay, but with all the unknowns in our continuously changing world we do not want to incur unnecessary costs.

Note: If you are the only team in your division you must score greater than or equal to the lowest 1<sup>st</sup> place team of all Varsity divisions to be awarded 1<sup>st</sup> place. If not, you will be awarded 2<sup>nd</sup> place.

# COVID-19 Plan

To view the **St. Paul RiverCentre's health and safety plan**, go to

[http://rivercentre.production.carbonhouse.com/assets/doc/RC\\_Covid\\_BroadDocument\\_111920-66d8999e2b.pdf](http://rivercentre.production.carbonhouse.com/assets/doc/RC_Covid_BroadDocument_111920-66d8999e2b.pdf)

**MCCA State Cheerleading Competition health and safety plan** (further updates will be made as we finalize our plans with our new venue and layout)

## COVID Safety Protocol

### General Guidelines for All:

- Physical distancing protocols will be in place and enforced throughout the entire competition.
- Masks will be required to enter the building and must be worn at all times.
- Use of provided hand sanitizer will be required by each person entering the building.
- Increased sanitization measures throughout the venue, including enhanced cleaning protocols, hand sanitization stations and more frequent cleaning of surfaces.
- We will adhere to restrictions on mass gatherings and capacity limitations based on our state guidelines.
- Managed traffic flow measures and signs will be implemented where required.
- All attendees (including coaches, athletes and MCCA staff) will be asked to monitor their own health prior to attending an event and follow the CDC guidelines for protecting themselves and others.
- If you have any COVID-19 symptoms or you have been exposed to anyone with COVID --19 you cannot attend.
- In the event someone in attendance starts exhibiting symptoms of COVID-19 (spectator, athlete, coach, or worker) they will be placed in a holding area while coordinating exit from facility or transport offsite.

### Team/Athlete Guidelines:

- Masks will be required to enter the building and must be worn at all times with the exception of your team's warmup and performance where stunting and tumbling occur. Teams may wear masks while competing with no impact to their score.
- Use of provided hand sanitizer will be required by each person entering the building as well as prior to taking the warm-up mat and performance mat.
- All coaches and athletes will be required to have their temperature checked at team check-in.
- Each team will have one of six sections in the Roy Wilkins Exhibit Hall to prepare for their performance (a space similar to a basketball court) where surfaces will be cleaned frequently.
- Each team will have designated tables to place their belongings while going through warm-up and competing. Surfaces will be cleaned between teams.
- Team check in times as well as warm-up times will be staggered to allow for enough time so teams do not come in contact with one another.
- Increased physical distancing throughout the team housing, practice and performance areas, along with frequent sanitation of mats and surrounding spaces.
- Athletes are encouraged to bring their own filled water bottle with their name on it.
- Teams will receive a refund if they are unable to attend due to COVID. Written documentation from the school will be required.

### Coach Information

- Designated coach/team check-in times will be listed on the performance schedule which will be sent out approximately 10 days prior to competition.
- You should only be in the facility around the designated times listed on the order of performance. If you have multiple teams performing at different times, you may have to exit and reenter the facility.

- Coaches will complete a health screening of their team prior to check-in.
- After your team(s) performance, all athletes/coaches will be required to get their belongings and leave the facility immediately.

**Spectator Guidelines:**

- Spectator admission must be paid in advance and is limited to 2 spectators per athlete.
- Spectators will be required to wear masks and sanitize upon entry into the building.
- Spectators will pick up wristbands on site for admittance for each mini session.
- Spectators will be verified against our Spectator Registration Form for contract tracing purposes. Any changes will be noted at this time.
- Spectators will have a suggested check-in time for their mini session.
- Spectators will follow a moving queue and exit the competition venue by the conclusion of the mini session.
- Physical distancing measures will be required. Direction signage will guide spectators throughout the venue.

**Event Staff Guidelines:**

- All event staff will be required to wear masks at all times and will be required to monitor their health the week leading up to the competition.
- All event staff will be required to have their temperature checked upon entrance to the building.
- All event staff will be trained on COVID-19 Protocols in place as well as be educated on the COVID-19 Competition rules if it relates to their position.
- Event staff may give verbal instructions to competition attendees throughout the day on social distancing requirements and/or other safety protocols.