



## 2023 MCCA CHEER OFF INFORMATION

Saturday, October 7th, 2023

Woodbury High School

### COACHES:

- ★ Coach registration cost: **FREE** with team registration.
- ★ ALL coaches must be current members of MCCA to register and attend with their team.

### TEAM REGISTRATION:

- ★ Cheer Off registration cost:
  - **Session 1 Non Competitive - \$20** per cheerleader.
  - **Session 2 Competitive - \$25** per cheerleader.
  - Crossovers (within the same season, ex: soccer & football): \$10 per cheerleader.
- ★ Registrations are **due Saturday September 23, 2023**.
  - Payment may be paid online at time of registration or offline via mail. If paying off line payments must be **postmarked by September 23, 2023**.
- ★ Rosters and waivers are **due Saturday September 30th**. Rosters/waivers received after the due date will incur a \$25 processing fee.
  - All members of the cheerleading team must be current members of the official school sideline team and must attend the school they are representing.
  - Teams must be below the appropriate max size for their sport, and may include mascot(s).
  - Please fill out a separate roster for each team. Be sure to include all coaches, team members, 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.
  - Make sure to include grades and birth dates for all school participants.
  - Please send Roster to [cheeroff.mcca@gmail.com](mailto:cheeroff.mcca@gmail.com) by September **30th, 2023**

### DIVISIONS:

- ★ High School - 7th-12th grade athletes - Female/Male
  - Varsity
  - Junior Varsity
- ★ Middle School 5th-9th Grade
- ★ Elementary K-6th Grade
- ★ Teams compete against other teams in their division, regardless of the sport they cheer for (Soccer, Football, Basketball, etc).
- ★ Divisions will only be split by Varsity, JV, Middle School & Elementary. Teams will not be split based on School or Team Size.
- ★ Divisions are subject to be combined based on how many teams register.

## SESSION OPTIONS:

### ★ SESSION ONE - Non Competitive

- This is an option for sideline teams who can't compete or who would prefer not to compete. Your team will perform all 3 categories and get judges feedback. Depending on the rating of your judge feedback, each team will earn a ribbon.

### ★ SESSION TWO - Competitive

- This session is for teams who would like to compete just like in the past. During session 2 you will perform 3 categories and be judged by 3 judges. Your scores will determine your placement.

- ★ See Awards below for more information.

## CHEER OFF FORMAT:

- ★ There are three cheer skills rounds: Game Situation Cheer, Time Out Cheer, and School Song.
- ★ Poms, megaphones, flags, and signs are permitted for each phase of the performance, but not required.
- ★ We will have 5 mats rolled the opposite way of comp - mimicking lines on the track. You do not need to stay on the mats and there is NO penalty for stepping off the mats.
- ★ There will be NO SPOTTERS provided, if your team needs spotters please contact the Cheer Director for your options.
- ★ Teams will perform each round in the order listed in the program. We will have set performance times for both session 1 and 2. Final Schedule will be sent out the week of the Cheer Off.
- ★ We will take a 45-60 minute break between Session 1 and 2.
- ★ In this challenge, judges are looking at what would be effective at a game.

## ROUND GUIDELINES:

- ★ **Game Situation Cheer.** i.e. "your team just got a 1st down." Then the team would be likely to call a cheer related to that.
  - After the team has entered onto mats, captain(s) will approach the announcer to select a random game situation. Announcer will read the game situation after the captain(s) return to formation.
  - The team will perform a sideline chant appropriate for the situation 3 to 5 times (deduction for less than 3 and more than 5).
  - There is to be no stunting and/or tumbling during this section.
- ★ **Time Out Cheer**
  - After the team has entered onto mats, the announcer will prompt the team to perform the time out cheer.
  - Cheer should be no longer than 1 minute.
  - Teams are encouraged to use signs, poms, stunts, tumbling, etc.
- ★ **School Song**
  - After the team has entered onto mats, the announcer will prompt the team to perform their school song.
  - May be done with or without music. Team should say the words.
    - If using music, you must turn in a music license.
  - Tumbling, stunts, pyramids are allowed in the school song section.

## THE FOLLOWING RULES APPLY:

- ★ Current NFHS/USA Spirit Rules.
- ★ MSHSL Rules for participation in extracurricular activities.

- ★ MCCA music rules/USA Cheer Music Copyrights Educational Initiative.
- ★ 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.

## SCORING:

- ★ The judging panel will consist of 3 judges. Scores of the 3 judges will be averaged for each section, then deductions will be applied. Overall score will be the final score of each section totaled together for a score out of 100 points.
  - **Deductions**
    - There will be deductions given for safety and rule violations. See deduction sheet for more information.
  - **Tie breakers**
    - In case of a tie, the team that receives the fewest deductions. Still a tie, the team with the highest execution score will win.
- ★ All score sheets are available on the website.

## AWARDS:

- ★ **SESSION ONE - Non Competitive.**
  - Ribbons will be awarded for each Category based on judges' overall feedback.
- ★ **SESSION TWO- Competitive**
  - The number of awards given will depend on the number of teams in the division. The top 51% of teams will be awarded per round.
  - Overall Varsity Winners will be invited to the MCCA State Banquet for recognition on January 26, 2024 at RiverCentre in St Paul, MN.
- ★ The Award Ceremony will be at the end of each session.

## FREQUENTLY ASKED QUESTIONS:

1. Can my Game Day Team Register & Compete?
  - a. Only if they are your Sideline team, as this event is designated for Sideline Teams.
2. How will the competition floor be set up?
  - a. We will have 5 mats rolled the opposite way of comp - mimicking lines on the track. You do not need to stay on the mats and there is NO penalty for stepping off the mats.
3. Do we sing the school song or play music?
  - a. This is your team's choice. You can either play your school song music via an ipad, iphone or electronic device or your team can sing the song while they perform. Saying words is encouraged.
4. Can my team participate in both Session One & Session Two?
  - a. Yes, but you will have to register and pay for both sessions.

If you have any questions, please contact Carissa Ulness at [cheeroff.mcca@gmail.com](mailto:cheeroff.mcca@gmail.com).