

# MYCCA 2017 Guidelines

## Rising Stars (Pre-K, K, 1<sup>st</sup>, and 2<sup>nd</sup> grade)

*\*3<sup>rd</sup> graders may participate in the Rising Star Division IF your organization cannot field a Shooting Star Team that meets the five-member 2<sup>nd</sup> - 4<sup>th</sup> grade minimum.*

One division for all teams in this level. Teams will not be scored. Each team will receive a comment sheet only. All teams in this division will receive participation awards.

Stunts Allowed: Thigh Stands and variations of thigh stands. Kneeling thigh stands and variations of kneeling thigh stands. Basic dismounts only.

- Back spotters are required on all stunts
- Stunts must remain stationary
- One foot must remain at thigh level or lower at all times.
- Spotters must have physical contact at all times
- As long as the top person has one foot on the ground there is no need for a back spotter
- Dismounts to the performing surface shall have assisted landings.

## Shooting Stars (2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade)

*\*5<sup>th</sup> graders may participate in the Shooting Stars Division IF your organization cannot field a Shining Star Team that meets the five-member 4<sup>th</sup> - 6<sup>th</sup> grade minimum.*

All Shooting Stars divisions will receive participation awards. Teams will be given participation awards in order of appearance. Each team will receive a score sheet with their placing but no placing will be announced.

**Division I** – Prep level with **basic dismounts** only. One-legged braced stunt(s) or pyramid(s) at prep level are permitted. Non-braced one-legged stunts below prep level are permitted. Stunts below prep level may move. Inversions are not allowed.

- Back spotters are required on all stunts EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base flatback lift, Triple-base Extended Suspended Splits, Double Base vertical T-Lift and Triple-base Swedish fall provided all 3 bases face the top person).
- One foot must remain at prep level or below at all times.
- As long as a top person has one foot on the ground a back spotter is not required
- Dismounts to the performing surface shall have assisted landings.

**Division II** – Thigh stand variations, one foot must remain at thigh level or lower at all times. **Basic dismounts** only, Inversions are not allowed.

- Back spotters are required on all stunts
- Stunts must remain stationary
- As long as a top person has one foot on the ground a back spotter is not required
- Dismounts to the performing surface shall have assisted landings.

## Shining Stars (4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade)

*\*7<sup>th</sup> graders may participate in the Shining Stars Division IF your organization cannot field a Superstar OR Middle School Team that meets the five-member 6<sup>th</sup> - 8<sup>th</sup> grade minimum.*

**Division I** – Extension level (with **intermediate dismounts**) & Prep level (with **basic & intermediate dismounts**). May perform one-legged stunts at prep level. Inversions (including forward and backward suspended rolls) allowed per NFHS rules at prep level or below. One legged braced extension level permitted. Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

**Division II** – Prep level with **basic & intermediate dismounts**. One legged braced prep level stunts are permitted. Inversions are allowed at waist height or lower.

- Back spotters are required on all stunts EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base flatback lift, Triple-base Extended Suspended Splits, Double Base vertical T-Lift and Triple-base Swedish fall provided all 3 bases face the top person.
- As long as a top person has one foot on the ground a back spotter is not required
- Dismounts to the performing surface shall have assisted landings.

## **Super Stars / Middle School (compete separately)** (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade)

**Division I** – Advanced stunts at extension level, **advanced dismounts**. Back spotters are required on all stunts in which the supporting arms of the bases are fully extended above the head except for the following: Chair, Russian Lift, Torch, Double Base split catch, Triple-base dead man lift, Triple-base extended suspended splits, Double-base vertical T-lift. Inversions in accordance with NFHS rules are permitted. Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

**Division II** – Basic two-legged Extension level stunts AND/OR prep level one-legged stunts are permitted with **basic and intermediate dismounts**. Advanced dismounts are permitted at prep level only. Braced one legged stunt(s) or pyramids at extension level are permitted. Inversions (including forward and backward suspended rolls) allowed per NFHS rules at prep level or below. Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

- Back spotters are required on all stunts in Division II EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base flatback lift, Triple-base Extended Suspended Splits, Double Base vertical T-Lift and Triple-base Swedish fall provided all 3 bases face the top person.
- As long as the top person has one foot on the ground a spotter is not required.

**MYCCA Invitational Guidelines:** All divisions state the highest degree of difficulty allowed. Not all stunts mentioned are required. If a team does not comply with the guidelines, they will be subjected to deductions. Each organization is required to follow the MYCCA Guidelines, National Federation Spirit Rules and The Maine Principals' Association Rules.

- \* 20 Participants maximum
- \* Dismounts to performing surface shall have assisted landings
- \* Routine must be a maximum of three (3) minutes
- \* Routine must include a cheer (long enough to effectively judge voice), team dance, team jumps, partner stunts / pyramids (according to guidelines above) and tumbling.

**Basic Dismounts:** Hand to Hand dismount, Shrug, Shove Wrap or Pencil Down

**Intermediate Dismounts:** Basic cradle dismount

**Advance Dismounts:** Twist, Super Man, Pancake,

**NOTE: Basket tosses and launches are NOT PERMITTED for any youth / middle school team AND the total number of twists from dismounts may NOT exceed more than 1 rotation.**