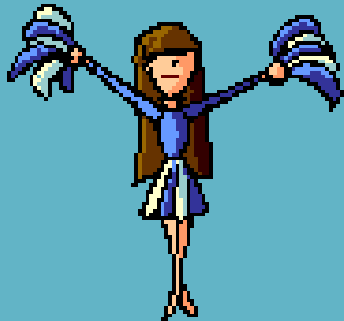


2017 MYCCA RULES & REGULATIONS



PRESENTED BY: SUSAN HARTNETT
NOVEMBER 6, 2017

PLEASE NOTE!

This power point presentation does NOT take the place of you reading and knowing your Rule Book. It is your responsibility to read / understand it. This presentation should only be used as a reference.

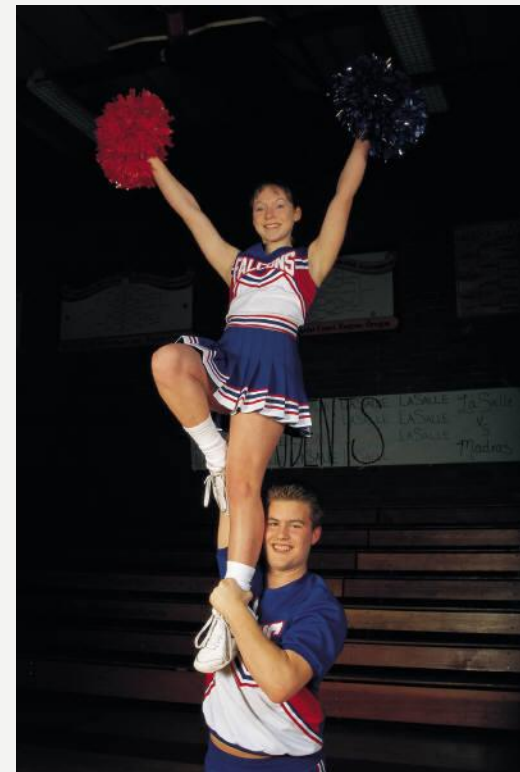
Any questions, please let me know.

Thanks! Susan

SEHartnett@comcast.net or 207-837-7073

TOPICS OF DISCUSSION

- Competition Updates
- MYCCA Competition Guidelines
- Deductions 2017
- Routine Guidelines
- Jumps
- MYCCA Divisions
- MYCCA Rubric Breakdown
- Stunts
- Apparel Accessories
- Sportsmanship
- Competition dates
- Quiz



MYCCA COMPETITION UPDATES :

- **Reminder:** Athletes may NOT compete on more than one team. This is ILLEGAL and will result in disqualification for BOTH teams the athlete competed on.
- **Reminder:** Diabetes pumps must be properly secured to the athlete and covered (under uniform). The device may NOT be visible.
- **Reminder:** Rhinestones must be sewn, punched or glued on to athletes uniforms. They may not be on briefs, bows, socks, or an athletes shoes.
- **Reminder:** Athletes / spectators may not tumble on sidelines during competitions.

MYCCA COMPETITION GUIDELINES:

- Team may include up to 20 members.
- Performance surface is 42 x 42 carpeted gymnastic mats. The tape lines will be vertical with one center line down the center and across horizontally in the center to form a +.
- Choreographed routine must not exceed 3 minutes. 2 ½ minutes is highly recommended.
- Each team will be announced as follows:
 - Getting Ready
 - On Deck
 - Next to Perform
 - Now Performing
- The timing starts on the first sound or routine movement.
- Team members may start the routine from any position (hands do NOT need to be down by their sides).
- Routines will be scored from the moment the routine begins until the last timed motion. Penalty official will review a routine from the moment the team steps onto the mat until the team exits the mat.

COMPETITION GUIDELINES CONTINUED

- A coaches box will be provided for coaches only
- No athletes may sit near penalty official.
- A routine will NOT be stopped due to a shoe lace being untied OR if a shoe falls off during the routine.
- Routine will be stopped IF mats separate.
 - NOTE: IF a routine is stopped the team will start the routine back up where they left off. **PRACTICE this before the competition.**
- If there is a situation that the routine should be stopped (bodily fluid, injury, mats, etc) the routine will be stopped immediately and the team will continue the routine from the point of interruption.
- If there is a situation that the officials are unaware of (such as the music does not start due to technical difficulty), please notify the lead official immediately.
 - *NOTE: If someone is injured, they must take a knee for the lead to stop the routine. PRACTICE THIS!*

COMPETITION GUIDELINES CONTINUED

- Hair must be tied up in a ponytail and off shoulders.
- Cheerleaders need to change their clothes in designated areas only. Changing in the stands is NOT acceptable. Please stay in uniform (no slippers/ pj's) – these are athletes.
- A tie is broken by the team with the highest total of technical scores and then by the highest overall appeal scores IF there's still a tie.
- If you are unable to attend a competition, please notify the person running the competition.
- If using poms to mark the floor, please do so immediately following the previous team.

2017 COMPETITION UPDATES

- Each team must bring their own pre-wrap / tape to the competitions.
- Tally officials must have no affiliation with a competing team and be over the age of 18.
- Teams with more than one team must not compete / warm up at the same time as their other team(s).
- Entrance fee = \$5 = Adult
 \$3 = Student / Senior
 Free = Age five (5) and under
- Cheer grams cannot be read out loud during the competition; deliver to the team just prior to competing.
- Top team scores are not announced.

DEDUCTIONS CHANGES FOR 2017!

- 1 Pt Deduction(s) =
 - Inappropriate hair devices / hair not in pony tail
 - Jewelry
 - Rhinestones that don't comply with NFHS guidelines
 - Glitter on uniforms, on body, or on hair ribbons

- 3 Pt Deduction(s) =
 - Any situation that could endanger the athlete performing
 - Inattentive spotter
 - Illegal Stunt
 - Unsporting behavior by athlete or coach

ROUTINE GUIDELINES:

Routine MUST:

- Include a cheer (no certain time or length of the cheer but long enough for voice and motions to be judged)
- Include 3 different jumps by most of the team
- Include 4 eight-counts of team dance
 - Age appropriate dance & music, please
- Include pyramid / partner stunts
- Include team tumbling skills
- Dismounts to the performing surface shall have assisted landings

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 – 1 ¼ rotation.

GUIDELINES CONT

- Stunts / Pyramids – must maximize your participants
 - 20 Cheerleaders = 4 (or 5) stunt groups
 - 15-19 Cheerleaders = 3 (or 4) stunt groups
 - 10-14 Cheerleaders = 2 (or 3) stunt groups
 - 9 or less cheerleaders = 1 (or 2) stunt groups
- Pyramid / Partner Stunt Dismounts
 - Basic Dismounts = hand to hand dismount, shrug, shove wrap or pencil down.
 - Intermediate Dismounts = cradle
 - Advanced Dismounts = twist, double twist, scissor kick, X-out, toe touch

JUMPS ... WHAT THEY SHOULD LOOK LIKE. 😊



Tuck Jump



Spread Eagle

Flexibility = average (at level)



Toe Touch



Pike Jump




Double Nine



Front Hurdler



Side Hurdler



MYCCA 2017 DIVISION GUIDELINES

RISING STARS (PRE-K – 3RD GRADE)

Stunts allowed: Thigh stands / variations , kneeling thigh stands / variations. Basic dismounts only.

- Back spotters required on ALL stunts.
- One foot must remain at thigh level or lower at all times.
- Stunts MUST remain stationary.
- Spotters MUST have physical contact with top person 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.

***NOTE:** Teams will not be scored. Each team will receive a comment sheet only. All teams in this division will receive participation awards.*

SHOOTING STARS (2ND – 5TH GRADE)

- **Division 1** = Prep level with basic dismounts only. One-legged BRACED stunt(s) or pyramid(s) at prep level are permitted. One legged stunts are NOT permitted. Stunts below prep level may move.
 - 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 position.
 - One foot must remain at prep level or below at all times.
 - Front spotters are strongly recommended on all prep level stunts.
 - 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.

NOTE: All Shooting Star divisions will receive participation awards and they will be given in order of appearance. Each team will receive a score sheet with their placing but no placing will be announced.

SHOOTING STARS (2ND – 5TH GRADE)

- **Division 2** = Thigh stand variations, one foot must remain at thigh level or lower at all times. Basic dismounts only.
 - 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.

NOTE: All Shooting Star teams will receive participation awards given in order of appearance. Each team will receive a score sheet with their placing BUT no placing will be announced.

SHINING STARS

[4TH – 7TH GRADE]

- **Division 1** = Extension & prep level with basic & intermediate dismounts only. 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 stunts permitted.
- **Division 2** = Prep level with basic & intermediate dismounts only. One-legged braced stunts are permitted at prep level. 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 position.
 - 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.

Note: All Shining Star teams will receive a score sheet and placement sheet. The top 2 (or 3) teams will be announced at the end of the competition.

SUPER STARS

[6TH – 8TH GRADE]

- **Division 1** = Advanced stunts at extension level, advanced dismounts.
 - Back spotters are required on all stunts in which the supporting arm(s) of the base(s) is/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.
- **Division 2** = 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 pyramid(s) at extension level are permitted.

Back spotters are required on all stunts in Division 2 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.

Note: All Super Star teams will receive a score sheet and placement sheet. The top 2 (or 3) teams will be announced at the end of the competition.

MIDDLE SCHOOL [6TH – 8TH GRADE]

- **Division 1** = Advanced stunts at extension level, advanced dismounts.
 - Back spotters are required on all stunts in which the supporting arm(s) of the base(s) is/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.
- **Division 2** = 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 pyramid(s) at extension level are permitted.

Back spotters are required on all stunts in Division 2 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.

***Note:** All Super Star teams will receive a score sheet and placement sheet. The top 2 (or 3) teams will be announced at the end of the competition.*

NORTHERN STARS

Division no longer offered in 2017!





MYCCA 2017 RUBRIC BREAKDOWN

Tumbling – Difficulty				
1-2	2-5	5-7	7-9	9-10
Most of team with basic skills: <ul style="list-style-type: none"> • Forward Rolls • Round-Offs • Cartwheels • Walkovers 	Less than majority of team with back handsprings and may include limited tucks	Majority of team with handspring skills / minimal tucks	Most of team with handspring skills AND/OR Majority of team with tucks or above	Most of team with tucks or above AND/OR majority of team with layouts, fulls, or specialty passes ending in tuck or above

Majority / Most Quantity Table (Maj = ½ + 1 and Most = 75%+)

# of Athletes	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Majority	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	11
Most	4	5	6	6	7	8	9	9	10	11	12	12	13	14	14	15

Tumbling & Jump – Technique

1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Jump – Difficulty				
1-3	3-5	5-7	7-9	9-10
Basic jumps with below average flexibility (with or without immediate connection) by most of the team	2 advanced connected jumps with below average flexibility performed by most of the team PLUS 1 additional advanced jump with below average flexibility done by most of the team	3 advanced connected jumps with average flexibility performed by most of the team	4 advanced connected jumps with above average flexibility performed by most of the team OR 3 advanced connected jumps with above average flexibility PLUS 1 additional jump with above average flexibility done by most of the team	3 advanced connected jumps with above average flexibility performed by most of the team PLUS 1 advanced jump with above average flexibility into back handspring by majority of team

Tumbling & Jump – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Motions – Difficulty		
1-4	4-8	8-10
Little to no formation changes, transitions, and level changes. Little to no variety of motion. Lack of movement during transitions. Below average use of floor. Basic choreography and/or creativity.	Minimal formation changes, transitions and level changes. Some variety of motions. Minimal movements during transitions. Average use of floor. Some original and visual material. Average choreography and/or creativity.	Multiple advanced formation changes, transitions and level changes. Excellent variety of motions. Difficult food and body movement during transitions. Excellent use of floor. Excellent choreography and/or creativity.

Dance – Difficulty		
1-4	4-8	8-10
Below average energy, musicality, rhythm and pace of music. Little to no formation changes, basic transitions and level changes. Little to no variety of motion. Below average use of floor. Basic choreography and/or creativity.	Average energy, musicality, rhythm and pace of music. Minimal formation changes, transitions and level changes of average complexity. Some variety of motion and use of floor. Average choreography and/or creativity.	High energy, musicality, rhythm, and pace of music. Multiple advanced formations, transitions, and level changes. Excellent variety of motion and use of floor. Excellent choreography and/or creativity.

Motion & Dance – Technique		
1-2	2-4	4-5
Below average technique – many with bent wrists and/or poor placement. Below average timing & synchronization.	Average technique – some with bent wrists and/or poor placement. Average timing & synchronization.	Excellent technique – proper placement, sharp precision. Excellent timing & synchronization.

**NOTE: ROUTINE
MUST INCLUDE
FOUR (4)
8-COUNTS OF
WHOLE TEAM
DANCE TO OBTAIN
A DANCE SCORE.**

Pyramid & Partner Stunts – Difficulty

1-3	3-5	5-7	7-9	9-10
Early beginner stunts such as: <ul style="list-style-type: none"> • Thigh stand • Hitch thigh stand • Pony sit • Knee stand • Kneeling thigh stand 	Beginner Stunts such as: <ul style="list-style-type: none"> • Shoulder sit • Shoulder stand • Pop up splits • Straddle press Maximum Participation	Prep level stunts such as: <ul style="list-style-type: none"> • Forward suspended roll • Prep (2-legged) • Prep (1-legged) Maximum Participation.	2 legged extension level stunts; 1 legged at prep level. Maximum participation.	1 legged extension level stunts; above average flexibility. Maximum participation.

The following are considered when scoring difficulty: degree of difficulty, percentage of team participation, variety of entries, inversion, dismounts and transitions, pace and speed of skills performed and Maximum Participation (# of athletes on floor / 4 or 5 to form a stunt group)

Maximum Participation (athletes = stunt groups) = 20 = 4 or 5, 16-19 = 3 or 4, 15 = 3, 12-14 = 2 or 3, 10-11 = 2 and less than 9 = 1

Stunts – Technique

1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Transitions / Flow / Formations & Spacing

1-2	2-4	4-5
Major issues during transitions (bumping; excessive travel). Minimal incorporation of skills during transition. Choppy, lacks cohesion, excessive down time.	Some issues during transitions (bumping; excessive travel). Average incorporation of skills during transition. Average coordination among all elements of the routine.	Clean transitions. Excellent incorporation of skills during transition. Uncluttered changes between segments. Strong coordination among all elements of the routine.

Projection / Expression / Showmanship / Voice

1-2	2-4	4-5
Below average pitch and clarity / enunciation. Below average volume relative to number of athletes.	Average pitch and clarity / enunciation. Average volume relative to number of athletes.	Excellent pitch and clarity / enunciation. Above average volume relative to number of athletes.

Overall Effect / Performance Appeal

1-2	2-4	4-5
Below Average	Average	Above Average

PARTNER STUNTS / PYRAMIDS

Perfection
before
Progression!



PERFECTION BEFORE PROGRESSION

- Level 1 Skills = basic climbing skills at ground level
 - Thigh stand (step up drill)
 - Double base thigh stand
 - Shoulder sit
 - Thigh stand with heel stretch
- Level 2 Skills =
 - Shoulder stand
 - Walk up double base shoulder stand
 - Prep
- Level 3 Skills =
 - Extension
 - Liberty



BRACER / SPOTTER

- **Bracer** = a top person who stabilizes and/or assists another top person (NFHS definition). Bracer may stand on floor OR in another stunt (based upon division). Bracers must NOT provide primary support for a top person.
 - *MYCCA extends the definition to include any person OR top person who stabilizes and/or assists another top person.*
- **Spotter** = a person in direct, weight-bearing contact with the performing surface whose primary function is to protect a top person's head, neck and shoulders.

SAMPLE STUNTS





Bracer example

Back spot required for Rising Stars and Shooting Stars Division 2.



Barrel Roll – legal for Shooting Stars Division 1 and higher only



APPAREL & ACCESSORIES

- Jewelry of any kind is prohibited except for:
 - Religious medals without a chain (must be taped and worn under the uniform)
 - Medial-alert medicals must be taped and may be visible.
- Fingernails – must be kept short, near end of fingers.
- Hair must be tied up and off the athletes shoulders.
- Hair ribbon / bow must NOT contain any type of sticker, wood, wire, glitter, plastic or other items (including rhinestones) secured onto it.
- Supports / braces “which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow recovery foam padding no less than ½ inch thick”.
- A participant wearing a plaster cast or a walking boot must not be involved in partner stunts or pyramids. (They may do limited tumbling).

NFHS RULE CHANGES 2017

(JUST A FEW OF THEM)

- 3.4.3 – Extended stunts may brace any other extended stunts using hand/arm to hand/arm contact
- 3.4.13 – Participant must not jump unassisted on to the back of a base that is in the horizontal position
- 3.6.2 – Reduces the number of bases required for non-braced suspended splits that originate from or pass through prep level or above

SPORTSMANSHIP

- Have a code of conduct for your athletes AND parents
- Host a parent meeting to discuss what your expectations are at practices, games, competitions, etc.
- Explain to parents that when they wear team colors / names they're representing your team at all times.
- Speak with your team about how to behave appropriately at an event (i.e. lockers, pictures on the walls, etc).



Teach Good Sportsmanship

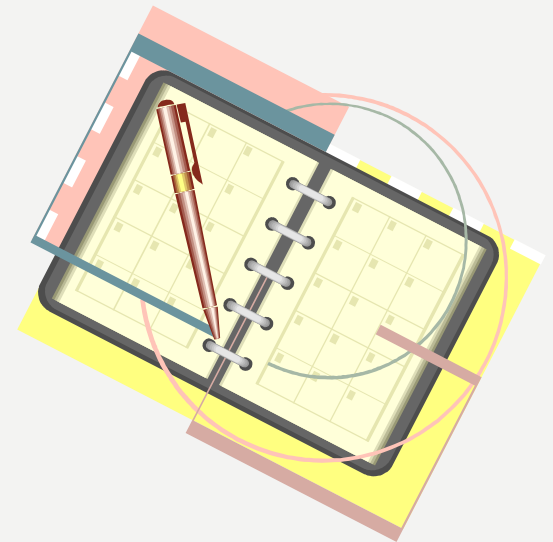
Encourage Good Sportsmanship

Advocate Good Sportsmanship

Model Good Sportsmanship

2017 MYCCA INVITATIONAL DATES

- Jan 29th = MYCCA Showcase (Mt Blue)
- Feb 4th = Cheers from the Heart (Biddeford, Oxford Hills)
- Feb 18th = Scarborough
- Feb 25th = LAYCL Vacation Classic
- Feb 25th = Fairfield
- Feb 26th = Elite
- Mar 4th = Oxford Hills
- Mar 11th = Poland
- Mar 18th = River Valley
- Mar 18th = South Portland
- Mar 25th = Turner
- Mar 26th = Lewiston Devils Duel
- Apr 2nd = Maine Cheer Classic (University of New England) **THIS IS A SUNDAY!!!**





**EVERY
ACCOMPLISHMENT
STARTS WITH
THE DECISION
TO TRY.**







QUESTIONS?



Thank you!

I'm looking forward to another GREAT season
with you and your cheerleaders!!

Please contact me with any questions.

SEHartnett@comcast.net

207-837-7073

QUIZ TIME!

