Philosophy Statement

The role of a cheerleading squad is to be a support group for the school’s interscholastic athletic program. The squad should strive to (1) boost school spirit, (2) promote good sportsmanship, and (3) develop positive crowd involvement.

Practicing good sportsmanship should be the goal of each cheerleader and coach.  All cheer coaches should be role models for their cheerleaders, especially during competitions.

Cheerleading competitions should be considered as a secondary part of a school’s cheerleading program. Cheerleading competition aids in developing leadership, confidence and skill; however, it needs to be placed in perspective with the total educational program.

Membership on a cheerleading squad provides an opportunity to (1) improve physical skills and develop exercise habits which promote good health, (2) create strong and lasting friendships, (3) develop skills in working with others, and (4) maintain high standards of citizenship.

# NAME

## The name of this organization shall be the Missouri Cheerleading Coaches Association.

# GOALS

## The goals of this association shall be:

### To establish a means by which we can better educate ourselves and other Missouri cheerleading coaches and to establish an information center where a new coach can gain information and help.

### To foster a concern for improvement and progress in cheerleading.

### To lead students to a knowledge and appreciation of the social and educational advantages that participation in this activity will bring.

### To promote good relationship between the coaches and the school administrators.

### To improve guidance techniques of coaches.

### To place sources of information at the disposal of coaches.

### To establish effective communication for cheerleading in the state of Missouri.

### To study proposed rule changes and make recommendations in rule changes whenever this is considered necessary.

###  To promote and protect the best possible conditions for the total development and safety of the cheerleaders for whom we are responsible.

### To promote harmonious relationships among coaches.

### To provide scholarships to outstanding cheerleaders within the membership.

### To recognize outstanding coaches within the membership.

### To promote good quality judging.

#  GENERAL MEMBERSHIP AND MEETINGS

## Membership is open to any individual interested in the further promotion of the purposes of the organization.

## The membership year shall be one year, from June 1 to June 1.

## The annual dues for each member shall be established by the Board of Directors and voted on by the membership.

## Members shall attend all General Membership meetings, hold office, and have a vote in all General Membership meetings and elections.

## Members representing professional cheerleading organizations shall be exempt from holding office.

## A quorum shall be the majority of those present at the Spring Conference General Membership meeting.

## Only current/paid MCCA members can submit proposals, run for office, compete and nominate individuals/ squads for special awards, such as Administrator of the Year or Sportsmanship Award.

## Voting and scholarship privileges will be given to those coaches with paid membership by January 1 each year.

## Voting in Board Member elections shall be by current dues-paid members only.

## In regards to proposal voting, each member school will be allowed ONE voting delegate. The head coach will designate the voting delegate for their school.

# EXECUTIVE BOARD

## The Executive Board of this association shall include: President, Vice-President, Secretary, Treasurer, and 3 Members At-Large.

## The Executive Board shall be elected by the General Membership.

## The Executive Board shall serve two-year terms of office.

## The Executive Board shall not pay membership dues.

## The Executive Board shall have the power to recommend and establish new rules and amend or set aside rules which are no longer feasible. This recommendation will be taken to the general membership by mail or annual meeting for ratification.

## The Executive Board may edit the MCCA Guidelines, rubrics and handbook annually to reflect changes based on approved proposals by membership, and AACCA/NFHS/MSHSAA rule changes. These will be posted for public viewing on the MCCA website annually, no later than June 1. (2020)

## The Executive Board shall approve presidential appointments when vacancies occur.

## The Executive Board has the power to dismiss any board members by a two-thirds majority vote. This recommendation will be taken to the general membership for ratification.

## The term “any board members” shall include members of the Executive Board, The Board of Directors, and the Trustees.

# Duties of the Executive Board:

## President

### Shall act as chief executive officer of the association.

### Shall preside at all Executive Board meetings, all Board of Directors meetings, and all General Membership meetings.

### In case of a vacancy the President shall appoint persons, with the approval of the Executive Board, to fill the position until the next general membership meeting. The newly elected person shall finish the term.

### Shall call special meetings when necessary.

### Shall attend or appoint a representative from the Executive Board to attend, all individual Directors meetings.

### Shall prepare the agenda for all Executive Board meetings, all Board of Directors meetings, and all General Membership meetings.

### Shall approve all expenditures and reimbursements before they are presented to the treasurer for payment.

### Shall perform such other duties as may be designated by the Executive Board, the Board of Directors, and the General Membership.

### Shall become a trustee upon termination of his/her term of office.

### Work with the Newsletter Director in coordinating a quarterly newsletter.

### Coordinate the annual convention.

### Attend all MCCA activities.

### Oversee all operation of Regional and State Competitions

## Vice-President

### Shall assume all duties of the President in his/her absence.

### Shall be responsible for the Regional Directors (Reps).

### Shall appoint a person to fill a vacancy in the position of the president with the approval of the remaining Executive Board.

### Shall assist the State Championship Director in coordinating the Regional Competitions and the State Championship.

### Shall perform such other duties as may be designated by the Executive Board, the Board of Directors, and the General Membership.

### Shall become a trustee upon termination of his/her term of office.

### Attend all Executive Board, Board of Directors, and General meetings.

### Attend all MCCA activities other than committee meetings not designated as a responsibility.

## Secretary

### Shall be responsible for the minutes of all meetings.

### Shall keep attendance records of all meetings.

### Shall type and send the minutes to the president for approval and distribution to the Executive Board and the Board of Directors.

### Shall assist in answering any correspondence deemed necessary by the president.

### Shall keep a current list of amendments to the constitution and decisions made at meetings which need to be acted upon.

### Shall perform such other duties as may be designated by the Executive Board, the Board of Directors, and the General Membership.

### Shall become a trustee upon termination of his/her term of office.

### Provide copy of minutes for Newsletter Director for publication in the newsletter.

### Attend all MCCA activities other than committee meetings not designated as a responsibility.

## Treasurer

### Shall keep accurate records of all finances.

### Shall receive membership dues and funds.

### Shall maintain a fund from membership dues and other income for the administration of the association.

### Shall get a yearly audit of the treasury records.

### Shall have two or more signatures on all bank accounts.

### Shall collect all membership dues, issue membership cards, and maintain a roll of all active members.

### Prepare a detailed annual financial report for the membership.

### Shall send all other Executive Board Officers a current list of active members periodically.

### Shall send a current list of active members to the person responsible for the mailing address labels.

### Shall become a trustee upon termination of his/her term of office.

### Attend all Executive Board, Board of Directors, and General meetings.

### Attend all MCCA activities other than committee meetings not designated as a responsibility.

### Carry out any other responsibilities deemed necessary by the Executive Board.

## Member-At-Large

### Should attend all Executive Board meetings.

### Shall serve in an advisory capacity acting as a resource consultant.

### Shall serve on committees and assist with the administration of the association.

### Shall assist with the judging of competitions if desired.

### Shall have a vote.

## Trustee

### Shall include the immediate Executive Board Officers of the association plus past presidents. Retirement from the position of trustee occurs when the number of trustees exceeds ten. Trustees other than presidents shall serve one term. Retirement will be in the order of first elected-first retired.

### Should attend all Executive Board meetings.

### Shall serve in an advisory capacity acting as a resource consultant.

### Shall serve on committees and assist with the administration of the association.

# EXECUTIVE BOARD MEETINGS

## There shall be a minimum of three meetings per year, to be held in the fall, winter, and spring.

### These meetings should be held prior to or the same day of the regional competition, the state championship, and the spring convention.

## To appear on the agenda, an Executive Board Member must notify the president at least one week prior to the meeting.

### The exception to the above will be the meeting following the state championship.

## A quorum shall be a majority of those present at the Executive Board meeting.

# APPOINTED DIRECTORS

## Shall be appointed by the president with the approval of the remaining Executive Board after the spring elections and before the transition meeting.

## Shall include a Newsletter Director.

## Shall include a Regional Site Director for each respective region of the association.

## Shall include a Scholarship Director.

## Shall include a State Championship Director(s).

## Shall include any other Directors as deemed necessary to the Executive Board.

# AMENDMENTS

## This constitution may be amended by an affirmative vote of a majority of those current dues-paid members present at a General Membership meeting.

# FISCAL YEAR

## The Fiscal Year of the Missouri Cheerleading Association shall be the period of time from the first day of July through the thirtieth day of June. Whenever the term “year” is used in these by-laws (or elsewhere in this printed material) it shall refer to the fiscal year of the association.

# MEETING ATTENDANCE

## Executive Board and Appointed Directors must notify the president of necessary absences in the twenty-four hours previous to scheduled meetings (or earlier if possible.)

# ELECTIONS

## Executive Board Officers shall be elected during the spring by the General Membership. This election shall be terminated no later than June 1.

## The election of the President, Secretary, plus 1 At-Large Member, shall be held in the even-numbered years.

## The election of the Vice-President, Treasurer, and 2 At-Large Members, shall be held in the odd-numbered years.

## Election procedures shall be determined by the Executive Board and Nominating Committee Chairman.

## The nominating committee shall notify the membership of upcoming elections. Following candidate speeches, voting will take place on Friday night of Spring Convention. Absentee ballots will be available upon request. The nominating committee will meet to count the ballots at the convention. Election results will be announced at the last general meeting of the convention.

# COMMITTEES

## Committees may be appointed by the president and/or the Executive Board at any time. Their term of service shall expire at the completion of their assignment.

# REIMBURSEMENTS AND EXPENDITURES

## Executive Board shall be reimbursed for expenses such as mileage, lodging, telephone, postage, supplies, and other necessary expense with the approval of the president and the treasurer.

##  Appointed Directors and Trustees shall not be reimbursed for expenses such as mileage, lodging, telephone, postage, supplies, and other expenses unless the purpose of the meeting or occasion directly involves the Director or Trustee or unless deemed necessary by the president.

## All expenditures over $20.00 must first be approved by the president and the treasurer.

## All unpaid bills must be received by the president within ten (10) days of the billing date or event. Once approved, the bills must be sent immediately to the treasurer for payment to be made.

## Reimbursement forms for meeting expenses must be received by the president for approval within ten (10) days of the expenses incurred or the expenses will not be reimbursed.

# SCHOLARSHIPS

## One or more scholarships will be awarded annually upon vote by the membership.

# TRANSITION

## The transition between past and present Executive Board Officers shall be completed within thirty days following the elections. The same holds true for the Appointed Directors.

# PURPOSE CLAUSE

# The Association is organized exclusively for charitable, educational, religious or scientific purposes within the meaning of section 501 (c) (3) of the Internal Revenue Code.

# DISOLUTION CLAUSE

## Upon the dissolution of the Association, the Association shall, after paying or making provisions for the payment of all the liabilities of the Association, dispose of all the assets of the Association exclusively for the purposes of the Association in such manner, or to such organization or organizations organized and operated exclusively for charitable, educational, religious or scientific purposes as shall at the time qualify as an exempt organization or organizations under section 501 (c) (3) of the Internal Revenue Code of 1986 (or the corresponding provision of any future United States Internal Revenue Law), as the Board of Trustees shall determine.

## Any such assets not so disposed of shall be disposed of by the Court of Common Pleas of the County in which the principal office of the Association is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

# **POLICY FOR PROPOSALS**

## All proposals must be turned in to the MCCA Board in writing by January 1.

### After January 1, proposals will be sent to appropriate committees for discussion.

### Each committee will then decide what proposals should be considered and/or amended and sent back to the MCCA Board for approval by January 20.

## The MCCA Board will meet to review all proposals - deciding to approve, table or deny.

## A listing of all proposals will be sent to the membership along with rationale for decisions.

## Members may then mail back amendments to the proposals until March 1.

## All proposals and amendments will then be brought to the membership at the Spring Convention for discussion and voting.

## Discussion of proposals will take place at the Convention.

### This will be an organized group discussion.

### Proposals and previously submitted amendments will be presented one by one with discussion following each proposal.

### Members will then be allowed to discuss or comment on a proposal by stepping to the microphone. These members will be given a 30 second time limit.

### New proposals may not be created at this time.

## Final proposals will then go back to the board and will be presented to the membership Sunday for voting.

## Proposals approved by membership will stay in effect 2 years before changes will be considered.

## In regards to proposal voting, each member school will be allowed ONE voting delegate. The head coach will designate the voting delegate for their school. (Passed 2021)

# MCCA SCHOLARSHIP INFORMATION

## They are one-year, non-renewable scholarships.

## Twelve scholarships will be awarded to graduating senior cheerleaders.

## There will be ten $1000 scholarships, and two $2000 scholarships.

## Applicants’ coach must be a paid member of MCCA by January 1.

## Applicant must have 3.0 grade-point average by end of junior year. Finalists may be asked to submit their final G.P.A. at the end of 1st semester senior year.

## Applicant must complete the required application form and, if selected, attend the MCCA Spring Banquet to receive the award.

## An MCCA Scholarship Committee reviews applications and recommendations.

### Twelve recipients will be selected.

### One alternate may also be selected, in case a recipient does not attend school.

## Recipients will be notified as soon as final decisions are made.

## Formal presentation (certificates of selection) will be made at the MCCA State Convention.

## Scholarship checks will be mailed to the recipient's school upon entrance the first semester of college or successful completion of the students first semester.

## Guidelines for filling out application:

### Complete ALL information on the basic application.

### Form MUST HAVE coach’s signature.

### Three signed letters of recommendation should include:

#### \*COACH – responsibility, reliability, leadership qualities, contributions to team, school, and community.

#### \*SCHOOL ADMINISTRATOR - same data as coach’s letter, but from administrator’s viewpoint

#### COMMUNITY REPRESENTATIVE – May include a 4-H leader, scout leader, businessperson, religious leader, etc. The letter should include how the representative knows the applicant, impressions of the applicant’s ability to represent the community, etc.

### Short essay written by applicant. (see application for instructions)

### Verification of 3.0 or above GPA and signed by school counselor.

### All applications must be mailed to the Scholarship Director before the announced deadline.

# MCCA COMPETITION RULES

## The Missouri State Cheerleading Championships are conducted in accordance with the MSHSAA and National Federation (NFHS) Guidelines for Cheerleading Safety. Each CHEERLEADER COACH and/or ATHLETIC DIRECTOR should have received a booklet from the National Federation of State High School Associations illustrating legal and illegal partner stunts and pyramids. Please note, MSHSAA rules for cheerleading may be, and in some cases are, more stringent than NFHS Guidelines.

## State Champions will be crowned in each classification (1-5 and Coed) in Small, Large, and Super Large divisions. The competition is open to ALL MSHSAA member schools whose coach is a member of MCCA. There will be a regional preliminary competition in St. Louis and Kansas City in the fall, with the final State Competition to follow soon thereafter.

### Every effort will be made to alternate regional sites and dates. For instance, if the Kansas City regional is first this year, the St. Louis regional will be first next year. This is with the understanding that the MCCA Board has the final decision, as event scheduling at regional host schools will be a major factor. (2020)

## All competitions are performed on a matted surface. The standard of 9 mats will be provided

## ADMISSION

### There will be a general admission charge at the Regional Competition, and at the State Competition the admission will be $10.00 per person, per session. All competitions are open to the public. There are NO RESERVED SEATS - seating is on a first come basis.

## ADVANCEMENT

### At Regionals, in the Varsity division, the top 5 squads in each classification will advance to the State Finals. At-Large bids will be given to those varsity squads scoring within 80% of the top score.

### At Regionals, Jr. High and JV squads will receive plaques for places 1-5.

### The top two JV Small and JV Large squads from each regional site will advance to state. At state, the top three winners of each group will be announced and awarded plaques for Award of Excellence.

## ALL-STATE

### This process is not part of the by-laws; however, this information is provided here for convenience. This process may need to be changed year to year as we learn. Coaches will be advised of updates, and all information will be available at www.missouricheercoaches.org.

### All-State Performance Nominations

#### Coaches from each division (1, 2, 3, 4, 5) may nominate athletes in each category:(2)Jumps (2 )Tumbling (2 )Backspot (4 )Base (2 )Flyer

##### Coed & Superlarge divisions nominate in actual school division size

#### Only Teams/Coaches competing in the Traditional State competition are eligible to nominate.

#### Coaches can nominate the same athlete in various categories.

#### NO late entries will be accepted.

#### Coaches submit videos highlighting the athlete’s skills before the deadline listed on the MCCA website.

#### All-State teams will be announced during State Awards

### FOR THE VIDEO:

#### Begin with the athlete stating their FULL NAME, followed by skills highlighted.

#### Video should be taken at an angle to highlight the athlete being judged.

#### (for example----front view of a stunt does not highlight the BACKSPOT)

#### Make sure you are close enough to fully SEE the stunt being executed.

#### Ensure ALL aspects of the skill/stunt are in the video. If you cannot see it--it cannot be properly judged.

#### Videos cannot exceed (30) seconds.

#### Late entries WILL NOT BE accepted

#### JUMPS: Video to include 2 jumps of athlete’s choice.

#### TUMBLING: Video to include the athlete’s BEST standing tumbling skill AND BEST running tumbling pass.

#### BASE: Video to include the athlete’s BEST stunting skills

#### BACKSPOT: Video to include the athlete’s BEST stunting skills

#### FLYER: Video to include the athlete’s BEST stunting skills and must include an extended stunt flexibility skill.

### HOW THE ALL-STATE PROCESS WORKS:

#### After you submit your athlete’s video…

#### Videos are compiled

#### The head coach from each division will vote

#### After voting closes…

#### The All-State committee reviews EACH video and EACH score.

#### We ensure that scores are consistent and no athlete was missed or scored under the appropriate range.

#### Top Athletes in each category are reviewed and then Division All-state teams are formed.

## ATHLETIC TRAINERS

#### The MCCA will have athletic trainers on duty during the competition.

## BANNERS

### Only OFFICIAL SCHOOL BANNERS may be displayed.

## CATASTROPHIC INSURANCE

### The MCCA will provide catastrophic insurance for all participants at both the MCCA Regional and State Competitions.

## CLASSIFICATIONS/DIVISIONS

### There will be 8 classes for competition purposes.

### Five classifications will be determined by the number of schools participating according to their MSHSAA official school enrollment. All participating schools will be listed in order of official school enrollment and division/classes will be assigned every 2 years according to enrollment numbers and the number of schools registered for regional competition.

### There will still be a large/small division within each classification.

###  Super Large- All girls

###### Class 1-5 - One division 21-25 all girl participants

### Class 1/2 schools

###### Small Varsity- Up to 11 members

###### Large Varsity - 12 to 20 members

### Class 3/4/5 schools

###### Small Varsity - 14 or fewer member

###### Large Varsity - 15 to 20 members

### Coed\*

##### Small Varsity-1-2 male participants with a limit of 20 total

##### Large Varsity-3 or more with a limit of 25 members

##### \*When more than 15 schools are registered for Coed, the division will split in two, according to school size, creating a small school division and a large school division.

### Junior Varsity Division (Containing Freshmen and older)

###### Small Junior Varsity - 12 or fewer

###### Large Junior Varsity - 13 to 18 members

### Junior High Division\*

###### Maximum of 25 participants

######  \*If more than 5 Jr. High teams compete at one regional, the junior high division will be split into small and large divisions, according to participant numbers if possible. The split must not result in a division having only one team.

### There will be no changing division/class from regional to state competition.

## COMPETITION ORDER

### Competition times will be scheduled by the Regional and State Directors. Squads cannot swap times.

### A complete listing of competition times is on the MCCA website. Due to the extended “late fee” registration period, these times will not be available any sooner than the week before the competition.

### Every attempt will be made to adhere to the time schedule; however, times will vary. Fans should make plans to come early!

## ELIGIBILITY

### The competing squad must be a member of the Missouri State High School Activities Association and the squad's coach must be a current member of the Missouri Cheerleading Coaches Association.

### All participants must have a signed waiver turned in at the Regional Competition site. Waivers will be good for that year’s regional, state, and gameday competitions.

### All registration fees must be paid prior to the competition.

### Squad size cannot change between regionals and state.

### The squad entered in the competition must cheer in the same season.

### Junior Varsity members may be used as alternates with varsity squads for the purpose of competition, providing they have cheered during the same season.

### (SEE ALSO: SUBSTITUTIONS)

## ENDING ROUTINES

### Timing will stop when your squad comes to a standstill, or a stationary position, and a designated member of your squad signals to the timekeeper (verbal or wave), that the routine is completed. Failure to signal the timekeeper could result in a time infraction.

## ENTRY FEE

### The entry fee will be $25.00 per squad member for Varsity and JV (including alternates) and $10.00 per squad member for Jr. High members and alternates.

### The entry fee is due prior to the regional competition date. There will be no additional registration fee for the state competition.

### Game day fees will be $10 per division, or $25 if competing in all three.

### A late fee of $10 PER PERSON will apply for all JV/Varsity divisions, and $5 late fee PER PERSON for Jr. High Divisions. This late fee will be applied up to two weeks after the published deadline ONLY. (2021) Absolutely NO registrations will be accepted after that. There will be NO exceptions.

## FALLS

### A 5-point deduction for a fall is one in which the flier makes an uncontrolled or unassisted descent to the floor or an MCCA spotter makes a save.

### All other falls will be a 1-point deduction.

## GAME DAY STATE CHAMPIONSHIP

### The goal of the Gameday Division is to offer a championship level competitive event which showcases only skills and routines which can be safely used in a gameday atmosphere, and promotes crowd involvement & response, while enhancing the genuine spirit of a sporting event.

### The GAMEDAY CHAMPIONSHIP includes 3 Divisions in each Classification (1-5): TIMEOUT, FIGHT SONG, BAND CHANT (All 1 minute routines - Rules below)

### State Championship Teams must perform in all 3 DivisionsSchool teams may perform in any/all divisions, but to be considered for a State Title, the team must perform in all 3.

### State Championship Teams must place in the Top 5 in at least 2 Divisions to be considered for championship placement

### Qualifying Team scores will be averaged. Squad size cannot change between divisions

### General MCCA substitution guidelines for Performance divisions apply to Gameday divisions

### Top 5 State Championship Teams will be awarded placement plaques at State Championships.

### Top 3 State Championship teams will be awarded individual medals at State Championships.

### Top scoring State Championship teams in each classification will be awarded the title of State Champions – Gameday Division.

##### TIMEOUT DIVISION RULES

###### COMPETITION AREA

● Participants will enter from the side of the competition area. (Similar to a timeout at a basketball game.)

All permitted skills (stunts, pyramids, tumbling) must be performed in the performance area.

● The performance area will be 9 strips of cheer floor.

● Objects cannot be thrown outside the competition area.

● All props (i.e., poms, signs, flags, megaphones, etc.) need to be carried on and off the mat in a manner similar to usage during a basketball time out.

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###### PARTICIPANTS

● Maximum participants: there will be a maximum of 20 participants allowed (excluding mascots,

    see below).

● Mascots may participate, but are not required. Mascots do not count towards the total number of

    participants (e.g., if the maximum number of participants is 20, a team of 20 may still include a

    mascot).

● Schools with multiple official mascots are allowed to use both (e.g., Truman and Trudy the Tiger).

    Multiple mascots may participate subject to request and approval by the Competition Committee.

● Mascots must use the same props as cheerleaders and are not allowed to stunt.

● Mascots are only allowed to do forward rolls. They may not perform any other tumbling skills.

###### DIVISIONS

● There will be five divisions broken down by classes: 1A, 2A, 3A, 4A & 5A.

● Teams may utilize members from all of their squads. There will be no restriction concerning team composition.

● No more than one squad may compete per school

 ● In the event that a school has a competition squad that is separate from their sideline squad and both wish to compete, priority shall be given to the sideline squad for entry into the competition.

###### TIME LIMITATIONS

● Each team will perform cheers/chants not to exceed 1 minute similar to an actual basketball time out.

● Time will start when the buzzer sounds after your team name is announced.

● The buzzer will sound again when 15 seconds are left, so teams know it is time to finish their performance and exit the floor.

● Teams need to be off the mat at the final buzzer. Teams with the majority of its members on the mat at the final buzzer will receive a 15-point deduction.

● Teams may not set up props in advance.

● Any additional organized entrances, chants, etc. are considered part of the routine and as such are timed as part of the performance.

###### ROUTINE AND JUDGING REQUIREMENTS

● The National Federation Spirit Rules and MCCA Rules must be followed.

● No music may be used during the performance.

● Performances must include both a cheer and chant.

● Performances should incorporate props effectively.

             ○ Poms and signs must be used. The use of megaphones and flags is optional; however, their use is encouraged.

● There will be a 5-point deduction assessed for each prop left in the performance area.

● Judging will be based on the following criteria:

○ Effective entrance that immediately involves the crowd with a clean exit upon completion.

○ Potential for crowd response, practicality and effectiveness of the material, ease of participation for crowd participation.

○ Correct motion technique and synchronization (where applicable).

○ Use of props to enhance crowd response.

○ Showmanship, genuine spirit, confident, eye contact, natural smiles, creativity.

○ Good volume, spirited, encouraging, natural sounding.

○ Effective formations, spacing between squad members and crowd-coverage, seamless transitions.

○ Overall execution and effective use of time.

###### SPECIFIC SKILL RESTRICTIONS

● Basket and sponge tosses are not permitted.

● Maximum difficulty level for tumbling is limited to standing back handsprings.

● Running tumbling is allowed during the entrance only.

● Skills are limited to those allowed on gym floors by the National Federation Spirit Rules.

● Stunts and tumbling will not be scored separately or for difficulty. They will only be assessed in terms of enhancing crowd involvement.

###### Please see the MCCA Website for a current rubric.

## GRIEVANCE POLICY

### The established grievance policy of the MCCA will be in effect at all times.

###  A copy of the policy is attached to this document, as well as on the MCCA website.

### There will be a designated panel at regionals and state to receive, review, and rule on all grievances.

## HOLDING AREA/FLOOR LEVEL

### All squads will report to the holding area 10 minutes prior to their scheduled competition time.

### At the State Competition, access to the holding area will be restricted to participants in uniform and coaches that display the lanyards provided to them. There will be a “pit” area at each competition where parents and fans may sit in front of the mats and watch their team compete. Parents and fans must exit this area in a timely manner for the next team’s parents/fans.

## JUDGES

### Each judging panel will consist of three judges, three penalty judges, and one level of difficulty judge for each competition. All penalties are delivered to the penalty table shortly following their squad’s performance. It is the responsibility of the coach to pick them up.

## JUDGING FORMS

### The same judging forms used at the regional competition will be used for the state competition. Sample forms and scoring rubrics are provided on the MCCA website.

## MASCOTS

### Mascots are welcomed on the floor. They do NOT count against the numerical requirements for divisions.

## MUSIC

### Music should be on your phone, tablet, or other device. You will need to provide your own dongle. An auxiliary cord will be provided. Either a coach or a designated representative of your squad must start and stop your music. There will be someone at the music table to assist you in what to do.

### There will be a 30minute time period prior to the start of each Regional session where coaches can try their music. This will be only for testing purposes.

### Music must be from a preferred provider, and you must submit your music forms with your competition waivers.

## ON DECK

### The ON DECK AREA is limited to the coach and squad members only.

## PASSES (STATE COMPETITION ONLY)

### Once your state registration has been received, you will be emailed a packet. This packet includes passes for bus drivers, administrators, faculty supervisors or other school representatives. Any additional tickets, other than those allowed must be purchased at the gate. PLEASE DO NOT REQUEST MORE. These passes will admit you to all three sessions. The coaches’ floor pass is ONLY to allow the coach on the floor level, IT IS NOT AN ADMISSION PASS! Only coaches with floor passes will be allowed in the holding area. There will be strict supervision and enforcement of this policy.

### Squads should enter the pass gate AS A GROUP.

## PENALTY SHEET/PENALTIES

### A 5-point penalty will be assessed for the use of inappropriate music, language or gestures.

### A safety check will be done before each squad competes. Warnings will be assessed at regional competitions. Deductions will be given at the state level. See sample form.

### Coaches are responsible for checking with the penalty table following their routine for any penalties. This procedure must be done within 20 minutes of the finished performance.

## PERFORMANCE AREA

### Nine (9) mats will make up the competition floor, for a total floor size of 42'x54'. Squad members who step off the mats during the routine will be assessed a 1-point penalty per infraction. Breaking the vertical plane is not a violation.

## PRACTICE TIMES

### At the State Competition, each squad will be given a 15 minute practice time approximately 1 hour before their scheduled competition time. There will be three designated matted practice areas on which teams will rotate every 5 minutes. The first two practice areas will consist of two warm-up mats each, to be used to practice any specific parts of the routine, and a last practice area will consist of a full-size matted floor (9 mats) to be used for the practice of the entire routine. ONLY on the final, full matted area can music be used. These areas will be monitored at all times. If you miss your scheduled time, you WILL NOT be given another time.

### Please do not come to the practice area until 10 minutes before your scheduled time and do not abuse the time limit.

### You will need to bring your own music players/speakers, and they should run on batteries.

### The use of any device for the purposes of recording another individual or team in either the practice or holding areas during MCCA competitions shall be expressively forbidden unless explicitly approved of by the individuals or teams being recorded or if the individual doing the recording has obtained prior written approval by the MCCA Board.

## PROPS

### Poms, megaphones, and flags can be used. Flag poles are to be PVC or similar plastic, or aluminum pipe. Flags on a pole are not allowed in any type of stunt. Flags can be used only on the ground with the person using/flying them having both feet on the performance surface. Soft material flags not on a pole are still allowed to be used with flyers.

### Crowd involvement signs may also be used in either category provided they are hand-held, 2 dimensional signs, not to exceed 2'x3'.

### If a sign or flag is not gently tossed or placed at any time, a 10 point penalty will be assessed for each violation. Signs and/or flags must be placed or gently dropped by a team member who must remain inside the performance area.

## SCORING TIES

### In the event of a tie, the highest score will be used to break the tie. If there is still a tie, the lowest score will be used to break the tie. If after this process there is still a tie, then the original results will stand.

## SOUVENIRS

### Specially designed t-shirts, long sleeved tees and sweatshirts will be sold at the competitions. MCCA shall hold exclusive rights for the sale of all souvenir items at MCCA sponsored events. A souvenir state program with pictures of all the competing squads that submitted a picture will also be for sale.

## SPORTSMANSHIP REQUIREMENT

### Refrain from using ANY competing school’s name in your routine.

### A participant, coach, substitute, trainer or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

### Disrespectfully addressing or contacting an official or gesturing in such a matter as to indicate resentment.

### Using profane or inappropriate language or gestures.

### Baiting or taunting an opponent

### Using tobacco or smokeless tobacco. This is a 5 point penalty per infraction.

## SPOTTERS

### Members of the competing squad must fulfill all spotting requirements as listed in the guidelines from the MSHSAA and National Federation.

## SUBSTITUTIONS

### The performing squad at the state competition must be the same squad that was rostered on the regional form, and meets all other state requirements.

### Only those squad members listed on the original registration form will be allowed to be substituted in for competition at the state level under one of the following guidelines, and submitted to MCCA prior to the competition:

### Ineligibility

##### Injury authorized by physician

##### Moving out of the district

##### Coaches’ discretion/decision

#### When making substitutions from Regionals to State Competition, you may only substitute the same gender. You cannot substitute in a male for a female, or vice versa.

## TIMING

### Timing starts with the first organized movement, motion, word or music by the performing squad. A three second human error factor will be considered.

### Routines should be more than two minutes, and less than three minutes. This includes both the music and cheer (non-music) portions. A 5-point penalty is assessed to any squad exceeding three minutes.

### A minimum of 2 or more 8 counts are required for maximum points (2020)

## VIDEO STUNT REVIEW

### All questions must be in written form. NO PHONE CALLS WILL BE ACCEPTED. For all legality verifications, please do the following:

##### Email which includes coaches name, email, and phone number, team name, division, and an explanation of the skill in question.

##### Video containing front, side, and back view of the skill

##### Do NOT send a video of the entire routine, only the skill in question. All emails should be sent to president@missouricheercoaches.org.

## Questions??????

### All questions and concerns regarding the Regional or State Competitions are to be addressed BY THE COACH, not through parents or students. Coaches are to contact the Competition Director, the MCCA President, or the Grievance Panel.

# GRIEVANCE POLICY

## Competition Grievance Procedure - Penalties

### Any school or coach wishing to protest points awarded at a Regional or State Competition shall follow these guidelines:

#### The school or coach has 20 minutes from the penalty judge's registered time to protest awarded penalty points. Time begins when the coach receives notices.

#### The protest must be delivered in writing on the protest form to the grievance panel within the allotted time.

#### This grievance panel would render the final decision and no further protests could result.

#### A protest shall be based only on an error in applying a rule of the MSHSAA or the National Federation Spirit Rules Book. The only items that can be grieved are: MSHSAA Rules, National Federation Rules, and time.

#### No protest shall be heard on judgment calls of an official.

#### A MCCA representative or designee shall be named as the Penalty Judge prior to the competition. That person or a committee formed by that person shall be the only and final interpreter of rules at the competition.

####  Any further inquiries concerning the results of the protest shall be directed to the Regional or State director or to the MCCA President.

#### Any school or coach that does not follow the procedure shall have the following points deducted from their performance score:

##### Failure to observe the time limit will result in voiding the protest.

##### Approaching or trying to influence a judge’s decision will result in a 25-point penalty.

##### Deliberate disruptive behavior by a coach, squad, or cheerleader will result in a 25-point penalty.

##### Verbally abusing or disrespectfully addressing a judge or competition official, making an unauthorized approach of a judge concerning a score or rule infraction or using profanity will result in a 25-point penalty.

##### Continued abusive behavior may lead to removal from the premises by the State or Regional Competition Director.

#### In order for the MCCA Board to uphold a protest, it must be established that the error made by a penalty judge was the determining factor in penalty points being assessed.

## Individual School or Coach Grievance Procedure

### A school or coach wishing to have another school or coach penalized for violation of the Association’s rules (which for purposes of this Rule shall include evaluation of any provision of the Constitution) shall file a written notice of protest signed by its principal or designee, and specifying the grounds of protest with the MCCA President. The notice shall be filed without delay after the alleged violation has occurred, and the MCCA Executive Board may consider unreasonable delay a factor in ruling on any protest. Protests may also be initiated by the Executive Board.

### The MCCA President shall notify the accused school or coach of the protest, and after such further investigation as the President deems necessary, shall either make a ruling on the protest or refer it to the MCCA Executive Board.

### Either the accusing school or coach or the accused school or coach may appeal to the MCCA Executive Board from a ruling on the protest or refer it to the MCCA Executive Board.

### If any member of the MCCA Executive Board is an interested party in a protest, the MCCA Executive Board shall appoint a disinterested person as a replacement in the decision of the case.

### When a ruling has been appealed or when a protest has been initiated by or referred to the MCCA Executive Board, the MCCA Executive Board shall give the interested schools or coaches not less than three days notice of the time and place of the hearing. The hearing shall be conducted by the MCCA Executive Board, pursuant to such procedures as it may direct, provided that interested schools or coaches have an opportunity to present evidence on their behalf. Pending decision of any appeal from a ruling of the MCCA President, that ruling shall stand and be given full force and affect for all purposes, except as specifically provided to the contrary is Section 2-3. If the ruling is modified or overruled on appeal, the MCCA Executive Board; at its discretion, may take such corrective action as of deems feasible and fair to all concerned.

### All rulings of the MCCA Executive Board shall be final.

## Violations of Rule - Penalties

### Upon a ruling by the MCCA President or by the MCCA Executive Board that a student or coach is ineligible, the school shall forfeit all events in which that student or coach participated during that student’s or coach’s ineligibility, either before and /or after such ruling, and the student or coach is disqualified for the remainder of that activity season.

### For violation of any rule of the Association and in addition to contest forfeitures provided in Section1of this rule, the MCCA Executive Board may impose any one or more of the following penalties:

#### Probation: When a school or coach is on probation, they shall suffer no impairment of rights or membership, but probation shall be a factor on determining the penalty for any violation during probation.

#### Forfeiture of championship, titles, awards, prizes or the right to participate in such Regional or State Competition as the MCCA Executive Board may direct.

#### Fines, in such amounts as the MCCA Executive Board may determine, to a maximum of $25.00 for one violation.

#### Suspension of rights of membership in the Association for such period as the MCCA Executive Board may direct, to a maximum of 365 days.

###### During suspension, a school or coach may not participate in any Regional or State Competition or both events. If a suspended coach accompanied a squad to the competition floor or present in the facility, the squad will forfeit participation.

#### Events in which an ineligible player cheers shall be forfeited. In competition, all events in which the ineligible cheerleader has participated shall be forfeited, but only the squad defeated that is most advanced in competition shall be advanced on the bracket to continue competition.

#### The MCCA Executive Board may direct that any or all penalties provided in this section are to be imposed only if certain conditions are not met, or that any such penalties are to be relieved if certain conditions are met.

#### Suspended or expelled schools or coaches may be reinstated by the MCCA Executive Board. Reinstatement may be subject to such conditions as the MCCA Executive Board may direct.

#### Responsibility: If a student or coach who has been declared ineligible is permitted to participate in interscholastic competition because of a temporary restraining order, preliminary injunction and/or permanent injunction issued by a court against the school, and if such restraining order and /or injunction is subsequently vacated, dismissed, stayed, reversed or finally determined by the courts to not justify injunction relief, one or more of the penalties outlined in 3-2 above may be assessed in the interest of restitution and fairness to other member schools.

## Sportsmanship

### The MCCA Board of Directors has the power to suspend coaches from membership and schools and/or coaches from participation for the unsportsmanlike conduct of squads, coaches, students, and fans at any and all MCCA sponsored events. (A fan is considered a non-school student or follower of the cheerleading squad.)

### The MCCA Board may delegate to the Regional Competition the power to take immediate action when a situation demands such. The parties concerned shall have the privilege of requesting a hearing before the MCCA Board of Directors (see Rule 2-3)

### The MCCA Board of Directors may, at its discretion, substitute a fine not to exceed the sum of $25.00 for each offense in lieu of suspension from the Association or to take any action that it deems advisable that does not exceed the maximum penalty of two (2) years suspension from the Association.