

2022-2023 MPA CHEERLEADING BULLETIN (WINTER)

(updated 12/28/22)

WINTER CHEERLEADING SEASON

November 21	First Practice-Competition Team / Winter Cheering Squads
December 9	*Eligibility Forms Due
January 13	Regional Program Information Due
January 20	Officials Form Due
February 4	Regional Cheer Competition (Stunt) (a.m.–CS & AN - - p.m.–AS & BS) Sanford High School
February 4	Regional Cheer Competition (Stunt) (Northern– BN, DN/DS, CN) MDI High School
January 30	On-line voting begins for Sportsmanship Banner (One week to vote)
February 11	State Cheer Championships (Stunt) (All Classes) Augusta Civic Center - Order of competition to be determined at regional championships.
February 25	Close of Winter Season (unless qualified for N.E. Championships or when the school’s basketball team has completed play)
March 18	New England Cheering Championships (Stunt) Site – Worcester State University

*If you are planning to attend the MPA Regional/State competitions or cheering at the basketball tournament you must submit an eligibility form.

USA CHEER SAFETY & RISK MANAGEMENT (formerly known as AACCA)

All coaches of cheerleaders’ grades 9 through 12 must have successfully completed the Cheerleading Safety and Risk Management Course, formerly known as AACCA, prior to the start of the season. The course is available on-line through the following website (<http://www.nfhslearn.com>).

*Each coach must complete the NFHS “*Concussion in Sport*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Heat Acclimatization*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website (www.nfhslearn.com).

MANDATORY RULES CLINIC

Virtual Clinic
Sunday, October 30
8:00am

MAKE-UP DATE

All coaches, paid and volunteer, must watch the video of the virtual clinic if they did not attend the October 30 rules clinic.

You are invited to a Zoom meeting.

When: Oct 30, 2022 08:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZEsdO-srj8oHtbFB9iEcp-csEBJ5yxiGS_j

After registering, you will receive a confirmation email containing information about joining the meeting.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

- * Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g., If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)
- ** This policy is not intended to restrict dual sport participation in schools that allow dual participation.
- *** Penalty for violation of this policy:

1 st Violation	Suspension from play for one game/contest
2 nd Violation	Removal from team for remainder of season

(Effective Date: 2011)

GENERAL INFORMATION

Winter Cheering Season

The MPA Sport Season Policy remains in effect all year. Cheering squads may not sponsor or participate in clinics prior to or following the end of the winter sport season. Schools may enter one team of not more than twenty (20) participants plus **two** alternates in the Cheerleading Competition (Stunt) and MPA Tournament games (Spirit). Selection of the participants is a decision of the school. **Every school's coach must attend the virtual rules clinic, or view the video of the clinic, to cheer at tournament games or compete in competition.** If a coach does not attend one of the rules clinics, the school will be assessed a \$35 fine, and the team will not be eligible to compete.

SAFETY REGULATIONS

The MPA Cheerleading Committee follows the National Federation Spirit Rule Book. This rule book will be in effect for all cheerleader activities (Fall-Winter) throughout the year and must be followed in all MPA-sponsored or sanctioned events. A primary concern of the MPA is the safety of the participants. All cheer coaches must have successfully completed the Cheerleading Safety and Risk Management Course, formerly known as AACCA, to meet coaching eligibility certification. In MPA-sponsored tournaments/events, all National Federation Rules apply. Any school committing a flagrant violation of the National Federation Rules will lose its eligibility to compete in the MPA Cheerleading Tournament.

In accordance with National Federation Rules ... Tumbling and partner stunts shall not be performed on concrete, wet surfaces, or where there is not enough space. Tumbling or partner stunts and pyramids/mounts shall not be performed during games when the ball is in play. Basket tosses, elevator/sponge tosses, twisting out of stunts and similar multi-base tosses are permitted only on appropriate mats.

BASKETBALL/HOCKEY CHEERLEADERS (Spirit)

Cheerleaders performing individual gymnastic skills at basketball or hockey games may leave the ground only under their own power. Tumbling the full length of the floor is prohibited. From the mount and/or stunt position, cheerleaders may not be thrown more than 12 inches above the extension of their hands. Stunts should be taught in a sequential progression and documented by the coach. Appropriate mats must be used at all practices. All NFHS Spirit Rules apply at all contests. **Cheering routines should never be performed at competitive events without mats.**

PRACTICE SESSIONS

All practice sessions should include spotters. Appropriate mats must be used while all stunts are being learned. Step-by-step procedures should be used to master all stunts and learning sessions should be supervised by a qualified coach, advisor, or teacher in accordance with NFHS Spirit Rules. The MPA Cheerleading Committee strongly encourages principals and athletic administrators to determine the appropriateness, degree of danger, and difficulty of the routine considering the amount of training (in tumbling/gymnastics) of the coach and the abilities of participants.

TERMS AND CONDITIONS/RULES OF COMPETITION (Stunt)

1. National Federation Spirit Rules will be used in all competitions. In addition, the terms and conditions in this Maine Principals' Association Bulletin shall govern all regular season and tournament competition.
2. Each school may enter one team of up to twenty (20) members (plus two alternates); this includes spotters. Only 22 team members will be allowed free entrance, no more than twenty-two team members may be dressed in a cheering uniform or as a mascot.
3. Judging will be based on overall execution, projection, transitions, cheerleading fundamentals (motion technique, jumps, tumbling, dance, partner stunts/pyramids), and overall effect (choreography, degree of difficulty, creativity of routine).
4. Routines will be limited to three minutes. Time starts on the first sound or movement after the team is announced. Cheerleaders may start their routine anywhere on the mat and are not required to stand with their hands to their sides. Routine timing ends with the last sound or motion. Safety and sportsmanship rules are in effect until the teams have left the performing area.
 - a. Apparel and accessories must be appropriate for the activity involved to minimize risk for the participants. Cheer team members must wear athletic shoes (not gymnastics slippers). No props may be used except pompons; only cheerleader uniforms shall be worn, no jewelry will be worn during the competition or warm-up. Rhinestones that are sewn, punched, or glued on the uniforms are legal. Rhinestones that are woven into the hair or glued to the face are illegal. Any other use of rhinestones on **accessories such as shoes, socks, briefs, or hair bows will not be allowed.** Hair must be pulled back in a ponytail and out of the face. Eyeglasses must be securely fastened. A deduction will be assessed when a competitor steps on eyeglasses.
5. In Regional Tournaments, each team in each class will perform its routine once. **In all classes the top eight scoring teams will qualify for state competition unless there are ten or fewer teams competing in which case six teams will qualify. In classes A, B, and C the top eight teams in each region will qualify for the state meet.**

6. In State Championship competition, the qualifying schools in each class will perform their routines once. A champion and runner-up will then be selected. (No callbacks will occur at Regional and State Competitions)
7. Participants who are bleeding, have an open wound, or become sick during the routine may not continue the routine. The routines will be stopped by a judge and the team will be placed at the end of the class to complete their routine from the point of interruption. Each team should have t-shirts and shorts in case blood should be spilled on uniforms. If an athlete suffers an injury during the routine, they should take a knee and the routine will be immediately stopped. If an injury occurs during the routine, the team will be placed at the end of the competition and allowed to start the routine from the beginning, but the officials will only score from the point of interruption. If an injury occurs during the warm-up, the team will be placed at the end of the program.
8. Tie Breaker – **In the case of a mathematical tie the first tie breaker will be the least number of deductions and the second tie breaker will be the highest execution scores.**
9. All competition scores will be available for coaches following the presentation of awards.
10. There will be an area designated at each competition for coaches and alternates.
11. A scoring notification meeting will be held after each round of competition in a place designated by the meet director. An MPA committee member will deliver score sheets to each head coach at that time. Any scoring errors must be reported immediately to the MPA representative. Decisions of the officials will be final and not subject to appeal.
12. All music must be brought with the team on the day of the competition. Prior to the start of the regional championships each school will be required to submit a Compliance Form, confirming that all music used in a routine has been properly licensed. The form will be provided to all schools sponsoring a competitive team.

Below are a few links that will assist schools as they choose music for the upcoming cheering season:

[USA Cheer Music Announcement](#)
[USA Cheer Music Copyright Educational Initiative](#)
[FAQs for the USA Cheer Music Copyrights Education Initiative](#)
[Preferred Music Providers](#)
[USA Cheer Music Guidelines](#)

13. Spotters will be provided on the competition floor at both the regional and state championships.
14. Schools must notify the MPA office if they are unable to attend a regional or state competition. Failure to notify the MPA shall result in a \$75.00 fine being assessed to the school.

STUDENT AND ADULT SPECTATOR EXPECTATIONS

- Bare-chested individuals, including individuals wearing sports bras, are not allowed in the venue.

- Signs or banners may be attached to the facility walls with masking tape, provided they are not obscene, inappropriate, and do not contain profane language.
- Placards, signs, pennants, and shakers on sticks that restrict the view of other spectators or may be used as a missile or weapon are prohibited.
- The parading of banners or signs on or around the mat or in the stands is prohibited.
- Horn or noisemakers of any kind are not allowed.
- Only members of a recognized high school band representing one of the teams currently in competition may use musical instruments.
- Only members of a recognized high school cheering squad representing one of the teams currently in competition may use megaphones or other voice amplification devices.
- Any person throwing objects on the mat will be removed immediately from the venue.
- Security will be instructed to detain any student perceived to be under the influence of an illegal substance. They will then contact parents.
- Mascots or other individuals are not allowed on the mat.

OFFICIALS

There will be six officials, one of whom is the penalty official and another designated as the lead official. **Decisions of the officials will be FINAL and not subject to appeal.**

PROGRAMS

Schools participating in the regional cheerleading competition must submit tournament information for the electronic program by January 13, 2023.

CHEERLEADING CLASSIFICATION

CLASS A 700+	CLASS B 450-699	CLASS C 200-449	CLASS D 0-199
NORTH	NORTH	NORTH	NORTH/SOUTH
1. Lewiston, 1,511 2. Bangor, 1,182 3. Oxford Hills, 1,043 4. Edward Little, 982 5. Windham, 911 6. Deering, 833 7. Hampden, 801 8. Portland, 873 9. Skowhegan, 742 10. Brunswick, 732 11. Mt. Blue, 726 12. Mt. Ararat, 720	1. Waterville/Messalonskee, 493/737 2. Brewer, 687 3. Lawrence, 628 4. Nokomis, 587 5. John Bapst, 540 6. Mt. Desert, 527 7. Hermon, 523 8. Old Town, 522 9. Belfast, 491 10. Ellsworth, 480 11. Presque Isle, 476	1. Caribou , 445 2. Washington, 392 3. Foxcroft, 388 4. Houlton/Greater Houlton Chr, 352/353 5. Bucksport, 344 6. Mt. View, 340 7. Orono, 334 8. Mattanawcook/ Penobscot, 284/134 9. Central, 280 10. Dexter, 261 11. Calais, 247 12. Sumner, 228	1. Monmouth/Winthrop 194/227 2. Narraguagus, 193 3. Boothbay, 176 4. Wiscasset, 172 5. Penquis, 176 6. Buckfield, 155 7. Lee, 151 8. Woodland, 145 9. Fort Fairfield, 139 10. Central. Aroostook, 130 11. Machias, 127 12. Southern. Aroostook, 110 13. Schenck/Stearns, 104/141 14. Deer Isle-Stonington, 98 15. Jonesport-Beals, 76 16. Bangor Christian, 74 17. Forest Hills, 42
SOUTH	SOUTH	SOUTH	
1. Thornton, 1352 2. Bonny Eagle, 1,110 3. Sanford, 1,055 4. Scarborough/Falmouth, 984/676 5. Noble, 920 6. South Portland, 901 7. Massabesic, 878 8. Gorham, 850 9. Biddeford, 754 10. Kennebunk, 753 11. Marshwood, 732	1. Falmouth, 676 2. Greely, 635 3. Cony, 630 4. Gardiner/Hall-Dale, 622/267 5. Freeport, 584 6. Gray-New Gloucester, 566 7. Morse, 565 8. Erskine, 557 9. Lake Region, 549 10. Medomak Valley, 547 11. Lincoln, 541 12. Leavitt, 527 13. Poland, 478 14. Oceanside, 477	1. Wells, 434 2. Winslow, 400 3. Oak Hill, 378 4. Spruce Mtn. 372 5. Mt. Valley, 354 6. Lisbon/St. Dominic, 332/151 7. Sacopee, 294 8. Dirigo, 212 9. Madison/Carrabec 200/183	