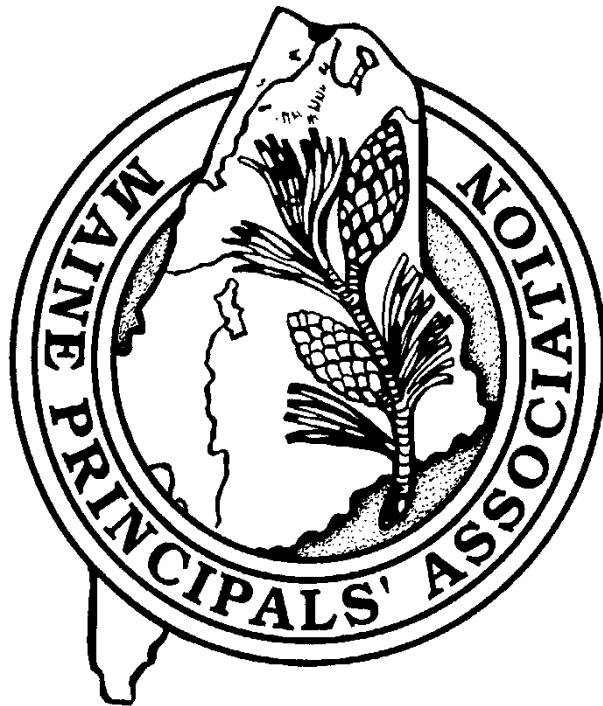


MPA Winter Cheer Coach Manual



Winter
Competition Season
2022

Contents

Direct all National Federation Rules Interpretation Questions to:	3
Important Web Sites:	4
Letter to Winter Cheer Coaches:	5
Spirit Rules Changes – 2021 - 2022.....	6
True Role of a Cheerleader	8
Game Situations for the Winter Season	9
The Maine Principals' Association Competition Guideline	10
Deduction List	11
Routine Requirements	12
2022 Maine Rubric (with highlighted changes)	13
Maine Principals' Association Cheering Deduction Sheet	20
Maine Principals' Association Cheering Score Sheet.....	21
Emergency Action Plan	22
The Maine Cheering Coaches Association Member Registration Form	23
2022 Maine Principals' Association Cheerleading Championship.....	24
Music Copyright Compliance	24
2022 MPA Cheerleading Championship	26
Music Copyright Compliance Form.....	26
2022 Coaches Quiz.....	27

Direct all National Federation Rules Interpretation Questions to:

State Rules Interpreter - Susan Hartnett: sehartnett@comcast.net OR 207-837-7073 (cell)

Coaches may only contact Susan Hartnett directly for rule interpretation / legality questions; contact with any other official in Maine is no longer allowed.

Coaches may contact Susan via email OR text.

(Videos are preferred when inquiring about legality of a particular stunt / skill).

IMPORTANT NOTE:

*The stunt / skill will be deemed legal / illegal **BUT** the call may change during a competition dependent upon how the same stunt / skill is executed during that performance.*

*A legal call via email / text does **NOT** mean the stunt will be deemed legal during that performance execution.*

All other questions should be addressed with your Athletic Director.

Important Web Sites:

- The Maine Principals' Association: www.mpa.cc
- Maine Cheer Officials: <http://www.mainecheerofficials.com>
- Winter Cheer Bulletin: <https://www.mpa.cc/page/3213>
- The National Federation: www.nfhs.org
- USA Cheer Music Copyright: <https://www.usacheer.org/music>
- Clarification on legal stunts and pyramids: <https://www.usacheer.org/safety/rules/cheer-dance-rules-videos>
- COVID-19 for Coaches & Administrators: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

Letter to Winter Cheer Coaches:

Hello! The information within this 2021 - 2022 Maine Principals' Association (MPA) Winter Cheer Coach Manual will provide you with the information you need for the Winter season. There are some changes / clarifications to the National Federation of High School Associations Spirit book that are detailed here as well. All coaches and volunteers need to review and follow these to ensure the athletes will have a safe and positive sports season.

IF a team begins working on their competition routine BEFORE the winter sports season begins, they would be in clear violation of the MPA sports season. The violating school may be called in front of the MPA Cheer Committee or the MPA Interscholastic Management Committee and may be deemed ineligible to compete that season.

All cheer coaches / volunteers must meet MPA Coaches Eligibility requirements, similar to coaches in other sports. Along with the general eligibility requirements, all Maine cheer coaches (head, assistants and volunteers) need to attend the MPA Mandatory Coaches Meeting either in person OR virtually, and obtain the AACCA Certification: <http://nfhslearn.com/>

Also, as a reminder, if you are an all-star gym coach, employee, or owner, please make sure that you are not violating the MPA rules with your athletes on the team. Coaching your athletes after the season has ended is not acceptable in any sport, including all-star cheerleading.

This website has been updated and is a great resource for clarifications on legality of stunts and pyramids: <https://www.usacheer.org/safety/rules/cheer-dance-rules-videos>

The music copyright laws remain in effect and are in place to protect the work of the artists and to ensure they are compensated appropriately. The MPA will once again purchase the licensing needed for each of their competitions BUT it is the responsibility of the school, coach and/or sponsor to make sure the music used by your team is in compliance. The MPA recommends following the USA Cheer guidelines to remain compliant. For specific questions, please contact an attorney. Additional information may be found on the USA Cheer website here: <https://www.usacheer.org/music>

Thank you for reading this manual completely AND for sharing the NFHS and MPA rules with your coaches, team and their families. Stay healthy!

Cheers! Susan Hartnett

Spirit Rules Changes – 2021 - 2022

By NFHS on April 6, 2021

2-1-21: Head coverings worn for religious reasons so as not to expose ones uncovered head may be worn and must be attached in such a way that it is unlikely to come off during performance. It must be made of non-abrasive, soft materials; must fit securely and not pose a danger to any other participant.

3-2-1, 4-2-1: Apparel/Accessories:

ART. 1 ... b. Hold objects in a hand that is supporting a top person.

Exception: A base and top person may share a pom during a dismount from a thigh stand, shoulder sit/straddle, shoulder stand, or prep.

Rationale: The exemption clarifies the current interpretation of rules 3-2-1 and 4-2-1.

3-3-3: Inversions:

ART. 3... Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:

~~... c. The top person and at least one bracer maintains hand-to-hand/arm contact.~~

Rationale: Requiring hand-to-hand/arm contact may put the top person in a less than ideal position by having to force a connection with an arm instead of using the same technique they would if there were no bracer. This change would allow for common methods to be taught for common skills and lower the risk of injury.

3-3-6d: Suspended Stunts

ART. 6...

~~d. When the stunt begins in an inversion and transitions to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.~~

Rationale: No longer needed after 2020 rule changes discontinued the requirement for upper body contact.

3-5-5c: Release Stunts/Tosses

ART. 5... Release transitions are permitted provided all of the following conditions are met throughout the transition:

... c. The top person and at least one bracer maintain ~~hand-to-hand/arm~~ contact except for the following skills:

~~1. If the release is to a cradle position, the contact may be hand-to-foot and the bracer must be in a double-based prep with a spotter.~~

~~2~~ 1. A non-braced top person in a vertical position at prep level or above may be released to the original bases to a stunt at any level provided the top person remains in a position where the upper body remains vertical and the legs are not in a seated/pike position. Vertical releases from an extended position to an extended position may not perform more than a ¼ turn.

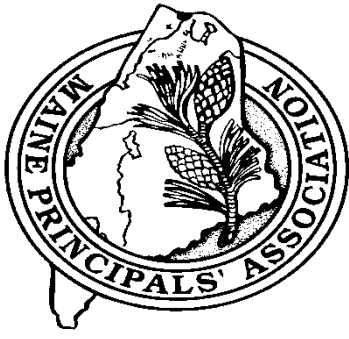
3-2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to the original bases in a loading position or stunt at any level with no more than a 1/4 turn.

Rationale: Allows the hand-to-foot release to land back in a skill or other position besides a cradle. This will allow for a cleaner rule and interpretation without increasing the risk of injury and eliminates the type of connection determining what is required.

4-2-8: Stunting Personnel

ART. 8... A spotter is required for ~~tosses to~~ single-base prep-level stunts in which the foot/feet of the top person is in the hands of the base and for tosses to single-base shoulder stands.

Rationale: Clarifies that a spotter is required anytime the feet of the top person are in the hands of a base or during the toss portion of a toss to shoulder stand. Mirrors the language in 3-2-8.



The Role of a Cheerleader

True Role of a Cheerleader

In the NFHS Spirit Rules book, please see Cheerleading Philosophy (pg. 8 & 9) and Sportsmanship (pg. 16 & 17) – Rule 2-2-1 & 2-2-2.

- * Promote school spirit during games AND in school for all sports.
- * Coaches and cheerleaders are role models for the school AND for their community.
- * Stretching and warm-ups should not be done away from any crowds in a private space.
- * Cheerleaders should show respect for the flag by standing at attention and not talking during the National Anthem.
- * Cheerleaders are “Cheer Leaders” and should act as such.
- * In order to get the student body involved, cheerleaders need to earn their respect.
- * Use appropriate cheers to get the crowd involved during a game
- * Never taunt the opponent.
- * Utilize materials (such as signs, the band, and crowd cheers) to lead the crowd. Create easy cheers such as “response cheers”. Pyramids and stunts are done to excite the crowd. Remember: more difficult stunts do not always capture the audience.
- * Be aware of your team’s behavior before, during and after the game. Are the cheerleaders organized and enthusiastic? Does the team complete their time-out, quarter cheer, or half time routine and then walk off having discussions OR do they try to get the crowd excited?
- * Make sure the cheer team knows the rules of the game that they are cheering for – know when it is appropriate to cheer, the difference between offense and defense, etc.
- * Cheer teams and coaches need to respect the rules and regulations of the opposing school when traveling to away games.
- * When there is an injured player on either team cheerleaders should behave appropriately by standing quietly until the player is recovered or removed from the playing area. This is not a time for discussions.
- * Opposing players, coaches, administrators, officials, and fans should be treated with respect. This extends outside of the game especially with social media.

Game Situations for the Winter Season

NFHS and MPA Rules are in effect at all times when student athletes are participating in practices, games, camps, or any other event(s) throughout the year.

- No jewelry permitted, including but not limited to belly button rings, spacers, or nose rings
- Hair must be pulled back in a ponytail and out of the face.
- Uniforms must be appropriate for the sport.
- Rhinestones that are punched, sewn or glued on uniforms from the manufacturer are legal. Rhinestones woven into the hair or glued on the face are illegal. **Any other use of rhinestones being used on accessories such as socks, shoes, bloomers or bows is an MPA Rule and is not allowed.**
- Glitter that does not readily adhere on the hair, face, body, uniform or costume is not permitted
- No chewing gum.
- No swearing.
- Keep talking to a minimum. Athletes must be attentive at all times.
- Be aware of your surroundings and alter your skills to be safe and suitable for the facility or cheering surface.
- Stunting and tumbling should only take place on appropriate and safe surfaces.
- No stunting or tumbling when the ball is "in play". The ball is "in play" during the team's warm-up session and during game time. **Remember:** people are watching the game so stunting while the ball is in play is not the appropriate time and illegal according to the NFHS Spirit Rules.
- Cheerleaders or mascots must not stand behind the "free throw lane extended" anytime during the basketball game. **See NFHS Spirit Rule Book page 51.**
- In the State of Maine - Basket tosses, multi-base tosses, or twists from dismounts may only be performed on mats.
- Perform only perfected material.
- Individual tumbling across the basketball court is not permitted. Tumbling should be incorporated as a team skill.
- **NEW:** Schools must comply with CDC guidelines for COVID, individual school and host school/location guidelines for COVID. The host school policies will be shared prior to each event.

The Maine Principals' Association Competition Guideline

The National Federation Safety Guidelines will be in effect.

- Teams may include up to 20 members
- The performance surface will be 42 X 42 carpeted gymnastic mats. The tapelines will be vertical with one centerline down the mat and across horizontally in the center to form a +.
- Each team will be announced as follows:
 - "_____ may take the floor."
 - "Getting ready is _____."
 - "On deck is _____."
 - "Now performing is _____."
- Teams may perform a choreographed routine not exceeding three minutes.
- Team members may start the routine from any position. At least one foot needs to be on the mat.
- Routines will be scored from the moment the routine begins until the last timed motion. The penalty officials will review a routine from the moment the team steps onto the mat until the team exits the mat. This will include dismounts of stunts or stunts in the routine that are not timed and anything else that may occur during this time.
- **Reminder:** There will be no pre-cheers allowed on the mat. IF a team wants to do this, it must be done out back before they line up on the back of the mat. Ex: "3-2-1 Team Name!" This must be done BEFORE taking the mat for your performance. **NEW:** There will be a 3-point deduction for teams that do pre-cheers on the mat.
- A Coaches' Box will be provided for coaches only and a designated area for team alternates.
- **NEW:** A routine will be stopped due to physical OR technical hazards. **NOTE:**
 - If a physical hazard (i.e., bodily fluid or injury) occurs, the routine will be stopped immediately and the team will continue the routine from the point of interruption **at the end of the round.**
 - If a technical hazard (i.e., mat separates or music difficulty) occurs, the routine will be stopped and the team will continue the routine from the point of interruption **immediately following resolution of the technical hazard.**
 - If there is a technical situation / hazard that the officials are unaware of (EX: the music not starting due to technical difficulty) please notify the Safety Official immediately.
- **Tie Breaker:** Least number of deductions to break the tie. IF a tie still exists, the team with the highest Execution Scores (combined) from the five (6) categories (tumbling, partner stunts, pyramids, jumps, motions and dance) to break it.
- If you are unable to attend a competition, please have the courtesy to call the person running the competition. A \$75.00 fine will be administered for the MPA Competitions.
- Scores are based on performances at that day's event compared to other teams in the division. Teams will notice a variance in scores from event to event.
- There will no longer be any inquiry meetings. **All officials' calls are final at the event.** Should you have a question about legality / rule interpretation following the event, contact Susan Hartnett per instructions on page 3 of this document.
- Both female and male athletes are subject to the NFHS rules, including but not limited to Rule 2.1 General Risk Management (ex: hair must be tied up) AND Rule 3.1 Cheerleader Apparel / Accessories (ex: apparel must be appropriate, midriff must be covered, etc.).

Deduction List

Deduction points will be in effect at all times that
MPA Certified Cheer Officials are officiating an event - No exceptions

Penalty Deductions are: .25-point, 1 point and 5 points

.25 Point Deduction (for each occurrence)

- Minor tumbling errors
- Out of bounds (athletes' both feet)

1 Point Deduction (for each occurrence)

- Inappropriate hair devices / hair not in pony tail
- Inattentive Spotter
- Jewelry (this includes body piercing)
- Rhinestones that don't comply with NFHS guidelines
- Unsportsmanlike behavior by athlete or coach
- Inappropriate words in music
- Other

3 Point Deductions (Not all situations are listed)

- Any situation that could endanger the student athlete(s) performing.
- Illegal stunt
- Over time limit
- NFHS Rule Violation

❖ Deductions will be applied after the scores are added together.

Stopping of a routine – ANY official may stop a routine due to safety concerns.

EXCEEDING TIME: -1 point for every second up to five seconds. Maximum deduction for exceeding the time will be 5 points. The time used to determine deductions will be the average of two recorded times rounded up to the nearest second.

TIE BREAKER: Adding the team's six Technical Difficulty Scores - Tumbling, Partner Stunts, Pyramids, Jumps, Motions, and Dance. The team with the highest total wins. If a tie still exists, the team with the highest Technique Score from the six technical categories will break the second tie.

Routine Requirements

Routines must include but are not limited to:

- Include Tumbling Skills to meet the standard of the tumbling rubric.
- Include Partner Stunts and Pyramids as required by the rubric
- Include a cheer – No certain length of time for the cheer but long enough for voice and motions to be judged.
- Include Jumps to meet the requirements of the rubric. **NEW:** Minimum of three different advanced connected jumps done by most of the team.
- Include Dance – **NEW:** A minimum of four consecutive eight counts of dance required by the whole team.

MAJORITY = 51% (of the team) | MOST = 75% (of the team)

2022 Maine Rubric (with highlighted changes)

2022 Maine Rubric - Official 1

STANDING TUMBLING – DIFFICULTY			
0 - 5.0			
<ul style="list-style-type: none"> - Forward Rolls - Handstand Forward Rolls - Cartwheels - Walkovers - Aerials 	<ul style="list-style-type: none"> - Back Handsprings - Front Handsprings - Back Walkover into Back Handsprings - Back Handspring Series 	<ul style="list-style-type: none"> - Jump(s) into Back Handsprings - Jump(s) into Back Handspring Series - Standing Back Tucks - Back Handsprings to Back Tucks 	<ul style="list-style-type: none"> - Jump(s) into Back Handsprings to Back Tucks - Jump(s) into Back Tucks - Back Handspring Series to Whips, Layouts or Fulls - Standing Fulls
Sliding scale based on progression, number of participants, and synchronization			

RUNNING TUMBLING – DIFFICULTY			
0 - 5.0			
<ul style="list-style-type: none"> - Running Cartwheels (2 steps) - Roundoffs - Walkovers into Cartwheels or Roundoffs - Aerials 	<ul style="list-style-type: none"> - Cartwheels into Back Handsprings - Roundoffs into Back Handsprings - Roundoffs into Back Handspring Series - Front Walkovers into Roundoff Back Handspring Series 	<ul style="list-style-type: none"> - Roundoffs into Back Tucks - Front Walkovers into Roundoff to Back Tucks - Punch Fronts - Roundoffs into Back Handspring to Back Tucks - Roundoffs into Layouts - Roundoffs into X-Outs 	<ul style="list-style-type: none"> - Roundoffs into Back Handspring Series into Layouts - Punch Fronts into Back Handspring Series or Back Tucks - Roundoffs into Fulls - Roundoffs into Back Handspring to Fulls - Punch Fronts to Step Out into Fulls - Roundoffs into Whip to Back Handspring to Fulls - Other Specialty Passes
Sliding scale based on progression, number of participants, and synchronization			
Specialty Pass = Running tumbling across the performance surface that contains multiple back handsprings, step out, whip, Arabian, front walkover, front handspring, aerial or punch front skills and ends in a back tuck or higher			

TUMBLING – EXECUTION			MOTIONS – EXECUTION		
0 - 1.9	2.0 - 3.9	4.0 - 5.0	0 - 1.9	2.0 - 3.9	4.0 - 5.0
Most demonstrate below average:	Majority demonstrate average:	Most demonstrate above average:	Most demonstrate below average:	Majority demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Approach (body position into a skill or pass) - Landings (control, legs and feet together, finished skill or pass) - Body Control (head, chest, arms, leg placement, toes pointed) - Synchronization (timing of group skills or passes) - Speed (control, consistent throughout skill or pass, flow from skill to skill) 			<ul style="list-style-type: none"> - Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement 		
Many minor execution mistakes and/or many major execution mistakes	Few minor execution mistakes and/or a couple major execution mistakes	1-2 minor and no major execution mistakes	** Score reflects motions throughout the entire routine **		

PERFORMANCE APPEAL		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
Most demonstrate below average:	Majority demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Innovative, Visual, and Creative Choreography - Thoughtfully planned to create a unified routine - Ability to capture the crowd, not just on performing the skills 		

2022 Maine Rubric – Official 2

PYRAMID – DIFFICULTY				
Basic	Novice	Intermediate	Advanced	Elite
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Non-Release Skills / Transitions				
<ul style="list-style-type: none"> - Straight up two feet or single leg variations at prep level or below - Stunts that connect without any transitions 	<ul style="list-style-type: none"> - Straight up extended two feet or single leg variations - Inverted stunts to prep level and below - Full up to prep level and below 	<ul style="list-style-type: none"> - ½ up to lib or body position - Full up to extension - Inverted stunts to extended - 2 bracers 	<ul style="list-style-type: none"> - Full up to extended lib - Inverted stunts involving twisting to extended (2 bracers) - Inverted stunts to extended (1 bracer) - Full up to extended body position - Single base full up to lib 	<ul style="list-style-type: none"> - 1½ up to lib - Inverted stunts involving twisting to extended (1 bracer) - 1½ up to extended body position - Double up to extended
Released Transitions				
<ul style="list-style-type: none"> - From load to prep with bracers below prep level - Released transitions at prep or below (2 bracers) 	<ul style="list-style-type: none"> - Released transition to extended level two feet (2 bracers) - Released transitions at prep or below (1 bracer) 	<ul style="list-style-type: none"> - Released transition to extended level one foot (2 bracers) - Released transitions landing in extended two feet (1 bracer) - Braced inverted stunts released to prep level and below 	<ul style="list-style-type: none"> - Released transitions landing in extended one foot (1 bracer) - Released transition involving twisting or inversion that lands extended (2 bracers) - Unbraced releases landing extended 	<ul style="list-style-type: none"> - Released transitions involving twisting or inversion that lands extended (1 bracer) - Unbraced spinning release landing extended - High to high full around
Braced Rolls / Flips				
<ul style="list-style-type: none"> - Rolling transition to prep and below 	<ul style="list-style-type: none"> - Flipping transition landing below prep level - Forward flip to cradle (1 bracer) 	<ul style="list-style-type: none"> - ½ twisting flipping transition landing below prep level - Rolling transition to extended (2 bracers) - Side sumi landing in prep 	<ul style="list-style-type: none"> - Flipping transition landing at prep level - ½ twisting flipping transition landing at prep level - Rolling transition to extended (1 bracer) 	<ul style="list-style-type: none"> - Flipping transition starting below prep level landing extended - Flipping transition starting at prep or above landing extended - ½ twisting flipping transition landing at extended - Flipping transition landing at extended with minimal bases

The above list is not all-inclusive

Must hit a minimum of 3 different pyramid skills using most of the team to score in a particular range

Teams do not need to demonstrate skills in all three categories (Non-Released, Released, and Braced Rolls/Flips)

If less than the required number of skills are hit, the score will be lowered

Pyramid will only be counted when the top person connects with another top person during the performance

When scoring difficulty within a range, judges will take into account the following factors: variety and number of transitions, pace of skills, amount of team participation (full participation will score higher), and when the top becomes braced (from the ground up vs. during the skill vs. at the completion of the skill)

Modified skills (such as using front spots or faux ups) will decrease the skill's value

Body Position = A position a top person pulls in a 1 leg stunt showing flexibility (stretch, bow & arrow, arabesque, scale, scorpion, etc.)

PYRAMID – EXECUTION

0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
- Synchronization / Timing, Pace, Control, and Flow - Technique of Bases (arms, legs, backs) - Technique of Tops (body control, flexibility, motion placement, legs) - Stability of Stunts - Distance Between Connections - Height / Movement of Releases and Braced Rolls / Flips				
Many major AND minor execution mistakes	Many minor execution mistakes OR Many major execution mistakes	A few minor mistakes AND 1 major mistake OR A few major execution mistakes	1-2 minor execution mistakes OR 1 major execution mistake	1-2 minor AND no major execution mistakes

TRANSITIONS AND FLOW

1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
- Major issues during transitions (bumping, excessive travel) - Minimal incorporation of skills during transitions - Choppy, lacks cohesion, excessive down time - Slow pace of routine	- Some issues during transitions (bumping, excessive travel) - Average incorporation of skills during transitions - Average coordination among all elements of the routine - Average pace of routine	- Clean transitions - Excellent incorporation of skills during transitions - Uncluttered changes between segments - Strong coordination among all elements of the routine - Fast pace of routine

2022 Maine Rubric – Official 3

JUMPS – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Proper Body Position (chest, legs and arms placement) - Height / Flexibility Level - Pointed Toes - Landing Feet Together - Synchronization / Timing - Proper Approach (timing, accuracy, synchronization) 				
<p>Three different advanced connected jumps performed by most of the team required Most = 75% of team Advanced Jumps = Toe Touch, Side Hurdler, Front hurdler, Pike and Double Nine</p>				

DANCE – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Controlled Balance - Energy / Musicality - Level Changes - Formation Changes / Floor Work / Foot Work - Synchronization / Timing / Precision - Creativity / Appeal - Clear Variety of Movements - Rhythm with Pace of Music - Flow and Connection from One Move to the Next 				
<p>Four consecutive 8-counts of full team dance required</p>				

SHOWMANSHIP		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
Most demonstrate below average:	Majority demonstrate average:	Most demonstrate above average:

- Showmanship
- Genuine Facial Expressions
- Energy / Excitement
- Enthusiasm / Spirit
- Presentation of Cheer Words (pitch, clarity, enunciation, volume)
- Eye Contact / Confidence

2022 Maine Rubric – Official 4

PARTNER STUNT – DIFFICULTY				
Basic	Novice	Intermediate	Advanced	Elite
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Non-Release Skills				
<ul style="list-style-type: none"> - Thigh Stand - Thigh Prep Hitch - Shoulder Sit - Flat Back - Straddle Sit - Prep - Prep Level Hitch - Shoulder Stand 	<ul style="list-style-type: none"> - 1 Leg Prep - Show & Go - Extension - Retake Extension 	<ul style="list-style-type: none"> Straight Up to Post / Lib - Straight Up to Body Position - Lib Power Press - Body Position Power Press - Single Base Prep 	<ul style="list-style-type: none"> - Single Base Extension 	<ul style="list-style-type: none"> - Single Base Lib - Single Base Body Position
Release Skills				
<ul style="list-style-type: none"> - Below prep level release to below prep level stunt 	<ul style="list-style-type: none"> - Partial Twisting Transitions to Side/Prone/Cradle - Quick Toss to Prep - Switch Up to 1 Leg Prep - 1 Leg Prep Tick Tock 	<ul style="list-style-type: none"> - Quick Toss to Extension - Full Twisting Switch Up to 1 Leg Prep - 1 Leg Prep Full Twisting Tick Tock 	<ul style="list-style-type: none"> Switch Up to Post / Lib - Low to High Lib - Quick Toss to Lib 	<ul style="list-style-type: none"> - Switch Up to Body Position - Low to High Body Position - Quick Toss to Body Position - High to High Lib/Body Position - ½ Twisting Switch Up to Lib/Body Position Full Twisting Switch Up to Lib/Body Position - Single Base Elite Release Skills
Inversion Skills				

- Non-release inversion from below prep level to below prep level - Non-release inversion from below prep level to prep level	- Non-release inversion from prep to below prep level - Release inversion from prep to below prep level - Non-release inversion from prep to prep level	- Non-release inversion from prep to extension - Non-release inversion from prep to extended 1 leg - Release inversion from prep to below prep level with ½ turn - Release inversion from prep to prep level - Release inversion from below prep level to prep level	- Non-release inversion from below prep level to extension - Non-release inversion from below prep level to extended 1 leg	- Release inversion from prep to extension - Release inversion from prep to extended 1 leg - Release inversion from below prep level to extension - Release inversion from below prep level to extended 1 leg
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Twisting Skills

- ¼ Up to Prep - ½ Up to Prep	- Rewind to Load - ½ Up to 1 Leg Prep - ¼ Up to Extension	- ½ Up to Extension - Full Up to Prep - Full Up to 1 Leg Prep	- ½ Up to Lib - ½ Up to Body Position - Full Up to Extension	- Full Up to Lib/Body Position - 1½ Up to Extension - 1½ Up to Lib/Body Position - Double Up to Extended - Single Base Elite Twisting Skills
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Toss Skills

- Straight Ride Toss	- Non-Twisting, "Bent Leg" Toss (ball-out, pretty lady, etc.)	- Single Trick Toss (toe touch, pike, kick, twist, etc.)	- Double Trick Toss (kick twist, kick-kick, pike x-out, etc.)	- Double Trick Toss Plus Twist (hitch-kick twist, ball-kick twist, etc.)
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The above list is not all-inclusive

Must hit a minimum of 3 different stunt skills by majority of groups to score in a particular range (see chart)

Teams do not need to demonstrate skills in multiple categories (Non-Release, Release, Inversion, Twisting and Toss)

If less than the required number of skills are hit, the score will be lowered

When scoring difficulty within a range, judges will take into account the following factors: entries and dismounts, how each skill is completed, the number of bases used, and amount of team participation (most participation will score higher).

Modified skills (such as using front spots or faux ups), or less than majority participation will decrease the skill's value. (N/A for Tosses)

Twisting – When scoring difficulty, judges will take into account the following: minimum movements of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.

Inversion Skills – Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and is still inverted at the dip (the top person's legs should be higher than their upper body).

Body Position = A position a top person pulls in a 1 leg stunt showing flexibility (stretch, bow & arrow, arabesque, scale, scorpion, etc.).

PARTNER STUNT – GROUPS				
# On Floor	2 - 7	8 - 11	12 - 15	16 - 20
Majority	1	1	2	3
Most	1	2	3	4 or 5

PARTNER STUNT – EXECUTION

0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
- Synchronization / Timing, Pace, Control and Flow - Technique of Bases (arms, legs, backs) - Technique of Tops (body control, flexibility, motion placement, legs) - Stability of Stunts				

Many major AND minor execution mistakes	Many minor execution mistakes OR Many major execution mistakes	A few minor mistakes AND 1 major mistake OR A few major execution mistakes	1-2 minor execution mistakes OR 1 major execution mistake	1-2 minor AND no major execution mistakes
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FORMATIONS AND SPACING		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
<ul style="list-style-type: none"> - Unclear formations - Little variety - Spacing off throughout routine 	<ul style="list-style-type: none"> - Formations demonstrate alignment, symmetry and good use of floor - Some variety - Minor problems in spacing 	<ul style="list-style-type: none"> - Clear, visually effective formations - Lots of variety - Minimal or no spacing errors

Maine Principals' Association Cheering Deduction Sheet

School Name: _____

Class: A – B – C – D

Official: _____

Date: _____

Routine Time: _____

.25 Point Deduction(s)

_____ Minor tumbling errors

_____ Out of bounds (athletes' both feet)

1 Point Deduction(s)

_____ Inappropriate hair devices / hair not in pony tail

_____ Inattentive spotter

_____ Jewelry

_____ Rhinestones that don't comply with NFHS guidelines

_____ Unsportsmanlike behavior by athlete or coach

_____ Inappropriate words in music

_____ Other

3 Point Deduction(s)

_____ Any situation that could endanger the student athlete performing

_____ Illegal Stunt

_____ Over time limit

_____ NFHS Rule violation

_____ Pre-cheer completed on the mat (prior to start of routine)

_____ Other

Total Deduction(s)

Maine Principals' Association Cheering Score Sheet

School Name: _____

Class: A – B – C – D

Official: _____

Date: _____

Category	MAX	SCORE	COMMENTS
Official 1			
Standing Tumbling – Difficulty	5		
Running Tumbling – Difficulty	5		
Tumbling – Execution	5		
Cheer Motions – Execution	5		
Performance Appeal	5		
TOTAL	25		
Official 2			
Pyramids – Difficulty	10		
Pyramids – Execution	10		
Transitions & Flow	5		
TOTAL	25		
Official 3			
Jumps – Execution	10		
Dance – Execution	10		
Showmanship	5		
TOTAL	25		
Official 4			
Partner Stunt – Difficulty	10		
Partner Stunt – Execution	10		
Formations & Spacing	5		
TOTAL	25		
GRAND TOTAL	100		

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:		Activity:	Level:
1	911 TEAM	2	3
CALL 911 CALL 911. Explain emergency. Provide location.		GET THE AED GET THE ATHLETIC TRAINER	
PRACTICE Closet Phone EMS Access Point Street Intersection Student 1 Student 2		PRACTICE Closet AED Student 1 Student 2 Typical location Student 1 Student 2	
EVENTS MEE TAMBULANCE at EMS Access Point. Take to vic tim. Entry Door/Gate Student 1 Student 2		EVENTS CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.	
START CPR 1. Position person on back. 2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. 3. Take turns with other responders as needed. Coach Student 1 Student 2 Student 3		HEAT STROKE TEAM 1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.	
WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS 1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.		PREPARE TUB DAILY Student 1 Student 2	
CALL CONTACTS. Provide location and victim's name. Athletic Trainer Athletic AD Student 1 Student 2		EVENTS 1. Remove equipment/excess clothing. Move to shade. 2. Immerse athlete into cold ice water tub, straw hats, etc. if no tub, cold shower or rotating cold, wet towels over the entire body. 3. Monitor vital signs. 4. Cool First, Transport Second. a. Cool until rectal temperature reaches 102°F if ATC or MD is available. b. If no medical staff, cool until EMS arrives.	



The Maine Cheering Coaches Association Member Registration Form

Please make check payable to: MCCA

Annual Dues: \$25 - send check to:

Kristie Reed, 290 Murray Rd, Carmel, ME 04419

The dues collected annually goes towards the guest speakers, pays for lunch on the clinic day, allows the MCCA to give a scholarship to a cheerleader in the East and the West, and also as an MCCA member it gives your team \$25 discount on the registration fee to the MCCA Annual Cheerleading Competition

Check out the website: Mainecheerofficials.com

SCHOOL NAME:

COACH'S NAME:

COACH'S ADDRESS:

COACH'S PHONE NUMBER

COACH'S EMAIL ADDRESS:

2022 Maine Principals' Association Cheerleading Championship Music Copyright Compliance

All copyright permissions must be properly and completely obtained by the individual or group that is responsible for creating the routine music for a team. All recordings mixed together in cheer routines should be properly licensed and written confirmation of such licenses should be provided to the Maine Principals' Association.

You may use recordings that are purchased from vendors that comply with US Copyright laws or create/commission original works for your team (i.e. an original song and recording to which you own or license the rights by written agreement). Under US Copyright law, no teams are permitted to create a re-mix, mash-up or medley without proper written authorization from the copyright owners.

US Copyright laws apply any time music is not being used for personal use. Purchasing a legal copy of a song (iTunes, CD, Amazon download, etc.) only grants the user private, personal use of the music. If you purchase a recording, that alone does not give you the right to make additional copies or mix the recording with other recordings for any other purpose--including use at school functions or other public performances. Personal use gives you the right to listen to the song, but does not give you any other rights in the bundle of rights to that piece of music, which is why the music should not be copied, modified or used in a public place without additional consent.

However, if teams wish to use only a single song in their routine, they may bring a legally purchased copy of that recording to be used at the event. Teams may not re-mix these recordings in any way (such as adding sound effects, changing tempo or mixing with any other recordings), but you may make minor edits for timing purposes only (i.e. removing a chorus or bridge to fit the duration of the music time limit).

Remember:

- Do not use mash-ups, either created by you or sold by music providers using music without proper licensing.
- Do not download songs from sites that do not have properly licensed music.
- Do not copy or distribute to others a recording you have legally purchased.
- Licenses/Permissions must be received in writing (or email) and must be provided to you by all copyright owners.
- If you request a license and you get no response, this does NOT mean that you have permission to use the music.

Coaches are responsible for ensuring that the music used by their teams for any public performance and all competitions follows the above guidelines.

Guidelines for Music Providers:

- When recordings and compositions are completely original:
 - All elements in the recordings, including instrumentation and vocal performances, are owned or controlled by the music provider. If any elements are not owned or controlled by the music provider, the music provider must obtain the appropriate licenses from the applicable copyright owners to edit, re-arrange or otherwise alter such works to create a new work for your team.
 - If teams want to create their own re-mix or otherwise edit any music purchased from a provider of original music, their license agreement with such providers of original music must also specifically include this right to edit, re-arrange or otherwise alter works.
- When recordings are cover recordings of popular music:

- Guidelines provide that cover recordings of popular music may be used in re-mixes only if the purchase/license of the cover recording includes an explicit right to alter the cover recordings and create new works from these cover recording elements.
- Unlicensed samples may not be used in routine music.
- No unauthorized third-party recordings may be used in any way in the new recordings without a proper license. “Sampling” a series of words or beats from any recording is not permitted unless an appropriate written sampling license was obtained.
- Music providers should allow each team to make up to 40 copies of the recordings.
- A mechanical license fee may need to be paid to reproduce copyrighted musical compositions on CDs, records, downloads, etc. If the music provider does not own or control the underlying musical composition, they will need to obtain a mechanical license to make copies of each recording. The music provider is responsible for obtaining the mechanical license and paying any royalties for each copy made--this includes the copy provided upon your initial purchase of the recording, any subsequent recordings in which they are incorporated, and any additional copies that will be distributed to the team.

**2022 MPA Cheerleading Championship
Music Copyright Compliance Form**

In order to protect the Maine Cheerleading Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, _____, verify that all copyright permissions
Coach's Name

were properly and completely obtained by _____,
Music Mixer's Name

prior to production of the 2020 MPA Cheerleading Championship routine music for the

_____ team from _____.
School's Name *Class and Region*

These permissions can be verified by certification document(s) **available upon request.**

I acknowledge that this form will be kept on file by the Maine Principals' Association, and **I will need to keep my certification documents on file** for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the Maine Principals' Association of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed): _____

Coach Signature: _____

Date: _____

Administrator Name (Printed): _____

Administrator Signature: _____

Date: _____

NOTE: This form must be completed and returned to the MPA office prior to the championship.

2022 Coaches Quiz

1. A Release Transition is when the top person changes from one stunt to another during a temporary loss of contact with all bases and spotters. _____
2. It is legal for 3 extended stunts to connect in an extension, 3 libs, and extended double hitch on the outside with center extension holding their feet. _____
3. Jewelry is prohibited at any event the athletes are actively cheering. _____
4. Braced Inversions that do not flip require only one bracer and no back spot. _____
5. Hair must be up and out of the face in a ponytail for competitions but can be worn half-up/down for games and exhibitions. _____
6. Bracers in a flip pyramid can be located in front of the top person. _____
7. A spotter is not required for a single base "toss to hands" or torch at prep level. _____
8. In Partner Stunts: modified skills, such as "faux ups," do not decrease the skill's value. _____
9. What is considered majority? _____ Most? _____
10. It is legal when the catchers of a braced inversion are not the original bases but are in place when the transition is initiated, remain close to the original bases, are not part of any other skill, and the top person does not flip or roll. _____
11. It is legal for a top person to begin a routine loaded for a basket-toss with both feet in the bases' hands. _____
12. It is legal for cheerleaders to stunt and/or tumble during free-throws at a basketball game. _____
13. It is legal for a top person to be popped, rotate 360 degrees and land on her feet in the hands of the same bases in an extension? _____
14. It is illegal for an athlete to hold poms at any time during stunt or tumbling skills. _____
15. What is the maximum rotation for an inverted stunt? _____, Twist dismount? _____, Twist entry/transitional? _____
16. MPA requires basket tosses to be done on mats but allows twist dismounts to be performed without mats. _____
17. It is legal for a top person to sit in a straddle sit with two bases and a spotter and execute a roll by grasping both hands of the spotter and, as the bases holds his/her feet, execute the roll by swinging down and back up to a prep. _____
18. In partner stunts: a minimum of 3 different stunt skills performed by a majority of the groups must be done to score in a particular range. _____
19. Teams are awarded separate difficulty scores for standing tumbling and running tumbling. _____
20. A stunt in which contact is maintained between a top person and a person on the performing surface is a Non-Release Stunt. _____

21. It is legal for a top person in a double-based prep, with a spotter, to execute a backward flip while holding both hands of a single bracer. _____
22. Teams are required to incorporate a whole team pyramid segment in the routine along with stunts, a minimum of four consecutive eight counts of dance, three different jumps, tumbling, and a cheer long enough to score voice. _____
23. It is legal for a top person in a prep level handstand to perform a $\frac{1}{2}$ twist before being caught in an extended arabesque. _____
24. Inquiry Meetings are a time to discuss the scores with the lead official. _____
25. It is legal for a participant in a walking boot to spot a stunt. _____