

2009-2010 MPA CHEERLEADING BULLETIN (WINTER)

(updated 10-20-09)

WINTER CHEERLEADING SEASON

November 16, 2009	First Practice-Competition Team / Winter Cheering Squads
December 4, 2009	Eligibility forms due for COMPETITION TEAMS ONLY*
January 23, 2010	Regional Competition (Western—a.m.—BW & AE, p.m.—CW & AW) Augusta Civic Center
January 23, 2010	Regional Competition (Eastern—a.m. - BE & DE/DW, p.m. - CE) Bangor Auditorium
February 6, 2010	State Championships (All Classes) Augusta Civic Center
February 20, 2010	Close of Winter Season (unless qualified for N.E. Championships or basketball team is still in play)
March 20, 2010	New England Cheering Championships Providence, RI

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

REQUIRED AACCA SAFETY TRAINING – MANDATORY RULES CLINIC

All coaches of cheerleaders' grades 9 through 12 **must have** successfully completed AACCA training by the start of the 2009-2010 season as well as attended one of the mandatory clinics held throughout the state prior to the start of the season. **This includes coaches of spirit teams that will not be participating in the cheering competition.**

November 8, 2009

Lawrence H.S.
Mandatory Cheer Clinic
8:00am-9:00am
Maine Cheering Coaches Clinic
9:00am-4:30pm

November 10, 2009

Scarborough H.S.
Mandatory Cheer Clinic
6:00pm – 7:00pm

November 14, 2009

Houlton H.S.
Mandatory Cheer Clinic
10:00am – 11:00am

AACCA Training is now available on-line through the following website (<http://www.nfhslearn.com>). Registration information for the class is available through the website. **AACCA certification classes originally scheduled for Lawrence H.S. and Houlton H.S. have been cancelled due to low enrollment.**

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. Selection of the participants is a decision of the school. The only MPA requirements are: (a) a school may **not** select squads exclusively for competition squads, and (b) each member must have been a member of the basketball or

ice hockey spirit squad during the winter sport season. **Every school's coach must attend the mandatory rules clinic in order to compete in competition.** If a coach does not attend one of the rules clinics, the school will be assessed a \$35 fine, and the coach must attend a make-up clinic and pay a \$50 clinic cost, plus mileage for the clinician. **ALL COACHES MUST SIGN IN TO BE CREDITED WITH ATTENDANCE.**

SAFETY REGULATIONS

The MPA Cheerleading Committee has adopted 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. Beginning in 2009 all cheer coaches must also be AACCA certified. In MPA-sponsored tournaments/events, all National Federation Rules apply. Rule 2 Section 2 Article 6: Glitter is not allowed. 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 a basketball or volleyball game when the ball is in play. Basket tosses are not allowed unless mats are used.**

MPA will follow the National Federation Spirit Committee recommendation and requires schools to use cheering mats at all exhibition, league, regional and state competitions. It is the coach's/school's responsibility for all athletes to be capable of safely completing the routine. Judges are not able to make scoring allowances for athletes who cannot perform the routine

BASKETBALL/HOCKEY CHEERLEADERS

Cheerleaders performing individual gymnastic skills at basketball or hockey games may leave the ground only under their own power. 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. Mats (cheering, folding, wrestling, or gymnastic) should 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 front and back spotters. Suitable mats or a grassy area should 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 in light of the amount of training (in tumbling/gymnastics) of the coach and the abilities of participants.

TERMS AND CONDITIONS/RULES OF COMPETITION

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. Judging Clarification
 - Tumbling in the routine must be performed as whole team tumbling for clarification of counting the tumbling. Tumbling should be done all at once or choreographed in a fashion that would clearly show the true number of tumblers. Criss-cross tumbling paths may be incorporated but if the paths are not clear will not be counted as whole team tumbling unless there are only a few tumblers on the team.
 - Sequences in stunting are described as when the flyer does two consecutive series of stunts in any range before being cradled or dismounted to the floor. (Ex: flyer performs a prep, she is then brought down to a retake position and brought up to a full position then cradled to the floor-this equals one stunt sequence). A cradle/dismount of a stunt to the floor where the flyer stops and does not transition back up with the momentum indicates the end of a sequence.
 - Double downs or Double twist dismounts are described in the Advanced/Elite Dismount Range. Doubles **are not required** in the nine to ten point range but are considered an option for dismount in the range. Please note a variety of twist dismounts are required to meet the criteria for the Advanced/Elite Category-the nine to ten point category. Teams may perform doubles in their range and will receive credit for the doubles based on precise and accurate perfection of the dismount.
5. Routines will be limited to three minutes. Time starts on the first sound or movement after the team is announced. Routine timing ends with the last sound or motion. Safety and sportsmanship rules are in effect until the teams have left the performing area.
6. 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 allowed.
7. In Regional Tournaments, each team in each class will perform its routine. In class D the top **six** scoring teams will qualify for state competition. In classes A, B, and C the top six teams in each region will qualify for the state meet.

8. 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)
9. 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.
10. All competition scores will be published.
11. There will be a coaches' area designated at each competition.
12. A scoring notification meeting will be held at the conclusion of 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 period. Any scoring errors must be reported immediately to the MPA representative. Decisions of the judges will be final and not subject to appeal.
13. All music must be recorded on a CD.
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, individuals wearing sports bras, shakers, signs, or placards on sticks or other devices designed to support the shaker, sign, or placard are not allowed.
- Horn or noisemakers of any kind are not allowed.
- Spectators who throw objects on the floor will be removed immediately from the site.
- Security will be instructed to detain any student perceived to be under the influence of an illegal substance. They will then contact parents and appropriate school officials.
- Only team personnel are allowed on the floor.

OFFICIALS

1. **Decisions of the officials will be FINAL and not subject to appeal.**
2. There will be five officials and two penalty officials, one of whom is designated lead official. A statistician will compile all scores. The tie breaking procedure will be published in the tournament guidelines.

2010-2011 TOURNAMENT SITES

Regional Championships

1/23/10 – Bangor Auditorium

Order of Competition	2010	A.M. Session	BE & DE/DW
		P.M. Session	CE
	2011	A.M. Session	DE/DW & CE
		P.M. Session	BE

1/23/10 – Augusta Civic Center

Order of Competition	2010	A.M. Session	BW & AE
		P.M. Session	CW & AW
	2011	A.M. Session	AW & BW
		P.M. Session	AE & CW

State Championships

2/6/10 – Augusta Civic Center

Order of Competition – To be determined at regional championships

CHEERLEADING CLASSIFICATION

CLASS A <u>725+</u>	CLASS B <u>400-724</u>	CLASS C <u>200-399</u>	CLASS D <u>0-199</u>
<u>EAST</u>	<u>EAST</u>	<u>EAST</u>	<u>EAST/WEST*</u>
Bangor Brewer Brunswick Cony Edward Little Erskine Hampden (09) Lawrence Lewiston Messalonskee Morse (11) Mt. Ararat Mt. Blue Oxford Hills Skowhegan	Bucksport Caribou Ellsworth Hermon John Bapst Maine Central Mattanawcook Mt. Desert Mt. View Nokomis Old Town Presque Isle Rockland Waterville	Calais Central Dexter Foxcroft George Stevens Hodgdon Houlton Narraguagus Orono Penobscot Penquis Stearns Sumner Washington Woodland	Bangor Christian Buckfield Central Aroostook Deer Isle- Stonington Easton Fort Fairfield Jonesport-Beals Katahdin Machias Rangeley Schenck Van Buren Vinalhaven Washburn
<u>WEST</u>	<u>WEST</u>	<u>WEST</u>	
Biddeford Bonny Eagle Deering Gorham Kennebunk Marshwood Massabesic Noble Portland Sanford Scarborough South Portland Thornton Westbrook Windham	Gardiner Gray-New Gloucester Lake Region Leavitt Lincoln Lisbon McAuley Medomak Mountain Valley Oak Hill Poland Wells Winslow York	Boothbay Dirigo Jay Livermore Falls Madison Monmouth Old Orchard Sacopee St. Dominic Traip	

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