



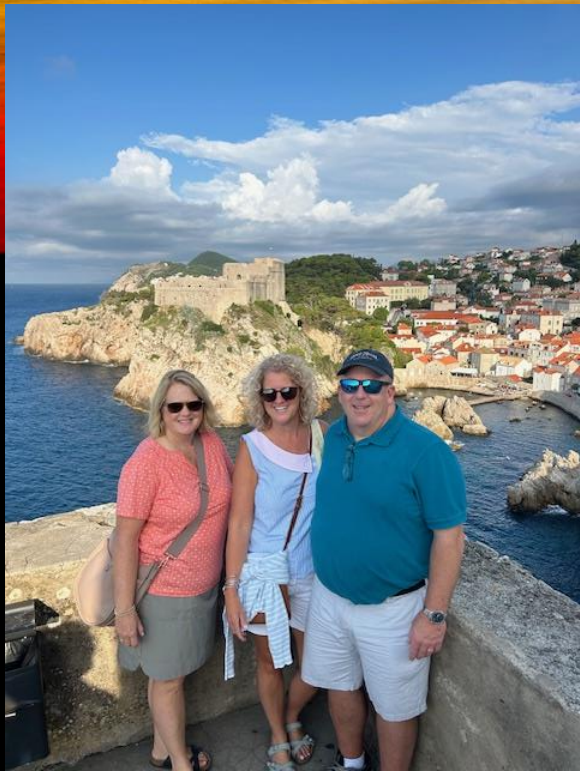
# 2025 MYCCA COACHES TRAINING

November 3, 2024

Susan Hartnett

# REMINDERS ....

- Be Here Now! 😊
- **Questions** – ask!
- I have NFHS rule books available - \$12.50
  - Venmo (@Susan-Hartnett-Maine) – text me 1<sup>st</sup> – 837-7073



# Susan Hartnett

MPA Lead Official  
MPA Spirit Rule Interpreter  
MPA Cheer Committee Liaison  
President, Maine Cheer Officials Association  
MYCCA Lead Official

UCA Competition Safety Official  
NFHS Section One Spirit Rule Committee Member

Director, Strategic Client Implementation at UnitedHealth Group

35<sup>th</sup> year ..... Retiring from HS. Youth = TBD! ☺



# REMINDER: NO CONTACT WITH ANY OFFICIAL!

**Direct all National Federation Rules Interpretation Questions to:**  
**State Rules Interpreter** - Susan Hartnett: [sehartnett@comcast.net](mailto:sehartnett@comcast.net) OR 207-837-7073

Coaches may only contact Susan Hartnett directly for rule interpretation / legality questions;  
contact with any other official in Maine is **NOT ALLOWED**.  
(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.

# KEY WEBSITES

- MYCCA: <http://www.myccamaine.org>
- The National Federation: [www.nfhs.org](http://www.nfhs.org)
- USA Cheer: [www.usacheer.org](http://www.usacheer.org)
- USA Cheer Music Copyright: <https://www.usacheer.org/music>



# COMPETITION GUIDELINES

- Teams may include **up to 20 members**.
- The performance surface is a 42 X 42 carpeted gymnastic mats.
- Teams may perform a choreographed routine not exceeding **three minutes**.
- The timing starts on the first sound or movement.
- Team members may **start the routine from any position**. At least **one foot needs to be on the mat**.
- Each team will be announced as follows:
  - "\_\_\_\_\_ may take the floor."
  - "Getting ready is \_\_\_\_\_."
  - "On deck is \_\_\_\_\_."
  - "Now performing is \_\_\_\_\_."

# COMPETITION GUIDELINES CONT.

- 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 pyramid or stunts in the routine that are not timed and anything else that may occur during this time.
- Team **music must comply with US Copyright laws**
- **Tie Breaker** – Least number of deductions to break the tie. IF a tie still exists, the team with the highest combined Execution Scores from four (4) categories (tumbling, jumps, stunts and pyramids) to break it.
- **Both female and male athletes are subject to the NFHS / MYCCA 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.)

# COMPETITION GUIDELINES CONT.

- 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**.
- A routine will be stopped immediately due to Physical (injury / bodily fluid) OR Technical Hazards (mat separates / music difficulty)
  - Injured athlete /mat will be attended to OR the technical hazard will be addressed.
  - Team will immediately leave the mat and then perform their entire routine at the end of the round.
  - Officials will start scoring from where the point of interruption occurred
- If there are any hazards, please notify the Lead Official immediately.



# COMPETITION GUIDELINES CONT.

- Music checks will be done via headphones throughout the competition (not all at the beginning over the loud speaker). This will allow the teams to not need to arrive to the event hours before they compete.
- Teams will have six (6) minutes for warm ups at all competitions.
- If your music does not start at the beginning of the routine, a coach / assistant coach **MUST** be near the DJ to cue them as to when to start your music.

# MYCCA COMPETITION REMINDERS:

- Rhinestones may **NOT** be on masks, briefs, bows, socks, or an athletes shoes. They may **ONLY** be on uniforms (tops and skirts) that were manufactured with them – they cannot be added.
- Uniforms may **NOT** have sheer see-through material in the bodice. NFHS rule 3.1.4.
- Hair must be tied up and off shoulders / out of eyes of the athletes (male and female)
- Coaches are not allowed to spot tumbling at competitions
- All officials calls are **FINAL** and not up for discussion.

# COMPETITION PROCEDURES

- No tumbling warmups!
  - Teams need to warm up tumbling during their warmup period out back
- Hosts to provide facility maps / provide escorts to take teams where they need to be
- Hosts to provide a speaker for warm up area with a universal plug (NOT Bluetooth)
- Pre-competition flow:
  - **Single mat** – coaches may use at their discretion 6 Minutes
    - Could be used for stretch time OR you may stretch prior to this scheduled mat time
  - **Warmup** - 7 mats 6 Minutes
    - IF hosts do not have a full set of mats, they must notify the teams prior to the competition (must have at least 5)
- Announcements will be made for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for all teams except for Rising Stars
  - Rising Stars will receive scores but placements will not be announced

# COMPETITION – NEW THIS YEAR!

- **NEW!** Dance Party – after final team, only athletes & coaches are allowed on the mat.
  - No Children. No Spectators. No Photographers.
  - No stunting or tumbling allowed.
- **NEW!** Clothes Pins – fun / good luck gesture BUT could be a jewelry deduction if worn on the floor. Coaches – double check before hitting the floor!



# SCORE SHEETS

Let's discuss!





**NOTE:** Officials names will no longer be included on the scoresheet. ☹

Category	MAX	SCORE	COMMENTS
Official 1			
* Standing Tumbling – Difficulty	5		
* Running Tumbling – Difficulty	5		
Tumbling – Execution	5		
* Jumps – Difficulty	5		
Jumps – Execution	10		
Transitions / Flow	5		
TOTAL	35		
Official 2			
Motions – Cheer Execution	5		
Motions – Jump Execution	5		
Motions – Stunts Execution	5		
Dance – Motions Execution	5		
Dance – Floorwork Execution	5		
Dance – Footwork Execution	5		
Formations & Spacing	5		
TOTAL	35		
Official 3			
* Partner Stunt Difficulty	5		
Partner Stunt Execution	10		
* Pyramid Difficulty	5		
Pyramid Execution	10		
Showmanship / Performance Appeal	5		
TOTAL	35		
GRAND TOTAL	105		

Don't leave these points on the floor!

Category	Point Value
Motions Cheer – Execution	5
Motions Jump – Execution	5
Motions Sunk – Execution	5
Dance Motions – Execution	5
Dance Floorwork – Execution	5
Dance Footwork – Execution	5
Showmanship / Performance Appeal	5
Transitions & Flow	5
Formations & Spacing	5
Jumps – Execution	10
<b>TOTAL</b>	<b>55</b>

**55% of the  
scoresheet are  
things athletes  
can work  
individually!**

# DEDUCTIONS

Routine Time: \_\_\_\_\_

Time Penalty: \_\_\_\_\_

## .50 Point Deduction(s)

\_\_\_\_\_ Minor tumbling errors

## 1 Point Deduction(s)

\_\_\_\_\_ Inappropriate hair devices / hair not in pony tail

\_\_\_\_\_ Jewelry

\_\_\_\_\_ Rhinestones that don't comply with NFHS guidelines

\_\_\_\_\_ Glitter on uniforms, on body, or on hair ribbons

\_\_\_\_\_ Athlete stepped off of mat

\_\_\_\_\_ Other:

## 3 Point Deduction(s)

\_\_\_\_\_ Any situation that could endanger the athlete performing

\_\_\_\_\_ Inattentive spotter

\_\_\_\_\_ Illegal Stunt – Rule:

\_\_\_\_\_ Unassisted landing from shoulder height or above

\_\_\_\_\_ Performing a skill outside of the allowed range

\_\_\_\_\_ Other:

## 10 Point Deduction

\_\_\_\_\_ Unsporting behavior by athlete or coach



HMMMMM .....

- A common mistake many coaches (and spectators!) make is not realizing that you are **BUILDING** points for skills not **SUBTRACTING** points for mistakes.
- In order to maximize the points for your team, you need to **build points where you can and minimize the likelihood for mistakes.**



# THINK PROACTIVELY!

- Build the routine to your **STRENGTHS**
- Consider the **DIFFICULTY** of the skills you are attempting
- Consider the **LIKELIHOOD OF SUCCESS** for that skill
- Consider the **DAMAGE** (points-wise) with mistakes in that skill
- Consider the **SAFETY** of the athletes!





# CAPITALIZE ON YOUR STRENGTHS

- Build your routine for **YOUR** athletes strengths
- Showcase **YOUR** teams strengths – don't hide them OR try something they're not confident in / able to do 100% of the time
- Build points where you **can**
- Minimize the likelihood of **mistakes**
- Emphasis on **execution** vs difficulty

# HOW TO CLEAN UP YOUR ROUTINE

- Transitions
  - Just the right **pace** (not too fast, not too slow!)
  - **Clear** pathways
  - Does it make **sense**?
  - **Uniformity** of arms
  - Turning the **same** way to transition / move
- Formations
  - **Practice** just moving from place to place
  - Look at it from different **angles**
  - Ask an outsider if it **makes sense**

# HOW TO CLEAN UP YOUR ROUTINE

- Stunts & Pyramids
  - Groups in isolation – then add one at a time
  - Freeze frame
  - Consider the likelihood of that skill hitting (remove if you cannot do it all the time)
- Motions
  - Line up behind one another
  - Freeze frame
  - Provide specific feedback – don't just say "Let's do it again!"
    - Angles of V's and wrists are IMPORTANT!!!
- Jumps and Tumbling
  - Timing
  - How to start / end each skill (especially if doing them in synch)

# WHAT DO JUDGES LOOK FOR?

- Technical
  - Skills should hit 100% of the time!
  - Skills should look effortless and strong!
  - Minimal movement during stunts.
  - Judges look from start to finish of every skill. (tumbling, jumps, stunts...)
  - Precision, Timing, Synchronization, Technique, Form, Uniformity
- Confidence
  - Is easy to detect:
    - In every skill
    - While transitioning to new formations
    - In ALL athletes
    - In body language



# LET'S DISCUSS!

Spacing  
Smiles  
Spotting  
Leg Placement



Arms  
Legs  
Body Position



Arms  
Legs  
Body Position





Angles  
Wrists  
Smiles  
Spotting





Spacing  
Wrists  
Angles



Wrists  
Thumbs  
Angles  
Spotters





# TOE TOUCH vs SPREAD EAGLE

## ◆ AI Overview

The main difference between a toe touch jump and a spread eagle jump in cheerleading is the position of the knees and laces: [🔗](#)

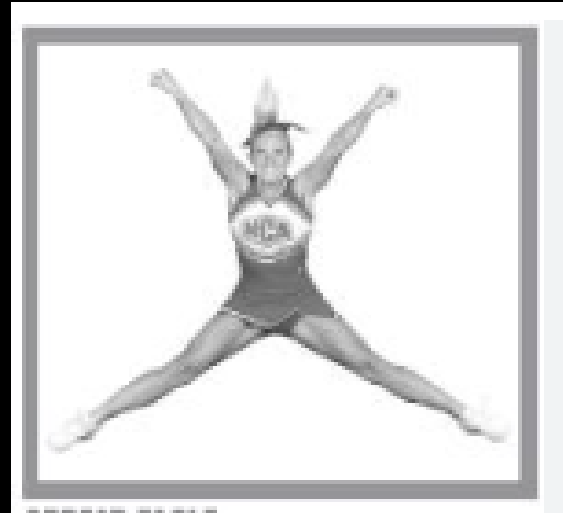
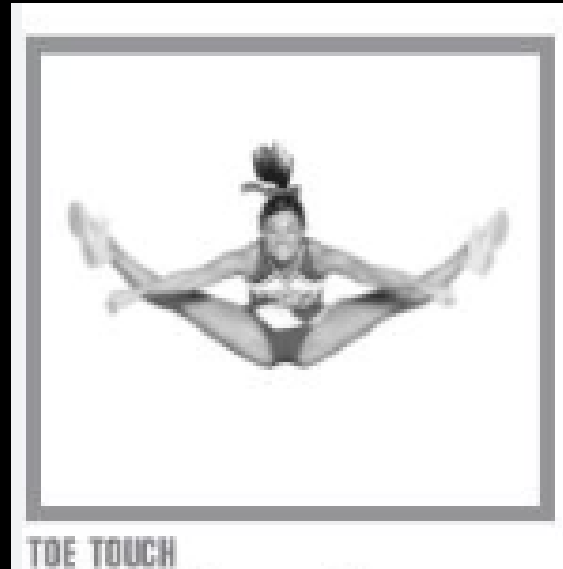
### Toe touch jump

The legs should come up as high as possible in a straddle position, with the hips rotated back. The arms should be in a "T" motion, and should not touch the toes. When the legs are high enough, the arms should go in front of the legs. [🔗](#)

### Spread eagle jump

The knees and laces face forward, and the arms go in a "High V" or a "T" motion. The cheerleader jumps with their legs spread apart, and when done correctly, their body will look like an X. [🔗](#)

The spread eagle jump is a beginner jump that's often used to practice group timing and quickly bringing the legs together when coming down from a jump. [🔗](#)



# WRIST MOTIONS



# APPAREL & ACCESSORIES

- Jewelry of any kind is prohibited except for:
  - Religious medals without a chain (must be taped and worn under the uniform)
  - Medical-alert medicals must be taped and may be visible.
  - Insulin pump must be secured and covered
- Fingernails – must be kept short, near end of fingers.
- Hair must be tied up and off the athletes shoulders.
- Hair ribbon / bow must NOT contain any type of sticker, wood, wire, glitter, plastic or other items (including rhinestones) secured onto it.
- Uniforms should fit. Bike shorts underneath are more than appropriate.

# ROUTINE REQUIREMENTS:

## Routine **MUST**:

- Include 3 different jumps by **MOST** of the team
- Include **4 eight-counts of CONSECUTIVE WHOLE team dance**
- Include **partner stunts** per the rubric
- Include **team tumbling skills** per the rubric
- Include **pyramids** per the rubric

**Basket Tosses and Launches are NOT PERMITTED for any youth / middle school team.**



# IMPORTANT NOTE

- Coaches need to know and understand **ALL** of these:

- NFHS rule book
- MYCCA guideline definitions
- MYCCA guidelines
- MYCCA rubric





# 2024-2025 NFHS SPIRIT RULES INTERPRETATION

Kelly Foster – NFHS Spirit Committee Chair

Shaunda Brown – NFHS Spirit Rules Interpreter



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leader and advocate for high school athletics and performing arts programs.
  - Serves 51 state associations, 19,500 high schools and 12 million student participants.
  - Writes playing rules for 17 high school sports for boys and girls.
  - Offers online education courses for high school coaches, officials, parents, students and others.
  - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



# NFHS RULES COMMITTEE



Dr. James Weaver  
NFHS Staff  
Liaison



Kelly Foster  
Oregon  
Chairperson



Susan Hartnett  
Maine  
Section 1



Kimberly Jones  
Washington D.C.  
Section 2



Penny Mitchell  
Georgia  
Section 3



Susie Knoblauch  
Illinois  
Section 4



Toni Hill  
Missouri  
Section 5



Jenn Roberts-Uhlig  
Colorado  
Section 6



Emily Stephens  
Arizona  
Section 7



Sandi Wagner  
Alaska  
Section 8



Shaunda Brown  
NFHS Officials  
Association

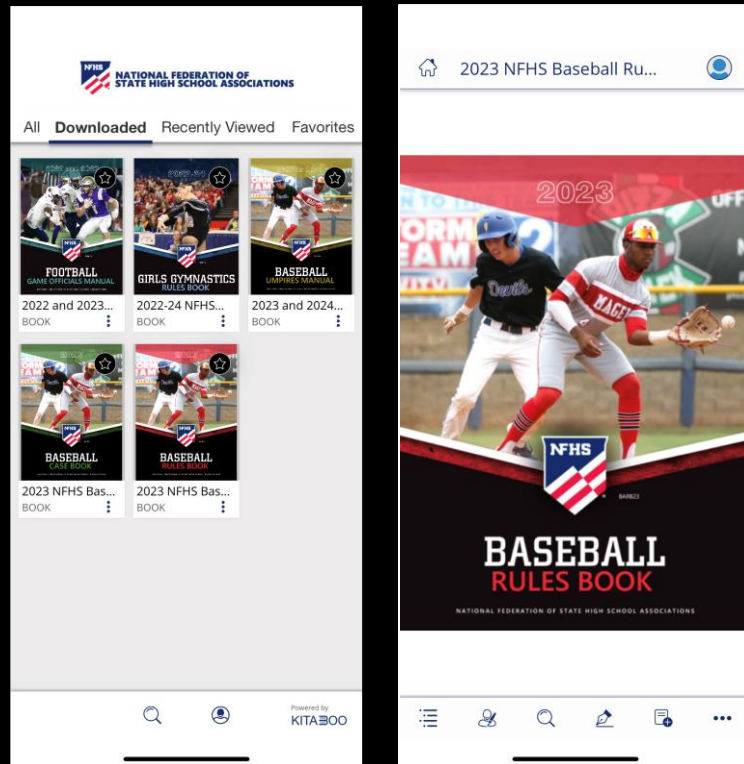


Jim Lord  
US Cheer  
Representative



Denée Easy  
California  
At-Large Member

# NEW NFHS AllAccess – MOBILE APP



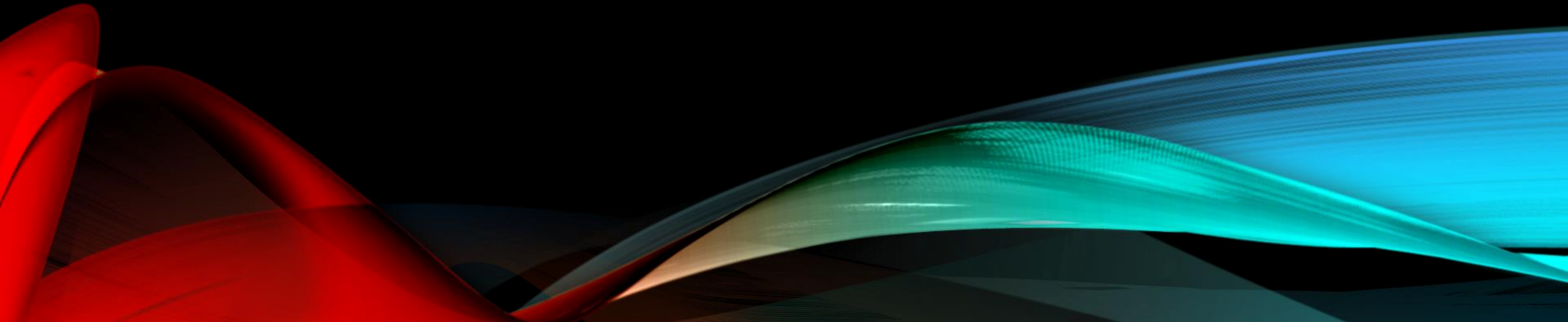
## Access Via Website or Mobile App:

- View available publications for sale
- View publications assigned to you
- Download books for offline viewing
- Read publications as an e-book
  - Book features include:
    - Table of contents
    - Highlighting text
    - Creating 'sticky notes' on pages
    - Searching for terms
    - Mark-up pen feature
    - Viewing highlights and notes on data page
- Available on App Store and Google Play





# 2024 - 2025 NFHS RULE CHANGES



# RULE 1 – DEFINITIONS

- **Rule 1: Jewelry** – Any personal adornment worn on the body

**Rationale:** A definition for jewelry is needed as the line between adornments allowed and not allowed.

# 3-2-10

## STUNTING PERSONNEL

- Allows a top person in a T-lift to moved over a participant in a nugget

**Legal**



**Illegal**



**Rationale:** This skill is allowed in dance and has a basic skill progression which should be allowed in cheer.



# 3-3-5 C&D

# INVERSIONS

- Clarified requirements of when a bracer may release the top person or move to a load position during flip inversion

**Legal**



**Rationale:** This change allows the bracers in a braced flip to descend into a load as the braced flip is coming down. They are not needed for stability at that time. We allow the top in a braced flip to release from the bracers when descending. It still requires them to be in the preps at the beginning of the flip.

# 3-3-6 C 3

# INVERSIONS

- Allows an inverted top person to be moved to the performing surface

Legal



Legal



**Rationale:** This rule was initially written to prohibit a prep from back arching to the ground in a handstand, called a "waterfall". This change would still prohibit that skill while allowing other skills like inversions to lower to the performing surface. These do not have the downward speed that is the concern coming from the prep and back arching.

## 3-5-5

## RELEASE STUNTS

- Separated and clarified braced and non-braced releases
- 3-5-5 only refers to Braced Releases
- 3-5-6 refers only to Non-Braced Releases

**Rationale:** This change separates out releases in a pyramid (braced) and standalone releases (non-braced) to make it easier to find for coaches and officials instead of standalone releases being hidden as an exception in 3.5.5.c.3.

## 3-7-2

## DISMOUNTS

- Clarified requirements of a spotter on dismounts to the performing surface from prep level or above

**ART. 2...** Dismounts to the performing surface from prep level or above are permitted provided the following conditions are met:

- ~~a. A There is assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person.~~
- ~~b. If the dismount involves a skill (e.g., toe touch, twist, etc.) two bases or a base and a spotter is required, and the assistance must be sufficient to slow the momentum of the top person.~~

**Rationale:** Cleans up the role of a base or spotter for them to not get in the way of the other while slowing the momentum of the top person.

# 2024 - 2025 POINTS OF EMPHASIS





# SPORTSMANSHIP

Spirit participants should strive to boost school spirit; promote good sportsmanship; develop good, positive crowd involvement; and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program. Spirit leaders can effectively neutralize negative environments at any interscholastic contests.



# COACHES PROFESSIONAL DEVELOPMENT

As a sport professional, it is crucial to continue expanding one's knowledge and skills to provide a safe and healthy program for the participants. The NFHS offers a wide variety of professional development courses that enable all coaches to address safety, mental health, injury prevention, and to continue development of coaching skills. These can be found at [www.NFHSlearn.com](http://www.NFHSlearn.com)

# COPYRIGHT COMPLIANCE

Spirit coaches and schools should be conscientious and follow all U.S. Copyright Laws when incorporating music into your spirit programs. There are many companies that will assist in securing copyright compliance. Coaches should exercise due diligence to protect programs against costly fines and potential lawsuits when using copyrighted music. Be sure to take the NFHS Learn Course for Copyright Compliance for Cheer and Dance coaches at [www.nfhslearn.com/copyright](http://www.nfhslearn.com/copyright)



# PERFORMING SURFACES

Performing surfaces and areas must be suitable for spirit activities. When utilizing mats during **practices and games**, consideration should be given to the total area necessary for the performance. Extra attention should be given to the difference in the performing surfaces if transitioning on and off the mat.



# RISK MINIMIZATION

Jewelry and appropriate footwear continue to be areas of concern in both cheer and dance. As a reminder, jewelry is illegal during all spirit team activities including **practices, performances, competitions, and games**. Dancers and cheerleaders must wear footwear that is appropriate for the activity as specified in the NFHS Spirit Rules Book.

# IMPORTANT NOTE

- Coaches need to know and understand **ALL** of these:

1. NFHS rule book
2. MYCCA guideline definitions
3. MYCCA guidelines
4. MYCCA rubric





# MYCCA GUIDELINE DEFINITIONS

	Dismounts	Spotter Requirements	Tumbling	Jumps
Basic	hand to hand, shrug, shove wrap, pencil down	Required on all stunts; spotters must have physical contact at all times.	rolls, cartwheels	pencil, tuck, spread eagle No connections
Intermediate	cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	roundoff, back walkover, standing back hand spring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike No connections
Advanced	twist, pancake	N/A	running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
Elite	N/A	N/A	standing back tuck, running back tuck or better	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 3 jumps

Focus is on  
grade AND skill  
execution

Remember to  
follow the  
chart!

# IMPORTANT NOTE

- Coaches need to know and understand **ALL** of these:
  1. NFHS rule book
  2. MYCCA guideline definitions
  3. **MYCCA guidelines**
  4. MYCCA rubric



# Guidelines

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
<b>Rising Stars - Div 2</b> Pre-K, K, 1st, 2nd (3rd) Participation Award	One foot must remain on <b>ground</b> at all times	N/A	No	No	No	No	No	Basic	Basic	Basic
<b>Rising Stars - Div 1</b> Pre-K, K, 1st, 2nd (3rd) Participation Award	Thigh stand variations (1 foot must remain at <b>thigh level or lower</b> at all times)	Basic	No	No	No	No	No	Basic	Basic + Round-offs	Basic

## Rising Stars

	Dismounts	Spotter Requirements	Tumbling	Jumps
<b>Basic</b>	hand to hand, shrug, shove wrap, pencil down	Required on all stunts; spotters must have physical contact at all times.	rolls, cartwheels	pencil, tuck, spread eagle No connections

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Req's	Tumbling Allowed	Jumps Allowed
<b>Shooting Stars - Div 2</b> 2nd, 3rd, 4th (5th) Participation Award	Prep level stunts allowed. (Both feet must remain at <b>prep level or lower</b> at all times)	Basic	Yes	Yes	Yes	Yes - waist height or below	No	Intermediate	Basic & Intermediate	Basic & Intermediate
<b>Shooting Stars - Div 1</b> 2nd, 3rd, 4th (5th) Participation Award	Prep level stunts (including one legged stunts) allowed. ( <b>1 foot must remain at prep level or lower</b> at all times)	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic & Intermediate

## Shooting Stars

	Dismounts	Spotter Requirements	Tumbling	Jumps
<b>Basic</b>	hand to hand, shrug, shove wrap, pencil down		rolls, cartwheels	pencil, tuck, spread eagle No connections
<b>Intermediate</b>	cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	roundoff, back walkover, standing back hand spring	Front Hurdler / Side Hurdler / Toe Touch / Double Nine / Pike No connections
<b>Advanced</b>			running or connected back handspring	

Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
<b>Shining Stars - Div 2</b> 4th, 5th, 6th, (7th) <i>Awards top team(s)</i>	Prep level stunts (including one legged stunts) allowed. <b>(1 foot must remain at prep level or lower at all times)</b>	Basic & Intermediate	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic, Intermediate, & Advanced
<b>Shining Stars - Div 1</b> 4th, 5th, 6th, (7th) <i>Awards top team(s)</i>	Basic 2-legged <b>extension level</b> stunts, <b>Braced (Arm/Hand ) one-legged extension stunts</b> OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, & Advanced

## Shining Stars

	Dismounts	Spotter Requirements	Tumbling	Jumps
<b>Basic</b>	hand to hand, shrug, shove wrap, pencil down		rolls, cartwheels	pencil, tuck, spread eagle No connections
<b>Intermediate</b>	cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	roundoff, back walkover, standing back hand spring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike No connections
<b>Advanced</b>	twist, pancake		running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
<b>Elite</b>			standing back tuck, running back tuck or better	



Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Reqs	Tumbling Allowed	Jumps Allowed
<b>Super Stars - Div 2</b> 6th, 7th, 8th <i>Awards top team(s)</i>	Basic 2-legged <b>extension level</b> stunts, <b>Braced (Arm/Hand ) one-legged extension stunts</b> OR below	Basic, Intermediate & Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, Advanced & Elite
<b>Super Stars - Div 1</b> 6th, 7th, 8th <i>Awards top team(s)</i>	Advanced stunts at <b>extension level OR below</b>	Basic, Intermediate Advanced	Yes	Yes	Yes	Yes	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, Advanced & Elite

## Super Stars (Middle School)

	Dismounts	Spotter Requirements	Tumbling	Jumps
<b>Basic</b>	hand to hand, shrug, shove wrap, pencil down		rolls, cartwheels	pencil, tuck, spread eagle No connections
<b>Intermediate</b>	cradle	Required on all stunts except for thigh stands, shoulder sits, prep level V-sits, T-lifts, triple base Swedish Fall and triple based suspended splits	roundoff, back walkover, standing back hand spring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike No connections
<b>Advanced</b>	twist, pancake		running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
<b>Elite</b>			standing back tuck, running back tuck or better	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 3 jumps



# NORTHERN STARS

MYCCA does not recognize  
Northern Star teams

# IMPORTANT NOTE

- Coaches need to know and understand **ALL** of these:

1. NFHS rule book
2. MYCCA guideline definitions
3. MYCCA guidelines
4. **MYCCA rubric**





# READ THE RUBRIC!

(AND the guidelines AND the NFHS rule book, **PLEASE!!**)

# OFFICIAL ONE – TUMBLING

- Tumbling difficulty is separated into **standing and running**
  - 10 points for difficulty (combined) AND 5 points for execution
- **Comparative Scoring vs Rubric Based**
  - Score will change from competition to competition
- Score is determined based upon a **sliding scale**
  - Based upon progression, number of participants and synchronization
    - NOTE: Officials are NOT focusing on the % of tumblers on the team. They're looking at the skill and # of participants that are actually doing the skill. Size of team related to tumbling does NOT matter – do NOT reduce your team size to try and better your score!
  - NOTE: athletes doing the same skill at the same time (synched) is more difficult than rippling off
- Tumbling into a jump is found on the tumbling rubric NOT part of the jump score anymore!

Showcase  
what you  
have – don't  
bury it or keep  
repeating it!



## STANDING TUMBLING – DIFFICULTY

0 - 5.0

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

## RUNNING TUMBLING – DIFFICULTY

0 - 5.0

<ul style="list-style-type: none"> <li>- Running Cartwheels (2 or more steps)</li> <li>- Roundoffs</li> <li>- Walkovers into Cartwheels or Roundoffs</li> <li>- Aerials</li> </ul>	<ul style="list-style-type: none"> <li>- Cartwheels into Back Handsprings</li> <li>- Roundoffs into Back Handsprings</li> <li>- Roundoffs into Back Handspring Series</li> <li>- Front Walkovers into Roundoff Back Handspring Series</li> </ul>	<ul style="list-style-type: none"> <li>- Roundoffs into Back Tucks</li> <li>- Front Walkovers into Roundoff to Back Tucks</li> <li>- Punch Fronts</li> <li>- Roundoffs into Back Handspring to Back Tucks</li> <li>- Roundoffs into Layouts</li> <li>- Roundoffs into X-Outs</li> </ul>	<ul style="list-style-type: none"> <li>- Roundoffs into Back Handspring Series into Layouts</li> <li>- Punch Fronts into Back Handspring Series or Back Tucks</li> <li>- Roundoffs into Fulls</li> <li>- Roundoffs into Back Handspring to Fulls</li> <li>- Punch Fronts to Step Out into Fulls</li> <li>- Roundoffs into Whip to Back Handspring to Fulls</li> <li>- Other Specialty Passes</li> </ul>
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**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

**NOTE:** Rising Div. 1, Rising Div. 2 and Shooting Div.2 are not allowed to do running tumbling and will receive a zero on their scoresheet.

TUMBLING – EXECUTION		
0 - 1.9	2.0 - 3.9	4.0 - 5.0
<b>Most demonstrate below average:</b>	<b>Majority demonstrate average:</b>	<b>Most demonstrate above average:</b>
<ul style="list-style-type: none"> <li>- Approach (body position into a skill or pass)</li> <li>- Landings (control, legs and feet together, finished skill or pass)</li> <li>- Body Control (head, chest, arms, leg placement, toes pointed)               <ul style="list-style-type: none"> <li>- Synchronization (timing of group skills or passes)</li> </ul> </li> <li>- Speed (control, consistent throughout skill or pass, flow from skill to skill)</li> </ul>		
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

# OFFICIAL ONE

JUMPS - DIFFICULTY			
2	3	4	5
Basic	Intermediate	Advanced	Elite
Pencil Tuck Spread Eagle	Front Hurdler Side Hurdler Toe Touch Double Nine Pike	Front Hurdler Side Hurdler Toe Touch Double Nine Pike	Front Hurdler Side Hurdler Toe Touch Double Nine Pike
No connected jumps	No connected jumps	May connect 2 jumps	May connect 3 jumps

## Important Notes:

- Difficulty score is determined by the level your division allows – worth 5 points
- Execution score is HOW you do the jumps you're allowed to do – worth 10 points
  - **EXECUTION IS MORE IMPORTANT!!!!**
  - Work on this – at practice / at home / every day!
- 3 different jumps required by **MOST** of the team

JUMPS – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
<b>Most demonstrate below average:</b>	<b>Less than majority demonstrate average:</b>	<b>Majority demonstrate average:</b>	<b>Most demonstrate average:</b>	<b>Most demonstrate above average:</b>
- Proper Body Position (chest, legs and arms placement) - Height / Flexibility Level - Pointed Toes - Landing Feet Together - Synchronization / Timing - Proper Approach (timing, accuracy, synchronization)				
Three different jumps required by most of the team Most = 75% of team				

## Official One

### Jump Example Team A:

- Team of 13 (Most = 10)
- Coach has 3 athletes nugget in back of mat
- 10 are set to jump but one athlete is late to position and misses their jump
  - Only 9 actually complete all 3 connected jumps
- Team does not hit majority and is given a 0.

Know this  
table!  
Numbers do  
NOT round  
down!

### Jump Example Team B:

- Team of 13 (Most = 10)
- Coach has all athletes jumping
- One athlete is late to position and misses their jump
- Team hits majority and is given an execution score
  - Even if the score is slightly lower as not all are better than average jumpers, Team B will still out score team A

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

TRANSITIONS AND FLOW		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
<ul style="list-style-type: none"><li>- Major issues during transitions (bumping, excessive travel)</li><li>- Minimal incorporation of skills during transitions</li><li>- Choppy, lacks cohesion, excessive down time</li><li>- Slow pace of routine</li></ul>	<ul style="list-style-type: none"><li>- Some issues during transitions (bumping, excessive travel)</li><li>- Average incorporation of skills during transitions</li><li>- Average coordination among all elements of the routine</li><li>- Average pace of routine</li></ul>	<ul style="list-style-type: none"><li>- Clean transitions</li><li>- Excellent incorporation of skills during transitions</li><li>- Uncluttered changes between segments</li><li>- Strong coordination among all elements of the routine</li><li>- Fast pace of routine</li></ul>



# OFFICIAL TWO – MOTIONS & DANCE

- Motions are **worth 15 points** (no difficulty) and broken down into:
  - Cheer Motion Execution
  - Jump Motion Execution
  - Stunts / Pyramid Motion Execution
- Dance is **worth 15 points** (no difficulty) and broken down into:
  - Dance Motion Execution
  - Dance Floorwork / Levels
  - Dance Footwork / Pace
- Teams **MUST** do 4 **CONSECUTIVE** 8-counts of **FULL** team dance
  - IF it may be scored anywhere else on the rubric, it must not be done during the dance (or you'll get a zero!).

MOTIONS: CHEER EXECUTION			MOTIONS: JUMP EXECUTION			MOTIONS: STUNTS / PYRAMID EXECUTION		
0 - 1.9	2.0 – 3.9	4.0 – 5.0	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:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:
<ul style="list-style-type: none"> <li>- Pace / Sharp Precision</li> <li>- Synchronization / Timing</li> <li>- Arm Placement / Angles</li> <li>- Variety in Motions</li> <li>- Wrist Placement / Fists</li> <li>- Uniform in Placement</li> </ul>			<ul style="list-style-type: none"> <li>- Pace / Sharp Precision</li> <li>- Synchronization / Timing</li> <li>- Arm Placement / Angles</li> <li>- Variety in Motions</li> <li>- Wrist Placement / Fists</li> <li>- Uniform in Placement</li> </ul>			<ul style="list-style-type: none"> <li>- Pace / Sharp Precision</li> <li>- Synchronization / Timing</li> <li>- Arm Placement / Angles</li> <li>- Variety in Motions</li> <li>- Wrist Placement / Fists</li> <li>- Uniform in Placement</li> </ul>		

DANCE EXECUTION CHEER MOTIONS			DANCE EXECUTION FLOORWORK / LEVELS			DANCE EXECUTION FOOTWORK / PACING		
0 - 1.9	2.0 – 3.9	4.0 – 5.0	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:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:
<ul style="list-style-type: none"> <li>- Complexity and Execution of Movements</li> <li>- Synchronization in Overall Choreography</li> <li>- Uniform Placement/Angles of Limbs/Body                             <ul style="list-style-type: none"> <li>- Sharp Precision</li> </ul> </li> <li>- Full Extension of Motions</li> <li>- Variety in Motions</li> <li>- Confidence and ability to connect with audience</li> <li>- Projection, expression, energy, entertainment value</li> </ul>			<ul style="list-style-type: none"> <li>- Spacing - Consistent and even positioning throughout</li> <li>- Transitions - Seamless, quick and creative</li> <li>- Formation Changes - Varied formation changes</li> <li>- Use of floor - Level/group work, visual appeal, use of space</li> </ul>			<ul style="list-style-type: none"> <li>- Incorporation and Movement of Footwork - Both feet, one foot or stationary feet are used throughout performance</li> <li>- In Step with Music, Overall Timing and Knowledge of Choreography                             <ul style="list-style-type: none"> <li>- Pace of Dance</li> </ul> </li> <li>- Basic Rhythm and Musicality                             <ul style="list-style-type: none"> <li>- Cleanliness</li> </ul> </li> </ul>		

Four consecutive 8-counts of full team dance required – **IF teams do not do this, they will receive a zero in Dance Execution Floorwork / Levels.**  
 Anything done during the four consecutive 8-counts that could be scored somewhere else on the rubric will result in a zero in dance. Teams must dance (simply holding for an 8-count is not considered dance).

FORMATIONS AND SPACING		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
<ul style="list-style-type: none"><li>- Unclear formations</li><li>- Little variety</li><li>- Spacing off throughout routine</li></ul>	<ul style="list-style-type: none"><li>- Formations demonstrate alignment, symmetry and good use of floor</li><li>- Some variety</li><li>- Minor problems in spacing</li></ul>	<ul style="list-style-type: none"><li>- Clear, visually effective formations</li><li>- Lots of variety</li><li>- Minimal or no spacing errors</li></ul>

# OFFICIAL TWO – STUNTS & PYRAMIDS

- Stunts & Pyramids are broken down into categories – non release, release & twisting or rolls/flips
- Teams must HIT a minimum of 3 different stunt skills by the majority of groups to score in a range
  - IF you do skills within a certain range but do NOT utilize a majority of the team, your score will drop down
- IF less than 3 different skills are hit, the score will be lowered
- Difficulty is worth 5 points
- Execution is worth 10 points. **FOCUS ON THIS!!!**

# OFFICIAL THREE

PARTNER STUNT and PYRAMID – DIFFICULTY				
0 – 1.4 Basic	1.5 – 2.4 Novice	2.5 – 3.4 Intermediate	3.5 – 4.4 Advanced	4.5 – 5 Elite
Non-Release Skills				
<ul style="list-style-type: none"> <li>- Floor Skill (no base)</li> <li>- Nugget / Knee Stand</li> <li>- Back stand</li> <li>- Kneeling Thigh Stand</li> <li>- T-Lift</li> <li>- Thigh Stand</li> <li>- L Stand</li> <li>- Thigh to Body Position</li> <li>- Thigh Prep Hitch</li> <li>- Waist Level Mini Prep</li> </ul>	<ul style="list-style-type: none"> <li>- Shoulder Sit</li> <li>- Flat Back</li> <li>- Straddle Sit at Prep Level</li> <li>- Prep</li> <li>- Prep Level Hitch</li> <li>- Shoulder Stand</li> <li>- Straddle Sit Extended</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Leg Prep</li> <li>- 1 Leg Prep Body Position</li> <li>- Prep Power Press to Extension</li> <li>- Extension</li> </ul>	<ul style="list-style-type: none"> <li>- Straight Up to Post / Lib</li> <li>- Straight Up pull Body Position</li> <li>- Straight Up to Body Position</li> <li>- Lib Power Press</li> <li>- Body Position Power Press</li> </ul>	<ul style="list-style-type: none"> <li>- Single Base – Prep Level</li> <li>- Single Base – 1 Leg Prep</li> <li>- Single Base Extension</li> <li>- Single Base Lib</li> <li>- Single Base Body Position</li> </ul>
Release Skills				
<ul style="list-style-type: none"> <li>- Below Prep level release to below Prep level stunt (Floor / Nugget)</li> <li>- Switch Up at Floor / Nugget</li> <li>- Tick Tock at Floor / Nugget</li> </ul>	<ul style="list-style-type: none"> <li>- Below Prep level release to below Prep level stunt (Thigh / Waist)</li> <li>- Switch Up at Thigh / Waist</li> <li>- Tick Tock at Thigh / Waist</li> <li>- High to Low Prep / Waist</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Leg Prep Tick Tock</li> <li>- Switch Up to 1 Leg Prep</li> </ul>	<ul style="list-style-type: none"> <li>- ½ Twisting Switch Up to 1 Leg Prep</li> </ul>	<ul style="list-style-type: none"> <li>- Full Twisting Switch Up to 1 Leg Prep</li> <li>- Switch Up to Body Position</li> <li>- Low to High Lib / Body Position</li> <li>- High to High</li> </ul>
Twisting Skills				
<ul style="list-style-type: none"> <li>- ½ Up to Thigh Stand</li> <li>- ½ Up to Waist</li> <li>- ½ Roll Log Roll</li> </ul>	<ul style="list-style-type: none"> <li>- ¼ Up to Prep</li> <li>- Full Roll Log Roll</li> <li>- ½ Up to Prep</li> <li>- Rewind to Load</li> <li>- ½ Up to 1 Leg Prep</li> </ul>	<ul style="list-style-type: none"> <li>- ¼ Up to Extension</li> <li>- ½ Up to Extension</li> <li>- Full Up to Prep</li> <li>- Full Up to 1 Leg Prep</li> </ul>	<ul style="list-style-type: none"> <li>- ½ Up to Lib</li> <li>- ½ Up to Body Position</li> </ul>	<ul style="list-style-type: none"> <li>- Full Up to Extension</li> <li>- Full Up to Lib/Body Position</li> </ul>
Inversion /Braced Rolls and Flip Skills				
<ul style="list-style-type: none"> <li>- Non-Release from Waist (or below) to Below Waist</li> <li>- Non-Release from Below Waist to Waist</li> </ul>	<ul style="list-style-type: none"> <li>- Non-Release from Below Prep to Prep Level</li> <li>- Release from Below Prep to Below Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>- Non-Release from Prep Level to Below Prep Level</li> <li>- Release from Prep to Below Prep</li> <li>- Non-Release from Prep-to-Prep Level</li> <li>- Release from Below Prep to Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>- Non-Release from Prep to Extension</li> <li>- Non-Release from Prep to Extended 1-legged</li> <li>- Release from Prep to Below Prep with ½ turn</li> <li>- Release from Prep-to-Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>- Non-Release from Below Prep to Extended</li> <li>- Non-Release from Below Prep to 1-Legged Extension</li> <li>- Release from Prep to Extended</li> <li>- Release from Below Prep to Extended</li> </ul>



The above list is not all-inclusive.

Teams do not need to demonstrate skills in multiple categories (Non-Release, Release, Twisting and Inversion/Braced Rolls/Flips).

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

**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.

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

## **PARTNER STUNTS:**

**Rising / Shooting:** Teams need to complete 2 different stunt skills by majority of groups to score in a particular range. Performing the same skills OR less than 2 skills will lower the range.

**Shining / Super:** Teams need to complete 3 different stunt skills by majority of groups to score in a particular range. Performing the same skills OR less than 3 skills will lower the range.

When scoring **stunt** 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).

## **PYRAMIDS:**

Teams **need to complete 3 different** pyramid skills using most of the team to score in a particular range. **Performing the same skills OR less than 3 skills will lower the range.**

**Pyramid will only be counted when** the top person connects with another top person during the **skill**.

**When scoring pyramid difficulty within a range, judges will take into account the following factors:** **number of bracers**, 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).

**Teams do not need to demonstrate skills in multiple categories (Non-Release, Release, Twisting and Inversion/Braced Rolls/Flips).**

**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.

**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.

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

PARTNER STUNT – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
<b>Most demonstrate below average:</b>	<b>Less than majority demonstrate average:</b>	<b>Majority demonstrate average:</b>	<b>Most demonstrate average:</b>	<b>Most demonstrate above average:</b>
- 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

# IMPORTANT NOTE – PYRAMID AND STUNT SCORES:

- Officials scribe all skills completed
- Officials then determine which range each skill lands in (ex: Basic, Advanced, Elite, etc.)
- Officials take the 3 hardest skills and determine the range
  - **Reminder: you must have 3 different skills in a particular range to score in that range**
  - Note: On the scoresheet, the officials will write the ranges of the 3 hardest skills
    - These **ARE** written from easiest to hardest.
    - These are **NOT** written in order of performance.
    - These are **NOT** the first three skills performed

Example:

Team A does:

- Single base prep level (**ELITE**)
- Thigh stand (BASIC)
- Straight up post (extended level) (**ADVANCED**)
- Half up to liberty (extended level) (**ADVANCED**)
- Tik tok at nugget level(BASIC)
  - **Official will write A A E and score them in the ADVANCED range**

# COMPETITIONS

Middle School & Youth Comps		
1.11.25	Brewer MS	Brewer
1.18.25	Lewiston MS	Augusta
1.23.25	Winslow JV & MS	Winslow
1.24.25	Bucksport MS	Bucksport
1.26.25	MYCCA - Showcase	Lisbon
1.30.25	Dexter MS	Dexter MS
2.5.25	Busline MS	Medomak Valley MS
2.15.25	Cheers from the Heart	TBD
2.15.25	Cheers from the Heart	Oxford Hills
2.22.25	MYCCA - Firehouse	Mt Ararat
3.1.25	MYCCA - GNG	GNG
3.1.25	MYCCA - Western Mountain	Rumford
3.8.25	MYCCA - Oxford Hills	Oxford Hills
3.8.25	MYCCA - Elite	Biddeford
3.15.25	MYCCA - Poland	Poland
3.15.25	MYCCA - So Portland	So Portland
3.22.25	MYCCA - Turner	Leavitt
3.22.25	MYCCA - Fairfield PAL	Fairfield
3.22.25	MYCCA - Bath MS	Bath
3.29.25	MYCCA - Maine Cheer Classic	Scarborough





QUESTIONS?

THANK YOU!