



# 2026 MYCCA Coaches training

NOVEMBER 2, 2025

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SUSAN HARTNETT

# STOP!



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# Susan Hartnett

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, Client Readiness at UnitedHealth Group

Nickname = Susie Switzerland



# Reminder: No contact with Any Official!

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**Direct all 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

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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 Copywrite 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.)

**P1** correct the rule

Paul, 10/6/2025

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

# MYCCA Competition Reminders:

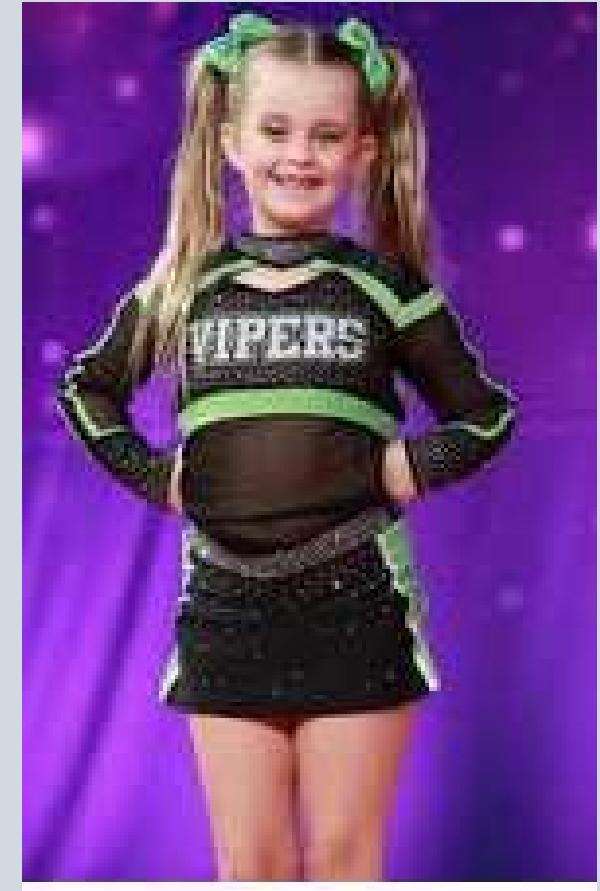
- ❖ Uniforms may **NOT** have sheer see-through material in the bodice. NFHS rule 3.1.4.
- ❖ Hair must be tied up and off shoulders / out of eyes of the athletes (male and female)
- ❖ Coaches are not allowed to spot tumbling at competitions
- ❖ All officials calls are **FINAL** and not up for discussion.

# 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

## NEW this year!

- ❖ Rhinestones may be on uniforms. Must be manufactured, cannot be later glued on.
  - **NEW:** Previously, uniform was restricted to top / skirt.



# NEW this year!

- ❖ Coaches may **NO** longer stand behind officials
  - Coaches must remain in the designated coaches area at the corner of the mat
  - Two (2) coaches only
  - Will result in a flagrant rule violation – see deduction sheet





**NOTE:** Officials names  
will not be included on  
the scoresheet. ☹

Category	MAX	SCORE
<b>Official 1</b>		
Standing Tumbling – Difficulty	5	
Running Tumbling – Difficulty	5	
Tumbling – Execution / Synch.	5	
Jumps – Difficulty	5	
Jumps – Execution / Synch.	10	
Transitions / Flow	5	
<b>TOTAL</b>	<b>35</b>	
<b>Official 2</b>		
Motions – Cheer Execution	5	
Motions – Jump Execution	5	
Motions – Stunt / Pyramid Execution	5	
Dance – Motions Execution	5	
Dance – Levels / Spacing/ Transitions	5	
Dance – Footwork / Pacing Execution	5	
Formations & Spacing	5	
<b>TOTAL</b>	<b>35</b>	
<b>Official 3</b>		
Partner Stunt Difficulty	5	
Partner Stunt Execution	10	
Pyramid Difficulty	5	
Pyramid Execution	10	
Showmanship / Performance Appeal	5	
<b>TOTAL</b>	<b>35</b>	
<b>GRAND TOTAL</b>	<b>105</b>	

Don't leave these points on the floor!

Category	Point Value
Motions Cheer – Execution	5
Motions Jump – Execution	5
Motions Stunt – Execution	5
Dance Motions – Execution	5
Dance Levels / Spacing / Transition – Execution	5
Dance Footwork / Pacing – Execution	5
Showmanship / Performance Appeal	5
Transitions & Flow	5
Formations & Spacing	5
Jumps – Execution / Synchronization	10
<b>TOTAL</b>	<b>55</b>

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

# Deductions

<p><b>.25 Point Deduction(s)</b></p> <p><input type="checkbox"/> Minor tumbling errors</p>
<p><b>1 Point Deduction(s)</b></p> <p><input type="checkbox"/> Athlete stepped off of mat</p> <p><input type="checkbox"/> Inattentive spotter (stunts below thigh level)</p> <p><input type="checkbox"/> No spotter on stunt when required in division</p> <p><input type="checkbox"/> Other:</p>
<p><b>3 Point Deduction(s)</b></p> <p><input type="checkbox"/> Any situation that could endanger the athlete performing</p> <p><input type="checkbox"/> Performing a skill outside of division</p> <p><input type="checkbox"/> NFHS Rule Violation:</p> <p><input type="checkbox"/> Athlete unsporting behavior (moved to 3 pts as this is an NFHS rule)</p> <p><input type="checkbox"/> Inattentive or missing spotter (stunts that require spotters per NFHS)</p> <p><input type="checkbox"/> Other:</p>
<p><b>10 Point Deduction</b></p> <p><input type="checkbox"/> Unsporting behavior by coach</p>
<p><b>Final Deduction TOTAL =</b></p>

# 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 secured onto it.
- ❖ Uniforms should **fit**. Bike shorts underneath are more than appropriate.

# USA Cheer Urges Thoughtful, Body-Positive Uniform Guidelines

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- ❖ USC body image study found **68%** of cheer athletes reported feeling self-conscious in their uniforms; **74%** said uniform standards negatively affected their body image. **52%** reported anxiety linked to body image and **30%** feared judgment based on uniform appearance.
- ❖ USA Cheer recommends shorts under skirts and skirts should be longer than the shorts underneath. They also recommend less form-fitting tops to foster greater **confidence** among athletes.
- ❖ USA Cheer recommends a **social media policy** to guide the posting of athlete images. Photos featuring revealing uniforms or athletic poses should be reviewed by the coaching staff and the athletes before being publicly shared.
  - ❖ **Athletes / parents** should have the right to give or withhold consent for their images to be posted
  - ❖ Organizations should strive to represent cheerleading **positively and professionally** by focusing on images that highlight athleticism, teamwork, and skill, rather than unnecessarily revealing content.

# USA Cheer Urges Thoughtful, Body-Positive Uniform Guidelines cont.

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- ❖ Coaches should use **body-neutral language**, avoiding discussions focused on weight, appearance or body shape
  - ❖ Praise should center on **skill development, teamwork** and effort rather than physical attributes.
  - ❖ Research shows athletes thrive when **praise focuses on ability** rather than body image.
- ❖ Coaches should **encourage open dialogue between athletes, families and coaches** around uniform concerns.
  - ❖ **Parents play a key role** in promoting confidence and helping athletes navigate body image in sport

# 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

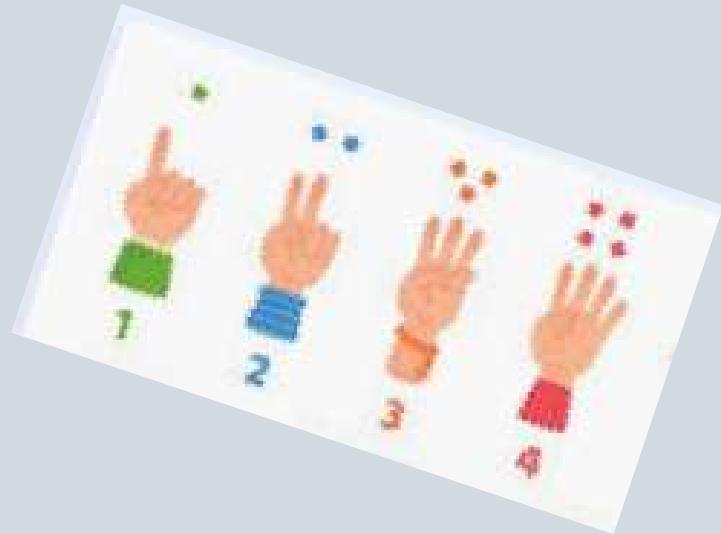
**Basket Tosses and Launches are NOT PERMITTED for any  
youth / middle school team.**

# Important note

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

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



# 2024-2025 NFHS Spirit Rules Interpretation

KELLY FOSTER – NFHS SPIRIT COMMITTEE CHAIR

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SHAUNDA BROWN – NFHS SPIRIT RULES  
INTERPRETER

# NFHS Rules Committee



Dr. James Weaver  
NFHS Staff  
Liaison



Kelly Foster  
Oregon  
Chairperson



Susan Hartnett  
Maine  
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Jenn Roberts-Uhlig  
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Emily Stephens  
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Sandi Wagner  
Alaska  
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Shaunda Brown  
NFHS Officials  
Association

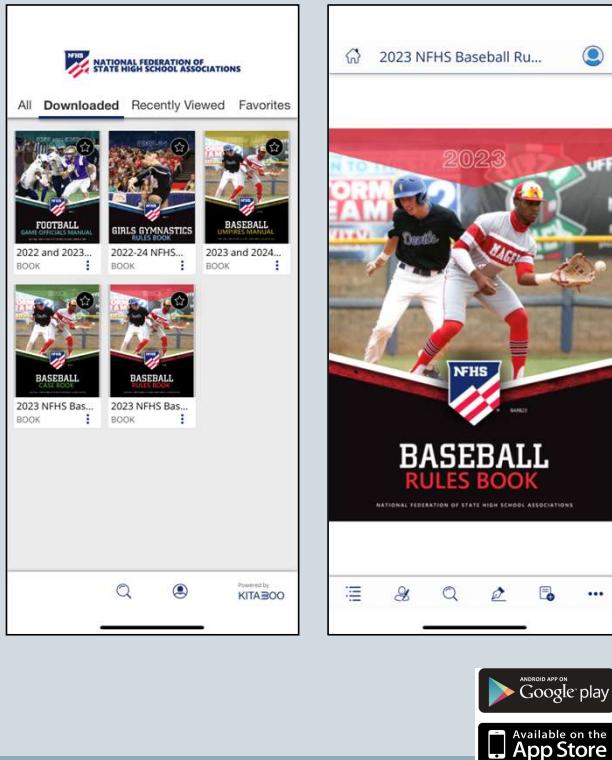


Jim Lord  
US Cheer  
Representative



Denee Easy  
California  
At-Large Member

# NEW - NFHS AllAccess – Mobile App



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  - Table of contents
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  - Viewing highlights and notes on data page

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# 2025 - 2026 NFHS Rule Changes



# Rulebook Redesign Highlights

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Rulebook restructured:

- Rule 1: General Risk Minimization
- Rule 2: Cheer
- Rule 3: Dance

Definitions incorporated into applicable rules

Dance section fully rewritten to reflect dance-specific language and feedback

# New Definitions

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Nugget: A tucked position, bent at the hips and knees with the torso and head drawn toward the knees.

## Definitions

Nugget: A tucked position, bent at the hips and knees with the torso and head drawn toward the knees.



7:01 / 17:15

⚙️ 🎞️



Legal



Illegal



Legal



Illegal

What is  
a legal  
nugget?



Legal



Illegal



Legal



Illegal

2(3)-2-5

## Stunting Personnel

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New note when a spotter is required

NOTE: In general, a spotter should be in a position to have the quickest or cleanest path to protect an executing top person (dancer) from falling off the back of a skill.

# Proper Position for Spotters



Illegal



Illegal



Illegal



Legal

2-2-7

## Stunting Personnel

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Added a new exception:

h. Single-base stunt in which the top person is vertical and supported at the waist

**Rationale:** This skill does not increase risk to participants and is a less difficult skill than a chair sit, which is currently allowed as an exception.

## 2-3-5d

## Inversions

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Added performing surface while ending a flip

If the flip ends in a cradle or on the performing surface, the bracers may release the top person or move to a loading position once the top person begins to descend ~~and is no longer inverted~~.

### Rationale:

Landing on the performing surface with assistance from the catchers is similar to landing in the cradle position. The requirement that the top is not inverted is unnecessary since the top is rotating and would be descending.

2-3-5d

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NOTE: It is now legal to go to the performing surface (last year was only legal if it went to a cradle)

## 2-3-9 (NEW)

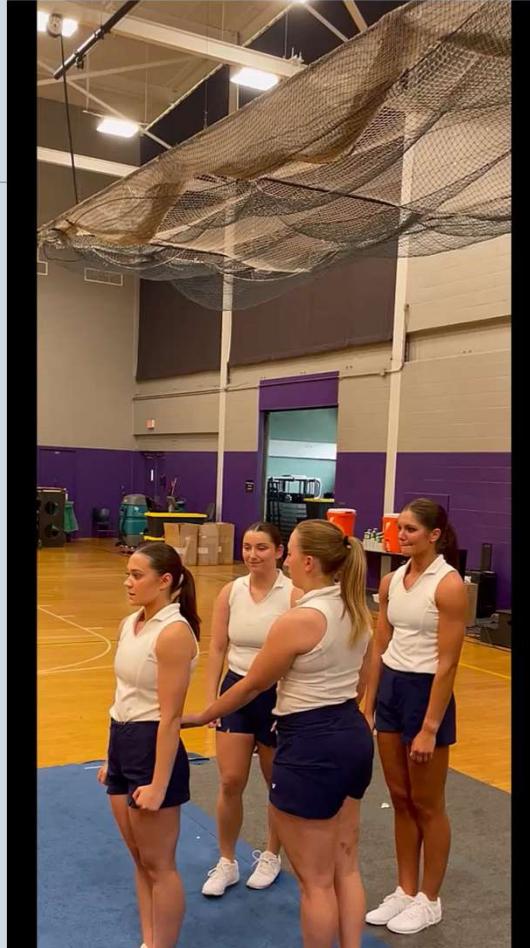
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## Inversions

**ART. 9...The top person in a partner stunt, pyramid or transition may not leave the floor unassisted with the intent to land or be caught in an inverted body position.**

**Rationale:** This rule change clarifies that a performer may not perform a skill such as a back handspring with no hands and be caught by a base or bases in the inverted position. The existing inversion rules all deal with a top person who is already in a skill.

# 2-3-9 (NEW)



2-5-6d&e (NEW)

## Release Stunts/Tosses

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**ART. 6d...** When starting from ~~a vertical position at prep level or above an extended vertical position~~, the top person remains in a position where the upper body is vertical.

New e:

**ART. 6e...** ~~When starting from a vertical position at prep level, the top person may land in a position where the upper body is vertical or horizontal. The release must not go significantly higher than the point of contact with the bases on the catch.~~

### Rationale:

Horizontal stunts like a flatback are allowed as long as the top doesn't go significantly higher than the bases' arms/hands on the catch. The tosses that are allowed go through the prep position to release. This change allows preps to release to the same position with the same restriction.

2-5-  
6d&e  
(NEW)



Legal



Illegal

2-5-6e

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Legal



Illegal



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# 2025-2026 Points of Emphasis

# Dance Rewrite

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In an effort to expand on the resources available for dance teams, the 2025-26 NFHS Spirit Rules Book includes a major overhaul of the dance rules section. The rewrite includes expanded dance specific terminology/definitions in addition to new situations. It is a priority to continue to emphasize and expand the similarities and differences in the sports of cheer and dance.

# Sportsmanship

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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 contest.

# Copyright

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Spirit coaches and schools should be conscientious and follow all U.S Copyright Laws when incorporating music into their 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) or [copyright.nfhs.org](http://copyright.nfhs.org).





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Heat Illness Prevention – 3M+

Sudden Cardiac Arrest – 3.3M+

Concussion for Students – 1.8M+

The Collapsed Student (2020) – 89,550+

CPR & AED Training (2023) – 28,500+

Sportsmanship – 1.3M+

Fundamentals of Coaching – 1,000,000+

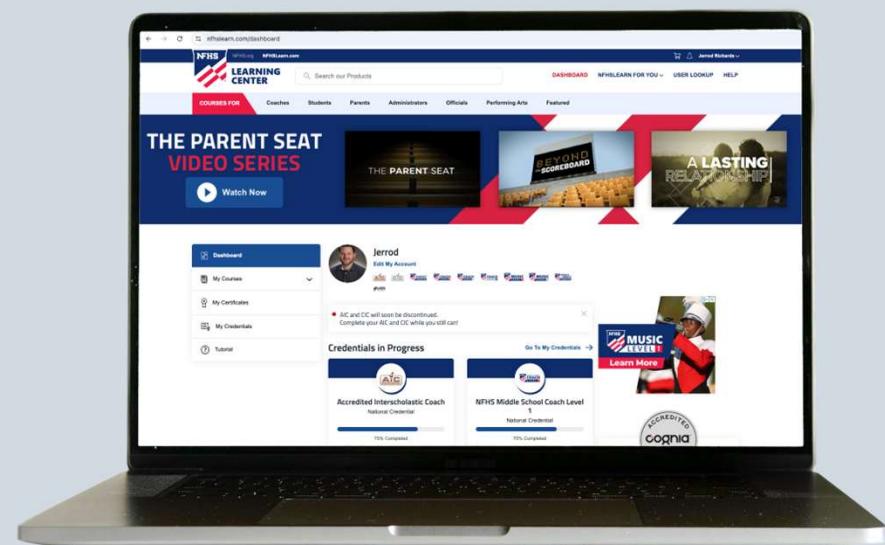
First Aid, Health and Safety – 470,000+

Bullying, Hazing and Inappropriate Behaviors – 561,000+

Student Mental Health and Suicide Prevention – 376,000+

Protecting Students from Abuse – 400,000+

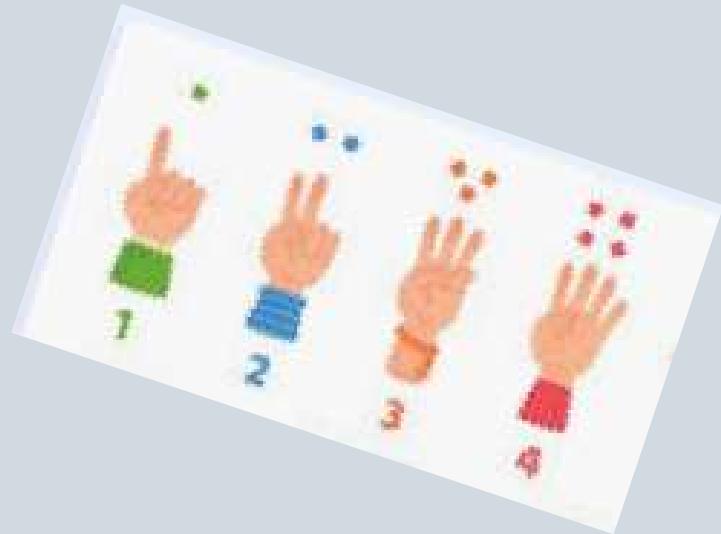
Implicit Bias (2021) – 145,000+



# 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

	<b>Dismounts</b>	<b>Spotter Requirements</b>	<b>Tumbling</b>	<b>Jumps</b>
<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
<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	N/A	running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
<b>Elite</b>	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

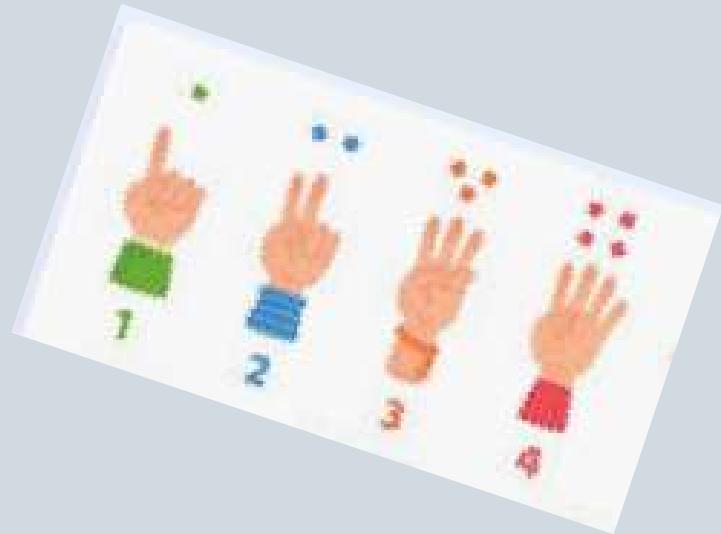
*Focus is on grade AND skill execution*

*Remember to follow the chart!*

# Important note

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

1. NFHS rule book
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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 Reqs	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) Awards top team(s)	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) Awards top team(s)	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
Basic	hand to hand, shrug, shove wrap, pencil down			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			running or connected back handspring	Front Hurdler / Side Hurdler/ Toe Touch / Double Nine / Pike May connect 2 jumps
Elite				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 Awards top team(s)	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 Awards top team(s)	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

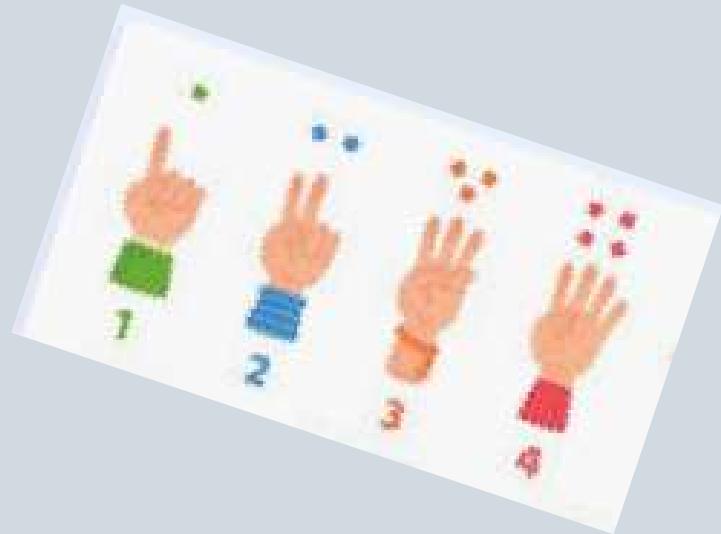
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MYCCA does not recognize  
Northern Star teams

# Important note

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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

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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!



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

## OFFICIAL ONE

STANDING TUMBLING – DIFFICULTY	RUNNING TUMBLING – DIFFICULTY
0 - 5.0	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> <li>- Back Handsprings</li> <li>- Front Handsprings</li> <li>- Back Walkover into Back Handsprings</li> <li>- Back Handspring Series</li> <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> <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>	<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> <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> <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> <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>

**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.

## OFFICIAL ONE

TUMBLING – EXECUTION / SYNCHRONIZATION		
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)</li><li>- Synchronization (timing of group skills or passes)</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		
0 – 5.0		
Basic Jumps	Intermediate Jumps	Advanced / Elite Jumps
Pencil Tuck Spread Eagle Toe	Tuck Spread Eagle Toe Touch	Front Hurdler Side Hurdler Toe Touch Double Nine Pike

When scoring jump difficulty, judges will take into account the following factors:  
jumps performed, jump connectivity and number of participants.

### Important Notes:

- Difficulty score is now determined by the jump skills you do (allowed by division) and is comparative – 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 / SYNCHRONIZATION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
<b>Most</b> demonstrate below average:	<b>Less than majority</b> demonstrate average:	<b>Majority</b> demonstrate average:	<b>Most</b> demonstrate average:	<b>Most</b> demonstrate above average:
0-10.0				
<ul style="list-style-type: none"> <li>- Proper Body Position (chest, legs and arms placement)</li> <li>- Height / Flexibility Level</li> <li>- Pointed Toes</li> <li>- Landing Feet Together</li> <li>- Synchronization / Timing</li> <li>- Proper Approach (timing, accuracy, synchronization)</li> </ul>				
<p>Three different jumps required by most of the team Most = 75% of team</p>				

## 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

Athletes	Majority / Most															
	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

# 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. 



TOE TOUCH



## OFFICIAL ONE

TRANSITIONS AND FLOW		
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>

Scoring now starts at 0 (not 1.0)

# Official TWO – Motions & Dance

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Motions are **worth 20 points** (no difficulty) and broken down into:

- Cheer Motion Execution
- Jump Motion Execution
- Stunts / Pyramid Motion Execution
- Dance Motion Execution

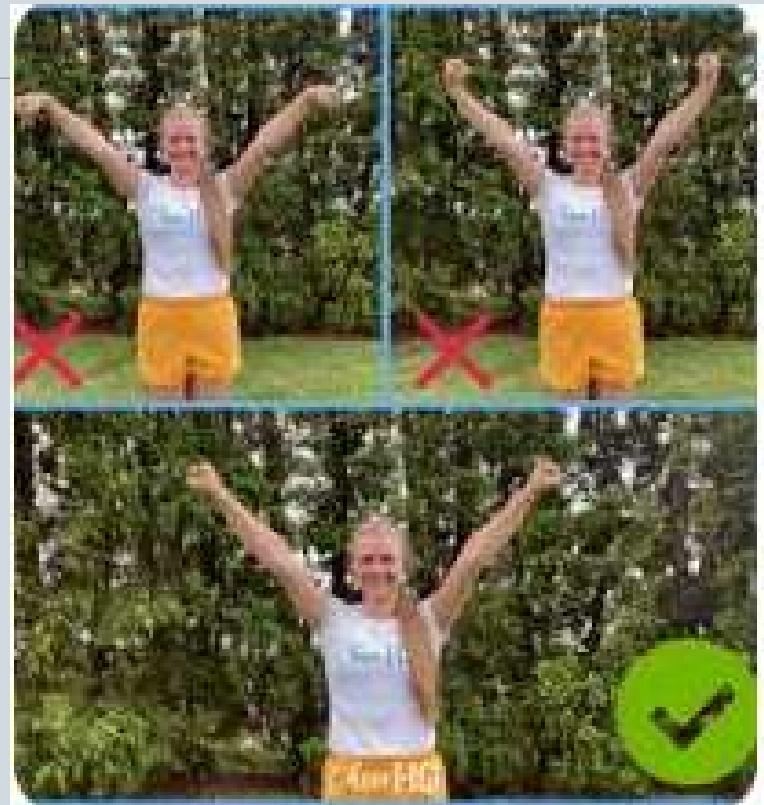
Dance is **worth 10 points** (no difficulty) and broken down into:

- Dance Levels / Spacing / Transition Execution
- Dance Footwork / Pacing Execution

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!).

# WRIST MOTIONS



## OFFICIAL TWO



### NOTE:

No motions by flyer in a stunt or pyramid = 0

No motions in jumps (hands on hips) = 0

No footwork in dance = 0

MOTIONS: CHEER EXECUTION			MOTIONS: JUMP EXECUTION			MOTIONS: STUNT / 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 MOTIONS EXECUTION			DANCE LEVELS / SPACING / TRANSITIONS EXECUTION			DANCE FOOTWORK / PACING 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>- Complexity and Execution of Movements</li> <li>- Synchronization in Overall Choreography</li> <li>- Uniform Placement/Angles of Limbs/Body</li> <li>- Sharp Precision</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>- <b>Use of body on the floor</b></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 Feet</li> <li>- In Step with Music, Overall Timing and Knowledge of Choreography</li> <li>- Pace of Dance</li> <li>- Basic Rhythm and Musicality</li> <li>- Cleanliness</li> <li>- <b>Speed / Intricacy of foot movement</b></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).

## OFFICIAL TWO

OVERALL ROUTINE FORMATIONS / SPACING		
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 THREE – Stunts & Pyramids

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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
<b>Non-Release Skills</b>				
<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>
<b>Release Skills</b>				
<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>- <math>\frac{1}{2}</math> 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>
<b>Twisting Skills</b>				
<ul style="list-style-type: none"> <li>- <math>\frac{1}{2}</math> Up to Thigh Stand</li> <li>- <math>\frac{1}{2}</math> Up to Waist</li> <li>- <math>\frac{1}{2}</math> Roll Log Roll</li> </ul>	<ul style="list-style-type: none"> <li>- <math>\frac{1}{2}</math> Up to Prep</li> <li>- Full Roll Log Roll</li> <li>- <math>\frac{1}{2}</math> Up to Prep</li> <li>- Rewind to Load</li> <li>- <math>\frac{1}{2}</math> Up to 1 Leg Prep</li> </ul>	<ul style="list-style-type: none"> <li>- <math>\frac{1}{2}</math> Up to Extension</li> <li>- <math>\frac{1}{2}</math> 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>- <math>\frac{1}{2}</math> Up to Lib</li> <li>- <math>\frac{1}{2}</math> 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>
<b>Inversion /Braced Rolls and Flip Skills</b>				
<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 <math>\frac{1}{2}</math> 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>

## OFFICIAL THREE

**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:**

**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.

Previously all teams needed 3 different pyramid skills

## OFFICIAL THREE

**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.).

## OFFICIAL THREE

PARTNER STUNT & PYRAMID – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
<b>Most</b> demonstrate <b>below average</b> :	<b>Less than majority</b> demonstrate <b>average</b> :	<b>Majority</b> demonstrate <b>average</b> :	<b>Most</b> demonstrate <b>average</b> :	<b>Most</b> demonstrate <b>above average</b> :
<ul style="list-style-type: none"> <li>- Synchronization / Timing, Pace, Control, and Flow</li> <li>- Technique of Bases (arms, legs, backs)</li> <li>- Technique of Tops (body control, flexibility, motion placement, legs)</li> <li>- Stability of Stunts</li> <li>- Distance Between Connections</li> <li>- Height / Movement of Releases and Braced Rolls / Flips</li> </ul>				
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

## OFFICIAL THREE

SHOWMANSHIP / PERFORMANCE APPEAL				
0 - 1.9	2.0 - 3.9	4.0 - 5.0		
<b>Most</b> demonstrate below average:	<b>Majority</b> demonstrate average:	<b>Most</b> demonstrate above average:		
<ul style="list-style-type: none"> <li>- Showmanship</li> <li>- Genuine Facial Expressions</li> <li>- Energy / Excitement</li> <li>- Enthusiasm / Spirit</li> <li>- Presentation of Cheer Words (pitch, clarity, enunciation, volume)</li> <li>- Eye Contact / Confidence</li> <li>---- Innovative, Visual, and Creative Choreography</li> <li>- Thoughtfully planned to create a unified routine</li> <li>- Ability to capture the crowd, not just on performing the skills</li> <li>- Athleticism / Stamina</li> </ul>				
Partner Stunt / Pyramid Group Breakdown				
# On Floor	2-7	8-11	12-15	16-20
<b>Majority</b>	1	1	2	3
<b>Most</b>	1	2	3	4 or 5

## 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 **no** longer write the ranges

## COMPETITIONS

2026 Comps		
Date	Comp	Location
1.25.26	MYCCA Showcase	Lisbon
2.14.26	CFTH - The Hills	Oxford Hills
2.14.26	CFTH	TBD
2.21.26	Bath	Bath MS
2.21.26	Biddeford	Biddeford
2.28.26	GNG	GNG
2.28.26	Western Mtn	Mtn Valley
3.7.26	Oxford Hills	Oxford Hills
3.7.26	Elite	TBD
3.14.26	Poland	Poland
3.14.26	So Portland	SoPo
3.21.26	Turner	Turner
3.21.26	Fairfield PAL	Lawrence
3.28.26	Scarborough	Scarborough
4.4.26	MYCCA Classic	Norway Savings Bank Arena

Questions?

Thank you!