

**MYCCA – Questions Asked by Coaches  
2025 Season**

<b>Question Asked</b>	<b>Answer Provided</b>
Can Rising Star teams do ticktocks? I saw them last year.	Rising stars cannot do ticktocks as these are considered release skills and per the guidelines this division cannot do releases. IF you did them last year, you got lucky. They will be deducted this year.
Is hair tinsel legal?	Hair tinsel is illegal. Jewelry is defined by NFHS as any personal adornment worn on the body.
Can a spotter hold under the flyers foot in a single based stunt (one-man)?	No – per NFHS 3.2.6.a, a spotter cannot hold under a flyers foot. They would become a base and the stunt no longer be considered a single-based stunt.
Is a single based skill considered single based if the spotter is holding onto the flyers ankles?	Yes
Would you email me the PowerPoint presentation from the training?	It's posted on the MYCCA website.
Where do I find the guidelines for Middle School teams?	All guidelines are posted on the MYCCA website. Middle school teams would follow Super Star rules.
Can my athletes wear nail polish?	Yes. Nail length must be below the tip of their finger.