MIDWEST ATHLETIC CONFERENCE

CHEER COMPETITION RULES 2026

Sunday, November 15, 2026

Mustang High School Event Center

921 S Snyder Dr • Mustang, OK

macleagueok.com/cheer

Section 1 GOVERNING RULES

Article 1: These competition rules govern this event. Any matter not addressed here will be governed by the 2026 MAC Cheer Handbook. Coaches are responsible for reviewing both documents and ensuring their squads meet applicable requirements.

Section 2 ELIGIBILITY AND DIVISIONS

Article 1: The competition is open to MAC and outside youth recreational/sideline cheer squads. Competitive divisions are based on current school grade. Combined squads compete in the higher-grade division; for example, a combined 3rd- and 4th-grade squad competes in 4th grade.

Article 2: A cheerleader may compete no more than one grade above their current grade. A 2nd grader may not compete on a 4th-grade team. This limit is also addressed in the handbook, Section 15, Article 4.

Section 3 EXHIBITION SHOWCASE

Article 1: A showcase option is available for mixed-grade squads and approved pom teams, including Yukon Pom. Showcase performances are exhibition-only and will not be scored or ranked. Applicable safety and conduct requirements remain in effect.

Section 4 REGISTRATION

Article 1: Registration opens October 1, 2026, and closes November 1, 2026. Late registrations will not be accepted. Team registration is FREE. Register at macleagueok.com/cheer.

Section 5 COMPETITIVE ROUTINE REQUIREMENTS

Article 1: Each competitive routine must include dance, cheer, chant, and crowd involvement. These elements may be performed in any order.

Article 2: Routines must be at least 90 seconds and no longer than 2 minutes 30 seconds. Judges keep time and allow 15 seconds of grace in either direction. Timing begins with the first word or the start of music, whichever occurs first, not when athletes step onto the mat. No running clock is displayed for the cheerleaders.

Section 6 SCORING CATEGORIES

Article 1: Competitive squads are scored in the following categories:

- Pyramid (connected stunt)
- Stunt (non-connected stunt)
- Squad jump
- Formations
- Crowd involvement
- Tumbling
- Cheer
- Dance
- Overall creativity/performance

Section 7 STUNTING

Article 1: MAC stunting rules apply. A stunt, pyramid, or dismount may not be thrown over, under, or through another stunt or pyramid. The competition rules prohibit airborne stunting in which a cheerleader has no contact with bases through the feet, hands, back, or another point of contact.

Article 2: No stunting is allowed without a coach present. Stunts above shoulder level require a spotter at all times. Review Section 11 of the handbook for additional stunting requirements and guidance. Direct questions about a proposed stunt to the event contact before performing it.

Section 8 TUMBLING

Article 1: All tumbling skills must be confidently mastered. Attempting an unmastered skill that results in a fall or injury may result in a point deduction or disqualification, depending on severity.

Section 9 CROWD INVOLVEMENT AND CONDUCT

Article 1: Spectators may not use noisemakers of any kind. Failure to follow this rule may result in disqualification. Voices, poms, and signs are acceptable and encouraged.

Article 2: Coaches, athletes, and spectators must demonstrate good sportsmanship. Negative or demeaning cheers and chants are not permitted. Handbook conduct requirements apply.

Section 10 MUSIC AND SAFETY REQUIREMENTS

Article 1: Music must be appropriate for a family audience. Music containing sexual references or inappropriate words or sounds, and routines containing sexually suggestive movements, are not permitted (handbook Section 14).

Article 2: Review the safety and appearance guidelines in Section 16 of the handbook, including appropriate footwear, jewelry and nail restrictions, warm-up guidance, and keeping medical releases available to the coach.

Section 11 HOST ORGANIZATION RESPONSIBILITIES

Article 1: The organization selected to host the MAC Cheer Competition assumes responsibility for the financial and operational obligations associated with conducting the competition.

Article 2: Hosting the MAC Cheer Competition provides the host organization with a significant fundraising opportunity. In exchange for receiving the financial benefits associated with hosting the event, the host organization shall be responsible for the expenses necessary to properly administer and conduct the competition.

Article 3: Host responsibilities shall include, but are not limited to:

• Payment of all approved competition judges.

• Payment of the MAC Cheer Director for the coordination, administration, and management of the competition process.

• Providing the appropriate facilities, equipment, staffing, volunteers, and other resources required to successfully host the event.

• Ensuring competition-day operations are adequately staffed and organized.

Article 4: The MAC Cheer Director shall oversee and manage the competition process, including coordination of judging and scoring procedures and ensuring established MAC Cheer competition standards and procedures are followed.

Article 5: The host organization retains the fundraising proceeds and financial opportunities associated with hosting the competition. Therefore, judge compensation, MAC Cheer Director compensation, and other expenses associated with operating the event are the responsibility of the host organization and should be considered standard costs of hosting the MAC Cheer Competition.

Article 6: Acceptance of the opportunity to host the MAC Cheer Competition constitutes acknowledgment and acceptance of these responsibilities.

EVENT CONTACT

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Registration and event documents: macleagueok.com/cheer