



# 2024 MYCCA Coaches training

November 5, 2023

Susan Hartnett

# Reminders ....

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- Be Here Now! 😊
- **Questions** – ask!
- I have NFHS rule books available - \$11.50 (including shipping)
  - Venmo (@Susan-Hartnett-Maine) – text me 1<sup>st</sup> – 837-7073

# Susan Hartnett

MPA Lead Official

MYCCA Lead Official

MPA Spirit Rule Interpreter

MPA Cheer Committee Liaison

President, Maine Cheer Officials Association

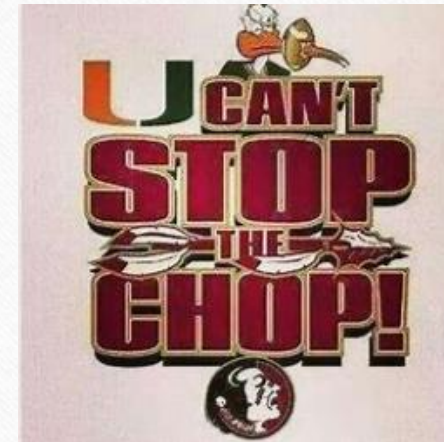
MYCCA Lead Official

UCA Competition Safety Official

NFHS Section One Spirit Rule Committee Member



Director, Strategic Client Implementation at  
UnitedHealth Group



9-0 !!!

# Reminder: Rule Interpretation No contact with Any Official!

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**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

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- MYCCA: <http://www.myccamaine.org>
- Maine Cheer Officials: <http://www.mainecheerofficials.com>
- The National Federation: [www.nfhs.org](http://www.nfhs.org)
- NFHS Copyright free course:  
<https://nfhslearn.com/courses/61124/understanding-copyright-and-compliance>
- USA Cheer Music Copyright: <https://www.usacheer.org/music>

# Competition Guidelines

- Teams may include **up to 20 members**.
- The performance surface may be up to 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.)**

# 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 / Safety Official immediately.



# MYCCA Competition Reminders:

- Rhinestones may **NOT** be on masks, briefs, bows, socks, or an athletes shoes. They may **ONLY** be on uniforms 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.

# NEW! Competition Procedure Changes

- 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 change:
  - **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
- 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

# Score Sheets

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Let's discuss!



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

Category	MAX	SCORE	COMMENTS
<b>Official 1</b>			
* Standing Tumbling – Difficulty	5		
* Running Tumbling – Difficulty	5		
Tumbling – Execution	5		
* Jumps – Difficulty	5		
Jumps – Execution	10		
Transitions / Flow	5		
TOTAL	35		
<b>Official 2</b>			
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		
<b>Official 3</b>			
* Partner Stunt Difficulty	5		
Partner Stunt Execution	10		
* Pyramid Difficulty	5		
Pyramid Execution	10		
Showmanship / Performance Appeal	5		
TOTAL	35		
<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 Sunt – 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!**

# Score Sheets

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Now let's shift the narrative!!!

Hmmmm .....



- 
- 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!

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- 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!



# 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

# Apparel & Accessories

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- 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.

# Routine Requirements:

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## 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.**

2023-2024  
NFHS Spirit Rules Interpretation

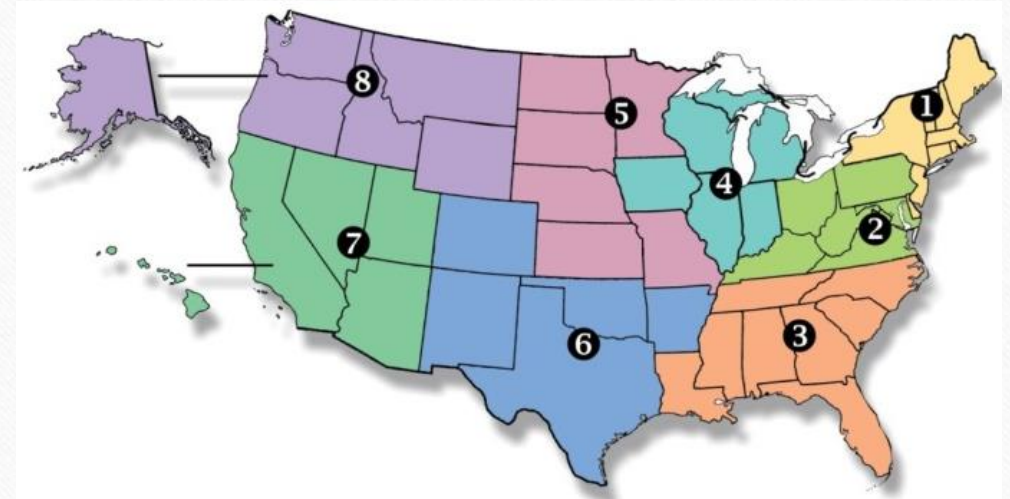
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Shawn Knight – NFHS Spirit Committee Chair

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  
WeaverNFHS  
Staff Liaison



Shawn Knight  
Virginia  
Chairperson



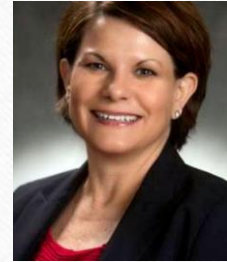
Laurie Rothhaus  
New Hampshire  
Section 1



Butch Cope  
Kentucky  
Section 2



Penny Mitchell  
Georgia Section  
3



Susie Knoblauch  
Illinois  
Section 4



Davine Davis  
Missouri  
Section 5



Jenn Roberts-  
Uhlig  
Colorado  
Section 6



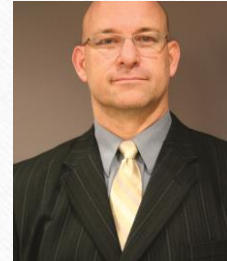
Ashley  
Gronewold  
Arizona  
Section 7



Sandi Wagner  
Alaska  
Section 8



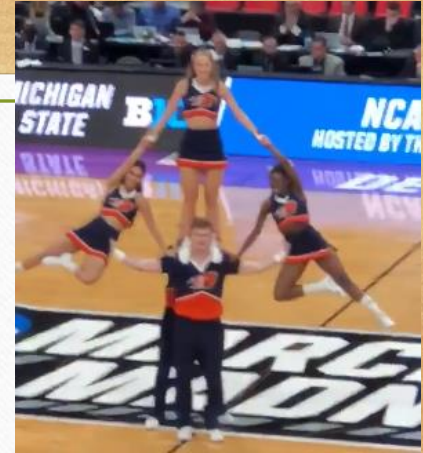
Shaunda Brown  
NFHS Officials  
Association



Jim Lord  
USA Cheer  
Representative

2023 - 2024  
NFHS Rule Changes

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# Rule 1 – Definitions

- **Hanging Stunt** – A stunt in which a top person(s) is suspended by another top person who is in a shoulder stand.
- Changed Pyramid to Stunt

**Rationale:** Diamond Heads and Whirlybirds are technically not pyramids, since they are not connected to other stunts. This change would clarify that they are subject to the restrictions dealing with Hanging Stunts.



# 3-3-5d & E (NEW)

# Inversions

- Bracer(s) with hand to hand/arm contact must be in a multi-based prep with a spotter and remain stationary.
- **New** e. Non-arm bracer(s) must be at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and spotter.

**Rationale:** This change clarifies the requirement for a bracer that does not have hand to hand contact with the top person. As the inversion rule has evolved and the connection between the top person and the bracer has changed from two arms to one arm, there is a need for further clarification for bracers who do not have hand to hand contact with the flipping top person.

This cleans up the interpretation about a braced flip with one bracer having hand/arm connection and another having hand/foot connection and what rule applies to each

3-3-5d  
LEGAL



# MYCCA 2024 Guidelines



	<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!*

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

- Receive scores (not just comments)
- Every team receives a participation award

	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

- No changes
- Every team receives a participation award

	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			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

- Braced (arm to arm OR hand to hand) one-legged extension level stunts are legal in Div 1.
- Top team(s) receive awards

	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 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

- Braced (arm to arm OR hand to hand) one-legged extension level stunts are legal in Div 1.
- Top team(s) receive awards

	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 !!

- MYCCA is working towards merging the entire State onto one rubric
  - Consistency and ease for Youth and Middle School teams competing across the State
- Northern Division is **ONLY** for:
  - Teams up North that pull from multiple towns to build a team
  - Will be applicable at only a handful of competitions between Bangor and Calais / Ellsworth area
  - Is **NOT** applicable for any of the Southern Maine MYCCA competitions
- Welcome Northern Teams!! We're **THRILLED** to have you!

NORTHERN STARS Division	Stunts Allowed	Dismounts Allowed	Release Stunts	Twist Stunts	Stunts May Move	Inversions Allowed	Vertical to Horizontal	Spotter Requirements	Tumbling Allowed	Jumps Allowed
<p><b>Northern Stars Mixed K-5</b></p> <p>Awards top team(s)</p>	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times). Braced prep level one legged stunts are permitted.	Basic & Intermediate	No	No	No	Yes - waist height or below	No	Intermediate	Basic & Intermediate	Basic & Intermediate
<p><b>Northern Stars Mixed 3-8 Division II</b></p> <p>Awards top team(s)</p>	Prep level stunts allowed. (Both feet must remain at prep level or lower at all times). Braced prep level one legged stunts are permitted.	Basic & Intermediate	Yes	Yes	Yes	Yes - waist height or below	Yes	Intermediate	Basic, Intermediate & Advanced	Basic & Intermediate
<p><b>Northern Stars Mixed 3-8 Division I</b></p> <p>Awards top team(s)</p>	Basic 2-legged extension level stunts OR below	Basic, Intermediate (Advanced allowed at prep level only)	Yes	Yes	Yes	Yes - prep level or below	Yes	Intermediate	Basic, Intermediate, Advanced & Elite	Basic, Intermediate, & Advanced

**Basket tosses & launches are NOT PERMITTED. Double twist dismounts are ILLEGAL.**

**NOTE: Must have representation of at least three (3) of the six (6) grades on your team in order to compete in this division. This division is for the small schools who need to take athletes from multiple grades in order to field a team.**

# MYCCA 2023 rubric

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# 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

- Forward Rolls - Handstand Forward Rolls - Cartwheels - Walkovers - Aerials	- Back Handsprings - Front Handsprings - Back Walkover into Back Handsprings - Back Handspring Series	- Jump(s) into Back Handsprings - Jump(s) into Back Handspring Series - Standing Back Tucks - Back Handsprings to Back Tucks	- Jump(s) into Back Handsprings to Back Tucks - Jump(s) into Back Tucks - Back Handspring Series to Whips, Layouts or Fulls - Standing Fulls
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Sliding scale based on progression, number of participants, and synchronization

RUNNING TUMBLING – DIFFICULTY

0 - 5.0

- Running Cartwheels (2 or more steps) - Roundoffs - Walkovers into Cartwheels or Roundoffs - Aerials	- Cartwheels into Back Handsprings - Roundoffs into Back Handsprings - Roundoffs into Back Handspring Series - Front Walkovers into Roundoff Back Handspring Series	- Roundoffs into Back Tucks - Front Walkovers into Roundoff to Back Tucks - Punch Fronts - Roundoffs into Back Handspring to Back Tucks - Roundoffs into Layouts - Roundoffs into X-Outs	- Roundoffs into Back Handspring Series into Layouts - Punch Fronts into Back Handspring Series or Back Tucks - Roundoffs into Fulls - Roundoffs into Back Handspring to Fulls - Punch Fronts to Step Out into Fulls - Roundoffs into Whip to Back Handspring to Fulls - Other Specialty Passes
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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 15 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
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
- 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				

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

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- 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

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</li> <li>- Sharp Precision</li> <li>- Full Extension of Motions</li> <li>- Variety in Motions</li> <li>- Confidence and ability to connect with audience - 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</li> <li>- Pace of Dance</li> <li>- Basic Rhythm and Musicality</li> <li>- Cleanliness</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

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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!!!**
- Teams must HIT a minimum of 3 different pyramid skills using most of the team to score in a range

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>- 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>
<b>Twisting Skills</b>				
<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>- ½ 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>- ½ 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>
<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 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.).

<b>PARTNER STUNT – EXECUTION</b>				
<b>0 - 1.9</b>	<b>2.0 - 3.9</b>	<b>4.0 - 5.9</b>	<b>6.0 - 7.9</b>	<b>8.0 - 10</b>
<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



# COMPETITIONS

Middle School & Youth Comps		
1-13-24	Brewer MS	Brewer
1-20-24	Lewiston MS comp	Augusta
1-26-24	Bucksport MS	Bucksport
1-26-24	Gorham MS	Gorham
1-28-24	MYCCA Showcase	Lisbon
1-31-24	Busline	Medomak Valley MS
2-2-24	Dexter MS comp (Penquis Jr Hlgh Champs)	Dexter MS
2-4-24	MYCCA Cheer Envy / Lewiston	Lewiston
2-15-24	Bangor Christian	Bangor
2-17-24	CFTH	Sanford
2-17-24	CFTH	Oxford Hills
2-18-24	MYCCA - Revolution	TBD
2-24-24	MYCCA - Firehouse	Mt Ararat
2-24-24	MYCCA Biddeford	Biddeford
3-2-24	MYCCA - GNG	GNG
3-9-24	MYCCA - Oxford Hills	Oxford Hills
3-9-24	MYCCA - Elite	TBD
3-16-24	MYCCA - Poland	Poland
3-16-24	MYCCA - So Portland	So Portland
3-23-24	MYCCA - Turner	Leavitt
3-23-24	MYCCA - Fairfield PAL	Fairfield
3-30-24	MYCCA - Maine Cheer Classic	Scarborough

Questions?

Thank you!

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Please contact me with any questions

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