

2015-2016 MPA CHEERLEADING BULLETIN (WINTER)

(updated 9-21-15)

WINTER CHEERLEADING SEASON

November 16, 2015	First Practice-Competition Team / Winter Cheering Squads
December 4, 2015	*Eligibility Forms Due
January 23, 2016	Regional Competition (a.m.–AE & CW - - p.m.–AW & BW) Augusta Civic Center
January 23, 2016	Regional Competition (Eastern– BE, DE/DW, CE) Cross Center, Bangor
January 25, 2016	On-line voting begins for Sportsmanship Banner (One week to vote)
February 6, 2016	State Championships (All Classes) Cross Center, Bangor - Order of competition to be determined at regional championships.
February 22, 2016	Close of Winter Season (unless qualified for N.E. Championships or when the school's basketball team is still in play)
March 2, 2016	New England Cheering Championships Site – Lawrence H.S. – Lawrence, MA

*If you are planning to attend the MPA Regional/State competitions or cheering at the basketball tournament you must submit an eligibility form.

REQUIRED AACCA SAFETY TRAINING

All coaches, paid and volunteer, of cheerleaders' grades 9 through 12 **must have** successfully completed AACCA training as well as attended one of the mandatory clinics held throughout the state prior to the start of the season. This includes coaches of spirit teams that will not be participating in the cheering competition.

AACCA Training is available on-line through the following website (<http://www.nfhslearn.com>). Registration information for the class is available through the website.

*Each coach must complete the NFHS "*Concussion in Sport*" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "*Heat Acclimatization*" video that is available at the NFHS website (www.nfhslearn.com).

MANDATORY RULES CLINIC

November 1, 2015
8:30am – 4:00pm
Maine Cheering Coaches Clinic
Lewiston High School
**Will include guest Josh McCordy, UCA

MAKE-UP DATE

November 24, 2015
6:00pm
Gorham Middle School

Distance Learning Sites
TBA

GENERAL INFORMATION

Winter Cheering Season

The MPA Sport Season Policy remains in effect all year. Cheering squads may not sponsor or participate in clinics prior to or following the end of the winter sport season. Schools may enter one team of not more than twenty (20) participants plus **two** alternates in the Cheerleading Competition and MPA Tournament games. Selection of the participants is a decision of the school. The only MPA requirements are: (a) a school may **not** select squads exclusively for competition squads, and (b) each member must have been a member of the basketball or ice hockey spirit squad during the winter sport season and **must cheer at 50% of games** throughout the season. **Every school's coach must attend the mandatory rules clinic in order to cheer at tournament games or compete in competition.** If a coach does not attend one of the rules clinics, the school will be assessed a \$35 fine, and the coach must attend a make-up clinic and pay a \$50 clinic cost, plus mileage for the clinician. **ALL COACHES MUST SIGN IN TO BE CREDITED WITH ATTENDANCE.**

SAFETY REGULATIONS

The MPA Cheerleading Committee follows the National Federation Spirit Rule Book. This rule book will be in effect for all cheerleader activities (Fall-Winter) throughout the year and must be followed in all MPA-sponsored or sanctioned events. A primary concern of the MPA is the safety of the participants. All cheer coaches must also be AACCA certified. In MPA-sponsored tournaments/events, all National Federation Rules apply. Any school committing a flagrant violation of the National Federation Rules will lose its eligibility to compete in the MPA Cheerleading Tournament.

In accordance with National Federation Rules ... Tumbling and partner stunts shall not be performed on concrete, wet surfaces, or where there is not enough space. Tumbling or partner stunts and pyramids/mounts shall not be performed during games when the ball is in play. Basket tosses, elevator/sponge tosses, twisting out of stunts and similar multi-base tosses are permitted only on appropriate mats.

BASKETBALL/HOCKEY CHEERLEADERS

Cheerleaders performing individual gymnastic skills at basketball or hockey games may leave the ground only under their own power. **Tumbling the full length of the floor is prohibited.** From the mount and/or stunt position, cheerleaders may not be thrown more than 12 inches above the extension of their hands. Stunts should be taught in a sequential progression and documented by the coach. Appropriate mats must be used at all practices. All NFHS Spirit Rules apply at all contests. **Cheering routines should never be performed at competitive events without mats.**

PRACTICE SESSIONS

All practice sessions should include spotters. Appropriate mats must be used while all stunts are being learned. Step-by-step procedures should be used to master all stunts and learning sessions should be supervised by a qualified coach, advisor or teacher in accordance with NFHS Spirit Rules. The MPA Cheerleading Committee strongly encourages principals and athletic administrators to determine the appropriateness, degree of danger, and difficulty of the routine in light of the amount of training (in tumbling/gymnastics) of the coach and the abilities of participants.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1st Violation Report violation to MPA office, suspension from play for one game/contest

2nd Violation Report violation to MPA office, removal from team for remainder of season

(Effective Date: 2011)

TERMS AND CONDITIONS/RULES OF COMPETITION

1. National Federation Spirit Rules will be used in all competitions. In addition, the terms and conditions in this Maine Principals' Association Bulletin shall govern all regular season and tournament competition.
2. Each school may enter one team of up to twenty (20) members (plus two alternates); this includes spotters. Only 22 team members will be allowed free entrance, no more than twenty-two team members may be dressed in a cheering uniform or as a mascot.
3. Judging will be based on overall execution, projection, transitions, cheerleading fundamentals (motion technique, jumps, tumbling, dance, partner stunts/pyramids), and overall effect (choreography, degree of difficulty, creativity of routine).
4. Routines will be limited to three minutes. Time starts on the first sound or movement after the team is announced. Cheerleaders may start their routine anywhere on the mat and are not required to stand with their hands to their sides. Routine timing ends with the last sound or motion. Safety and sportsmanship rules are in effect until the teams have left the performing area.
 - a. Apparel and accessories must be appropriate for the activity involved to minimize risk for the participants. Cheer team members must wear athletic shoes (not gymnastics slippers). No props may be used except pompons; only cheerleader uniforms shall

be worn, no jewelry will be worn during the competition or warm-up. Rhinestones that are sewn, punched, or glued on the uniforms are legal. Rhinestones that are woven into the hair or glued to the face are illegal. Any other use of rhinestones on **accessories such as shoes, socks, briefs, or hair bows will not be allowed.** Hair must be pulled back in a ponytail and out of the face. Eyeglasses must be securely fastened. A 5-point deduction will be assessed when a competitor steps on eyeglasses.

5. In Regional Tournaments, each team in each class will perform its routine once. In class D the top eight scoring teams will qualify for state competition unless there are ten or fewer teams competing in which case six teams will qualify. In classes A, B, and C the top six teams in each region will qualify for the state meet.
6. In State Championship competition, the qualifying schools in each class will perform their routines once. A champion and runner-up will then be selected. (No callbacks will occur at Regional and State Competitions)
7. Participants who are bleeding, have an open wound, or become sick during the routine may not continue the routine. The routines will be stopped by a judge and the team will be placed at the end of the class to complete their routine from the point of interruption. Each team should have t-shirts and shorts in case blood should be spilled on uniforms.
8. If an athlete suffers an injury during the routine they should take a knee and the routine will be immediately stopped.
9. Tie Breaker – In the case of a mathematical tie the first tie breaker will be the 10-point technical scores and the second tie breaker will be the overall appeal scores.
10. All competition scores will be available for coaches following the presentation of awards.
11. There will be a coaches' area designated at each competition.
12. A scoring notification meeting will be held at the conclusion of each round of competition in a place designated by the meet director. An MPA committee member will deliver score sheets to each head coach at that time period. Any scoring errors must be reported immediately to the MPA representative. Decisions of the officials will be final and not subject to appeal.
13. **All music must be brought with the team on the day of the competition.**
14. Schools must notify the MPA office if they are unable to attend a regional or state competition. Failure to notify the MPA shall result in a \$75.00 fine being assessed to the school.
15. Spotters will be provided on the competition floor at both the regional and state championships.

STUDENT AND ADULT SPECTATOR EXPECTATIONS

- Bare-chested individuals, individuals wearing sports bras, shakers, signs, or placards on sticks or other devices designed to support the shaker, sign, or placard are not allowed.
- Horn or noisemakers of any kind are not allowed.
- Spectators who throw objects on the floor will be removed immediately from the site.
- Security will be instructed to detain any student perceived to be under the influence of an illegal substance. They will then contact parents and appropriate school officials.
- Only team personnel are allowed on the floor.

OFFICIALS

1. **Decisions of the officials will be FINAL and not subject to appeal.**
2. There will be **four** officials and two penalty officials, one of whom is designated lead official. A statistician will compile all scores. The tie breaking procedure will be published in the tournament guidelines.

CHEERLEADING CLASSIFICATION

CLASS A 705+	CLASS B 425-704	CLASS C 192-424	CLASS D 0-191
EAST	EAST	EAST	EAST/WEST
<ol style="list-style-type: none"> 1. Lewiston (1297) 2. Bangor (1198) 3. Oxford Hills (1027) 4. Edward Little (968) 5. Brunswick (870) 6. Mt. Ararat (867) 7. Messalonskee (788) 8. Skowhegan (788) 9. Cony (787) 10. Hampden (725) 11. Mt. Blue (724) 12. Lawrence (712) 13. Brewer (709) 	<ol style="list-style-type: none"> 1. Nokomis (704) 2. Oceanside (679) 3. Erskine (621) 4. Gardiner (617) 5. Waterville (573) 6. Presque Isle (548) 7. Ellsworth (540) 8. Hermon (517) 9. Mt. Desert (515) 10. Caribou (506) 11. Foxcroft (487) 12. Old Town (481) 13. Winslow (471) 14. Mt. View (443) 15. John Bapst (440) 16. Maine Central (438) 	<ol style="list-style-type: none"> 1. Washington (424) 2. Bucksport (356) 3. Orono (353) 4. Central (349) 5. Houlton (341) 6. Mattanawcook (339) 7. Dexter (290) 8. Calais (263) 9. George Stevens (258) 10. Sumner (230) 11. Narraguagus (213) 12. Penquis (211) 	<ol style="list-style-type: none"> 1. Buckfield (183) 2. Penobscot (171) 3. Woodland (164) 4. Fort Fairfield (160) 5. Hodgdon (152) 6. Schenck (151) 7. Richmond (141) 8. Deer Isle-Stonington (139) 9. Central Aroostook (130) 10. Machias (118) 11. Katahdin (117) 12. Washburn (106) 13. Van Buren (105) 14. Bangor Christian (95) 15. Easton (71) 16. Vinalhaven (59) 17. Jonesport-Beals (56) 18. Rangeley (46)
WEST	WEST	WEST	
<ol style="list-style-type: none"> 1. Thornton (1384) 2. Bonny Eagle (1154) 3. Sanford (1085) 4. Scarborough (1054) 5. Windham (1045) 6. Massabesic (1012) 7. Deering (942) 8. Noble (927) 9. Portland (913) 10. So. Portland (855) 11. Gorham (853) 12. Biddeford (830) 13. Marshwood (719) 14. Kennebunk (715) 15. Westbrook (16) (689) 	<ol style="list-style-type: none"> 1. Greely (694) 2. Fryeburg (632) 3. Morse (614) 4. York (606) 5. Leavitt (596) 6. Lake Region (569) 7. Medomak (545) 8. Gray-New Gloucester (532) 9. Spruce Mountain (524) 10. Lincoln (518) 11. Freeport (514) 12. Poland (498) 13. Wells (434) 14. Oak Hill (427) 	<ol style="list-style-type: none"> 1. Lisbon (416) 2. Sacopee (399) 3. McAuley (356) 4. Dirigo (330) 5. Madison (283) 6. Traip (273) 7. Old Orchard (268) 8. St. Dominic (233) 9. Monmouth (229) 10. Boothbay (217) 11. St. Dominic (233) 12. Mountain Valley (395) 	