



MINNESOTA CHEERLEADING
COACHES ASSOCIATION

2021 MCCA State Varsity Stunt Group Competition Information

For the 15th year, the State Cheerleading Competition will allow groups of cheerleaders to display their best stunting skills at the State Competition.

Who is eligible? Any MCCA Member coach can register their Varsity cheerleaders for the State Stunt Group Competition **as long as their school does not have a team competing in the Varsity Game Day or Traditional Varsity Divisions.** Each school can have only **ONE** stunt group registered.

NEW THIS YEAR: To align with UCA and MSHSL we will now be requiring **ONE coach per stunt group** to complete the certification course and must accompany the team at the State Competition. Proof of certification is required upon registering for the State Competition. The course is accessible online or in person, and certification is valid for four years. The online course takes between 3 and 6 hours. Coaches can take the USA Cheer/AACCA safety course on USACheer.org/safety or on the Cheer and Dance Safety Certification course on NFHSLearn.com. **Please submit your proof of certification no later than Saturday, February 6th, 2021 to state.mcca@gmail.com.**

What is it? This competition is a small group competition, where up to 5 people perform a one-minute routine to music. The routine represents a continuous flow of stunts.

When and where will it take place? It will take place during the State Cheerleading Competition on Saturday, February 27th, 2021 at the St. Paul RiverCentre Exhibit Hall.

How much does it cost? It is \$10 per person in the stunt group for teams registered by January 23rd, 2021. Registrations will be accepted through February 6th, 2021, but there will be a \$5 late fee per person in the stunt group.

Refund/Cancelation Policy: Cancellations must be received by February 6, 2021 in order to receive a refund. The only exception would be if your team or MCCA needs to cancel due to COVID-19. Written documentation would be required by your school to receive a refund.

Rules/Guidelines:

- Stunt group members **cannot** compete on a team at the State Competition.
- Alternates are allowed to substitute in for a team member as long as a waiver form is submitted
- Teams can have up to 5 people and may be any combination of males and/or females. (This does include spotters)
- Everyone must start with at least one foot on the ground.
- Bases, back spots, and flyers may switch positions as long as it is the same group of people involved.
- Tumbling into or out of a stunt will be permitted as long as it does not violate rules.
- No other tumbling will be allowed. **This is a stunt competition.**
- There will be no leading of cheers, jumps, or dance.
- School teams will follow the UCA/AACCA/USA Cheer rules
- The MCCA Technical/Safety score sheet will be used for all stunt groups.
- **The time limit is One Minute.**

The USA Music Copyright Policy is applicable to this event. Please fill out the standard form from MCCA guaranteeing your music mix meets all criterion set forth by USA Music. The form and supporting documents should be emailed to music.mcca@gmail.com by 2/6/21.

- Stunt groups will follow this routine prior to and following their performance. Please be on time.
 - 1) Your stunt group will be escorted from the Roy Wilkins Exhibit Hall to the St. Paul RiverCentre Exhibit Hall. **At this time, you will have your belongings with you.**
 - 2) Your stunt group will have a group photo taken, in the Rotunda, prior to heading into the warm-up area.
 - 3) Following your picture your stunt group will place their belongings on designated tables in the Exhibit Hall.
 - 4) Your stunt group will have a safety check prior to your warm-up. **This is when deductions will be taken for any violations.** Coaches will sign the deduction form as proof they are aware of any deductions received.
 - 5) Your stunt group will have a 8 – minute warm-up time on a full-size cheerleading floor (9 strips) prior to your performance. This will take place in a curtained area to provide your team more privacy. When you are finished, your team will have about 8 minutes until they take the floor.
 - 6) Compete on a 9-strip Cheer Floor
 - 7) Exit the floor and view a video of your performance.
 - 8) A coach will pick up their Deduction Sheet at the Score Review Table behind the judges' risers and teams will head to claim their belongings and exit via the Rotunda to the Kellogg Lobby.
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Division:

Varsity – a group of participants who are on a Varsity Team for their school. All team members must be in 7th-12th grade in this division.