



2025 MCCA CHEER OFF INFORMATION

Saturday, October 4
Jefferson High School

COACHES:

- Coach registration cost: FREE with team registration.
- ALL coaches must be current members of MCCA to register and attend with their team.

TEAM REGISTRATION:

- Cheer Off registration cost:
 - **Session 1 Non Competitive Sideline** - \$20 per cheerleader (sideline teams only)
 - **Session 2 Competitive Sideline** - \$25 per cheerleader (sideline teams only)
 - **Session 3 Competitive Game Day** - \$25 per cheerleader
 - Crossovers: \$10 per cheerleader
- Registrations are **due Saturday September 20, 2025**
 - Payment may be paid online at time of registration or offline via mail. If paying off line payments must be postmarked by September 20, 2025.
- Rosters and waivers are **due Saturday September 27, 2025**. Rosters/waivers received after the due date will incur a \$25 processing fee.
 - All members of the cheerleading team must be current members of the official school sideline or game day team and must attend the school they are representing.
 - Teams must be below the appropriate max size for their sport and may include mascot(s).
 - Please fill out a separate roster for each team. Be sure to include all coaches, team members, crossovers, and team managers on the form. This form is used to verify total payment due, to verify all waivers are on file and complete, and will be used the day of the competition at check-in.
 - Make sure to include grades and birth dates for all school participants.
 - Email Roster to cheeroff@mccacheer.com

SESSION OPTIONS:

- **SESSION ONE - Non Competitive Sideline**
 - This is an option for sideline teams to showcase their skills. Your team will perform in 3 rounds and get judges feedback. Teams will earn a ribbon for each round based on the rating of the judges feedback,
- **SESSION TWO - Competitive Sideline**
 - This session is for sideline teams who would like to compete against other teams. During session 2 you will compete in 3 rounds. Awards are given for each round and for overall.
- **SESSION THREE - Competitive Game Day**
 - This session is open to both sideline and game day teams. During session 3 you will compete in a UCA style Game Day routine.

DIVISIONS:

- High School - 7th-12th grade athletes - Female/Male
 - Varsity
 - Junior Varsity
- Middle School 5th-9th Grade
- Elementary K-6th Grade
- Teams compete against other teams in their division, regardless of the sport they cheer for (Soccer, Football, Basketball, etc).
- Divisions will only be split by Varsity, JV, Middle School & Elementary. Teams will not be split based on School or Team Size.
- Divisions are subject to be combined based on how many teams register.

SIDELINE FORMAT (SESSIONS 1 & 2):

- There are three cheer skill rounds
 - Game Situation Cheer
 - Time Out Cheer
 - School Song.
- Poms, megaphones, flags & signs are permitted for each phase of the performance, but not required.
- We will have 5 mats rolled the opposite way of comp - mimicking lines on the track. You do not need to stay on the mats and there is NO penalty for stepping off the mats.
- There will be NO SPOTTERS provided, if your team needs spotters please contact the Cheer Director for your options.
- Teams will perform each round in the order listed in the program. We will have set performance times. Final schedule will be sent out the week of the Cheer Off.
- In this challenge, judges are looking at what would be effective at a game.
- **Round Guidelines**
 - **Game Situation Cheer.** i.e. "your team just got a 1st down." Then the team would be likely to call a cheer related to that.
 - After the team has entered onto mats, captain(s) will approach the announcer to select a random game situation. Announcer will read the game situation after the captain(s) return to formation.
 - The team will perform a sideline chant appropriate for the situation 3 to 5 times (deduction for less than 3 and more than 5).
 - Teams are encouraged to use signs, poms, stunts, tumbling, etc.
 - **Time Out Cheer**
 - After the team has entered onto mats, the announcer will prompt the team to perform the time out cheer.
 - Cheer should be no longer than 1 minute.
 - Teams are encouraged to use signs, poms, stunts, tumbling, etc.
 - **School Song**
 - After the team has entered onto mats, the announcer will prompt the team to perform their school song.
 - May be done with or without music. Team should say the words.
 - If using music, you must turn in a music license.
 - Tumbling, stunts, pyramids are allowed in the school song section.

GAME DAY FORMAT (SESSION 3):

- UCA Game Day format, rules and restrictions will apply.
- We will have 5 mats rolled the opposite way of comp - mimicking lines on the track. You do not need to stay on the mats and there is NO penalty for stepping off the mats.
- There will be NO SPOTTERS provided, if your team needs spotters please contact the Cheer Director for your options.
- Teams will perform each round in the order listed in the program. We will have set performance times. Final schedule will be sent out the week of the Cheer Off.

THE FOLLOWING RULES APPLY:

- Current NFHS/USA Spirit Rules.
- MSHSL Rules for participation in extracurricular activities.
- MCCA music rules/USA Cheer Music Copyrights Educational Initiative.
- Bows should not be excessive in size and shouldn't be a distraction to the performance.
 - Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing.

SCORING:

- **Sessions 1 & 2**
 - The judging panel will consist of 3 judges. Scores of the 3 judges will be averaged for each section, then deductions will be applied. Overall score will be the final score of each section totaled together for a score out of 100 points.
- **Session 3**
 - The Judging panel will consist of 3 Judges using the MCCA Game Day Score Sheets
- **Deductions**
 - There will be deductions given for safety and rule violations. See deduction sheet for more information.
- **Tie breakers**
 - In case of a tie, the team that receives the fewest deductions. Still a tie, the team with the highest execution score will win.
- All score sheets are available on the website.

AWARDS:

- **SESSION ONE - Non Competitive Sideline**
 - Ribbons will be awarded for each Category based on judges' overall feedback.
- **SESSION TWO- Competitive Sideline**
 - The number of awards given will depend on the number of teams in the division. The top 51% of teams will be awarded per round.
 - Overall Varsity Cheer Off Winners will be invited to the MCCA State Banquet for recognition on January 30, 2026 at RiverCentre in St Paul, MN.
- **SESSION THREE- Competitive Game Day**
 - The number of awards given will depend on the number of teams in the division. The top 51% of teams will be awarded.
- The Award Ceremony will be at the end of each session.

FREQUENTLY ASKED QUESTIONS:

How will the competition floor be set up?

- We will have 5 mats rolled the opposite way of comp - mimicking lines on the track. You do not need to stay on the mats and there is NO penalty for stepping off the mats.

Do we sing the school song or play music?

- This is your team's choice. You can either play your school song music via an ipad, iphone or electronic device or your team can sing the song while they perform. Saying words is encouraged.

Can my team participate in all sessions

- Yes, but you will have to register and pay for each session.

If you have any questions, please contact Meredith Rowley at cheeroff@mccacheer.com.