



## 2020 MCCA CHEER OFF INFORMATION

The 2020 Cheer Off is going virtual. Teams will be judged based on a video submission of the team performing the required material at a game.

### CHEER OFF REGISTRATION:

- Cheer Off registration cost: **\$10** per cheerleader
  - Payment should be mailed or paid online at time of registration.
- Cheer Off registrations, rosters, and video submissions are **due November 14, 2020**.
  - No late registrations or videos will be accepted.
  - Registration payment must be received by November 14 in order for video to be judged.
- Coaches must be current members of MCCA to register their team.
- All members of the cheerleading team must be current members of the official school spirit squad and must attend the school they are representing. These must be individuals who cheered on the sidelines for games during the current school year.
- Any sideline team is allowed to enter. Teams compete against other teams in their division, regardless of the sport they cheer for (Soccer, Football, Basketball, etc).
  - Divisions are Rec, Junior High, JV, Varsity class A and Varsity class AA.

### CHEER OFF MATERIAL:

- Chant
  - Chant should be repeated 3-5 times.
  - No stunting or tumbling.
  - Must be an offense or defense chant.
- Time Out Cheer
  - No longer than 1 minutes
  - Encouraged to use signs, poms, stunts, tumbling, etc.
- School Song
  - May be done with or without music.
    - If using music, you must turn in a music license.

### The following rules apply to the Cheer Off

- Current NFHS Spirit Rules
- MSHSL Rules for participation in extracurricular activities, including masks and distancing.
  - 1. Indoors masks required at all time
  - 2. Mask required at all times while stunting indoor and out
  - 3. Recommended outdoors, especially when social distance cannot be maintained
- 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.

### **VIDEO SUBMISSION INSTRUCTIONS:**

- Entire team should be in view.
- Preference is to be filmed at a game.
  - May submit a video filmed at practice.
- Film in landscape.
- All 3 elements should be filmed separately.
- No editing film.
- **Upload video to YouTube**
  - Video privacy setting must be public or unlisted to ensure judging access.
- **Email video link to [cheeroff.mcca@gmail.com](mailto:cheeroff.mcca@gmail.com)**
  - Use school name, sport, and cheer off element (chant, cheer, school song) in the subject line.

### **AWARDS INFORMATION:**

- Results will be posted to social media and emailed out to coaches.
- Cheer Off overall winners will be recognized at the State Banquet.

**If you have any questions, please contact Kathryn Freeman at [cheeroff.mcca@gmail.com](mailto:cheeroff.mcca@gmail.com)**