

# MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

## Competitive Cheer Committee Meeting

East Lansing, February 3, 2010

### Members Present:

Steve Bennink, Coopersville  
Tim Erickson, Rockford  
Amy Fuller, CCCAM  
Teresa Koestering, Livonia  
Celeste Kubiak, Houghton Lake  
Ken Mohny, Mattawan  
Ryan Sines, Clawson

Zac Stevenson, Woodhaven  
Tricia Williams, Rochester

### Members Absent:

Jayne Sabaitis, Colon

### Staff:

Kathy Vruggink Westdorp (Recorder)

## COMMITTEE RESPONSIBILITIES

The MHSAA Competitive Cheer Committee reviewed its responsibilities as a standing sports committee and the process of making recommendations to MHSAA staff and the MHSAA Representative Council. In addition, the Competitive Cheer Committee reviewed the charge of the Competitive Cheer Sub-Committee which met on January 20, 2010. This Sub-Committee studied the technical aspects of Competitive Cheer and made recommendations which were submitted to the Competitive Cheer Committee.

A draw for the order of competition at the MHSAA Competitive Cheer Finals was done by Committee members and the Girls Competitive Cheer Tournament Manager's Materials and Participating School Information were also reviewed. In addition, the minutes from last year's Competitive Cheer Committee and Competitive Cheer Sub-Committee were re-examined.

## CALENDAR CHANGES/PROPOSALS

Calendar changes for 2009-2010 were received by the Girls Competitive Cheer Committee. Specific to competitive cheer is that the starting date remains the same (Monday, Nov. 9, 2009) and there is a requirement of seven separate days of practice for the team. In addition, competition will not be allowed before 14 calendar days (Monday, Nov. 23, 2009).

Also reviewed was a summary of Representative Council action which included handbook changes, sports changes and calendar changes.

## RECOMMENDATIONS FROM THE COMPETITIVE CHEER SUB-COMMITTEE

The MHSAA Competitive Cheer Sub-Committee met with the purpose of annually reviewing current competition and safety rules and to propose changes and additions to the Competitive Cheer Manual. The committee focused on the technical aspects of competitive cheer and advised the full committee and ultimately the Representative Council of the rules that may need review, revision or update. The Competitive Cheer Committee also discussed rules for which no action was taken by the Competitive Cheer Sub-Committee as well as the recommendations from the Competitive Cheer Sub-Committee.

- a. Scorer's Table information – Task Force editing.
- b. Precision Drill change to a one year cycle.
- c. Choreography bonus points to allow for a gradation in earning points.
- d. Toe Pitches.
- e. Execution changes for all athletes on floor.
- f. Cheer hair – Task Force editing.
- g. OLE Requirement.
- h. Double Twist to Cradle Requirement.
- i. Choreography Bonus Change.
- j. Rounding to nearest tenth.
- k. Change requirement for braced flyers when free from bases.
- l. Combine Team Coordination and Execution.
- m. Remove Sock Requirements.

- n. Definition of Retake – Task Force editing.
- o. Review Round 2 for the use of the word “Compulsory”.
- p. Combine Round 1 and 2.
- q. Lower the Value of the Multiplier.
- r. Further Categorize the Manual – Task Force.
- s. Further Elaborate on Junior High/Middle School Manual.
- t. Eliminate the Difficulty and Variety Category.
- u. Clarify Back Tucks – Task Force.
- v. Panel Judge Moving from Panel.
- w. Precision Drill in Fists not Blades – Task Force.
- x. Music and Props.
- y. Eliminate Double Twist Cradles from Round 3 Choreography.
- z. Head over Heels Rotation in Basket Tosses.
- aa. Helicopters that Rotate 180 Degrees.
- bb. Maximum of 24 Competitors.
- cc. Heel Stretch Consistency – Task Force.

**RECOMMENDATIONS BY THE COMPETITIVE CHEER SUB-COMMITTEE**

- a. Change the deadline for paperwork to be turned in prior to the meet to 12 noon the day before the meet. Rationale: Most school offices close before 4 p.m. on Fridays which makes it difficult for coaches to get the paperwork and make copies as needed for the next day’s competition. It also makes it difficult for coaches sending paperwork to confirm adequate receipt if the offices are not open. (7-2)
- b. Increase the number of Round 2 skills for coaches and teams by adding the following:
  - 1.2: Front walkover (tumbling & flexibility)
  - 1.2: Front handspring (tumbling)
  - 1.2: Back extension rolls (tumbling)
  - (9-0)
- c. Add a 7 point category for tumbling skills. Rationale: Teams that are doing flairs on tumbling skills would have an adequate way for receiving extra points for their difficulty. The list would look as follows: (8-0-1)

<b>1 point</b>	<b>2 points</b>	<b>3 points</b>	<b>5 points</b>	<b>7 points</b>
Forward roll	Back bend	Back handspring	Back tuck	Tuck-half
Cartwheel	Center Split	Valdez	Back Layout	Arabian
Backward roll	Handstand for. roll	Crabstand	Whipback	Full Twisting LO
Handstand	Limber Front or Bk.	Front handspring	Twisting handspring	Layout X-Out
Headstand	Near/Far Arm CW	Press Hand. For. Roll	Back Pike	Layout Step-out
Heel Stretch	Switch Split	Triple Splits	Aerial Walkover	
Jumps		Walkover Front or Bk.	Aerial Cartwheel	
Kicks		Back extension roll	2 Foot Front Tuck	
Pushup				
Round off				
Side Split				

- d. Allow hand to hand or arm contact for forward suspended rolls to be provided by bases, back spots, or bracers in pyramids as long as the bracers are held to all of the same rules as in any “release” pyramid. This would only be allowed to a cradle or sponge – not to the floor. (9-0)

**DISCUSSION ITEMS FROM COMPETITIVE CHEER SUB-COMMITTEE**

In addition, there were several items that were not labeled as “safety” concerns and therefore were sent to the agenda of the Competitive Cheer Committee. The Committee reviewed the rule in which the competitor multiplier is used in Round 2 which balances the risk of entering more participants in the round. This multiplier has been used over the last three years due to the concern of the variances made by coaches in terms of the number of competitors in the Compulsory Round. At the time the rule was put in place, committee members spoke to the fact that there was an increase of penalty and an increase in risk in this round and therefore it was necessary to balance the equation. The following proposals were discussed:

- a. Review the removal of the Round 2 Competitor Multiplier and propose a range of competitors based on Division. This proposal included questions as to whether this should include all levels (sub-varsity and middle school) of competitive cheer.
 

Division 1:	12-16
Division 2:	10-14
Division 3:	8-12
Division 4:	6-10
- b. Set a specific number of competitors for all levels of competition.

These two items were discussed extensively but were not forwarded as recommendations to the Representative Council.

### **ADDITIONAL CONSIDERATIONS**

As it was a resounding success for this year's Manual, a continuance of the practice of having a spring editing group of coaches and judges review the Competitive Cheer Manual and further update the Manual in preparation for the first year of the next two-year Manual cycle was recommended.

In addition, Mr. Mohney provided a MIAAA position statement regarding changing competitive cheer from the winter to the fall. In the winter of 2009, a vote of MIAAA members was taken regarding the change of season in competitive cheer. The tally was 16 votes in support of the change and 145 votes of non-support.

### **2009 COMPETITIVE CHEER TOURNAMENT INFORMATION**

The 2010 Competitive Cheer Tournament will hold a District on Friday and Saturday, February 19 and 20, 2010. There will be six Districts in four Divisions which will each have four teams progress to eight Regionals the following week. Four teams from each of the eight Regionals will move to the Finals on Saturday, March 6, 2010 which will be in a two session/one day format.

### **RECOMMENDATIONS TO REPRESENTATIVE COUNCIL**

- a. Change the deadline for paperwork to be turned in prior to a meet to 2 p.m. the day before the meet. (9-0)
- b. Adopt the following technical recommendations provided by the Competitive Cheer Sub-committee:
  1. Increase the number of Round 2 skills for coaches and teams by adding the following: (9-0)
    - Front walkover (tumbling & flexibility) – 1.2 skill
    - Front handspring (tumbling) – 1.2 skill
    - Back extension roll (tumbling) – 1.2 skill
    - Handstand forward roll (tumbling) – 1.0 skill
 This proposal includes a provision for the allowance of performing both a front and back handspring and a front and back walkover.
  2. Add a 7 point category for tumbling skills to allow teams that are doing flairs on tumbling skills an adequate way for receiving extra points for difficulty. A comprehensive list of included 7 point skills would be listed in the 2010-12 Manual. (9-0)
  3. Allow hand-to-hand or arm contact for forward suspended rolls to be provided by bases, back spots or bracers in pyramids as long as the bracers are held to all of the same rules as in any "release" pyramid. This would only be allowed to be done to a cradle or sponge – not to the floor or a stunt. (9-0)
- c. Starting in 2010-11 school year, propose that 5 panel judges (currently 3) and 2 safety judges be used at the Regional level of Competitive Cheer. The District and Final level would remain the same as currently designated. (7-2)