**Missouri Cheerleading Coaches Association**

All-State Performance Nominations

* Coaches from each division (1, 2, 3, 4, 5) may nominate athletes in each category:

(2)Jumps (2 )Tumbling (2 )Backspot (4 )Base (2 )Flyer

* (Coed & Superlarge divisions nominate in actual school division size)
* Only Teams/Coaches competing in the Traditional State competition are eligible to nominate.
* Coaches can nominate the same athlete in various categories.
* NO late entries will be accepted.
* Coaches submit videos highlighting the athlete’s skills before the deadline listed on the MCCA website.
* All-State teams will be announced during State Awards

**FOR THE VIDEO:**

* Begin with the athlete stating their FULL NAME, followed by skills highlighted.
* Video should be taken at an angle to highlight the athlete being judged.

(for example----front view of a stunt does not highlight the BACKSPOT)

* Make sure you are close enough to fully SEE the stunt being executed.
* Ensure ALL aspects of the skill/stunt are in the video. If you cannot see it--it cannot be

properly judged.

* Videos cannot exceed (30) seconds.
* Late entries WILL NOT BE accepted
* JUMPS: Video to include 2 jumps of athlete’s choice.
* TUMBLING: Video to include the athlete’s BEST standing tumbling skill AND BEST running

tumbling pass.

* BASE: Video to include the athlete’s BEST stunting skills
* BACKSPOT: Video to include the athlete’s BEST stunting skills
* FLYER: Video to include the athlete’s BEST stunting skills and must include an extended stunt

flexibility skill.

**How the ALL-State process works:**

After you submit your athlete’s video…

Videos are compiled

The head coach from each division will vote

After voting closes…

The All-State committee reviews EACH video and EACH score. We

ensure that scores are consistent and no athlete was missed or scored under the appropriate

range. Top Athletes in each category are reviewed and then Division All-state teams are

formed.