

2010

Upper Midwest All Star Championship

Stunt Group Competition Information

For the third year the Upper Midwest All Star Championship will allow groups of cheerleaders to display their best stunting skills whether or not their team competes as a team at the Upper Midwest All Star Championship.

Who is eligible? Any all star gym from Iowa, Minnesota, North Dakota, South Dakota, Illinois, Nebraska, or Wisconsin can register their cheerleaders for the Stunt Group Competition. You do not need to be on or have a team competing to participate. **Each all star gym may have as many stunt groups as they want, but each cheerleader is only allowed to participate on one stunt team.** (NOTE: Cheerleaders can participate in two stunt groups if one is a school team and one is an all-star team.)

What is it? 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 Upper Midwest All Star Championship on Saturday, January 30th, 2010 at Roy Wilkins Auditorium in St. Paul.

How much does it cost? \$35 per stunt group

Rules/Guidelines:

- Stunt group members do not have to compete on a team at the Upper Midwest All Star Championship
- Teams can have up to 5 females in the Mini, Youth, Junior and Senior Stunt divisions and 1 male and 1 female in the Co-ed division. (This does include spotters in all divisions but the Co-ed division)
- The age used for competition purposes is the participants' age as of August 31, 2009.
- Participants are only allowed to participate on one stunt team unless one is a school team and the other is all-star.
- Substitutions are allowed as long as a waiver form is submitted and they are not in another stunt group.
- Everyone must start with both feet on the ground.
- Bases and flyers may switch positions as long as it is the same group of people involved.
- Tumbling into 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
- All-Star Stunt Groups will follow the current UCA rules and will be able to perform skills up to level 5, with the exception of the Mini Stunt Groups.
- The MCCA Technical/Safety score sheet will be used for all stunt groups.
- **The time limit is One Minute.**
- Stunt groups will be given 2 minute marking/warm-up times that follow the same flow prior to performance as the teams.

Divisions:

Mini All Star Stunt (8 years & younger, 4-5 female members)

Youth All Star Stunt (11 years & younger, 4-5 female members)

Junior All Star Stunt (14 years & younger, 4-5 female members)

Senior All Star Stunt (11 – 18 years of age, 4-5 female members)

Co-Ed All Star Stunt (11 – 18 years of age, 1 female & 1 male)