



2026-2027

MCC All Star Cheer

Handbook & Contract

YOUR GO-TO PLAYBOOK FOR A SUCCESSFUL YEAR

706-842-8022 masterscitycheer.com

**4304 Sudan RD
Augusta, GA 30907**

Masters City Cheer

WELCOME TO MASTERS CITY CHEER!

We're thrilled that you've chosen to join the Masters City Cheer family. At MCC, we believe in building strong athletes, confident leaders, and a supportive community, and we're excited to begin that journey with you. Our coaching staff brings over 40 years of combined experience across all-star, sideline, recreational, and collegiate cheerleading. We've coached levels 1-6 and athletes from tiny through collegiate age. Our team has not only trained athletes at the highest levels of all-star cheer but has also competed at the Division I collegiate level at UGA and USC. As Augusta natives, our owners and coaches take great pride in giving back to the community that shaped us. Masters City Cheer was created to bridge the gap for local athletes by providing a safe, positive, and nontoxic environment to learn and grow in the sport of competitive cheerleading. We know what it takes to succeed in this sport, and we are committed to sharing our knowledge, passion, and experience with your athlete, now and for years to come. Thank you for trusting us with your child's cheer journey. We can't wait to watch them shine.

Welcome to the family,

Masters City Cheer



Meet the Owners



Kristen Baker

Email: kristen@masterscitycheer.com

Kristen Baker brings a lifetime of passion and experience to Masters City Cheer. She spent 12 years of her childhood dedicated to competitive cheerleading—a commitment that shaped her both as an athlete and as a leader. During those years, she earned multiple Cheersport National titles, competed at NCA Dallas, performed up to Level 5, and served as captain of both her varsity sideline and competition cheer teams. Kristen believes deeply in the values that all-star cheerleading instills: discipline, dedication, a strong work ethic, and compassion for others. Her goal is to pass these qualities on to every athlete she coaches. She is committed not only to building successful teams, but also to being a positive role model for the young athletes of MCC. In addition to her all-star coaching experience, Kristen is a middle school teacher and has coached middle school cheerleading as well. Outside the gym, she enjoys life with her sweet little boy. Kristen is excited to meet all the new MCC families and looks forward to an incredible season ahead.

Jennifer Cumpton

Email: jennifer@masterscitycheer.com

Jennifer Cumpton brings an exceptional blend of athletic achievement, coaching experience, and genuine passion for youth development to Masters City Cheer. Her cheer journey began after a highly successful career as a competitive gymnast, where she reached Level 9 and earned numerous individual, all-around, and team Georgia state titles across multiple levels. This strong gymnastics foundation gives her a deep understanding of technique, body control, and skill progression—knowledge she now uses to help athletes develop clean, safe, and high-quality tumbling and stunting skills. Jennifer went on to compete in all-star cheerleading, earning multiple championship titles before continuing her athletic career at the University of Georgia. After a rigorous tryout process, she earned a coveted spot on the UGA Cheerleading Team, serving on both the all-girl and coed squads and lettering all four years. She was also selected for the UGA Competitive Cheerleading Team, representing the university at the prestigious NCA Collegiate National Championship in Daytona. Her leadership, dedication, and character led her teammates and coaches to elect her as Captain her senior year. Beyond the mat, Jennifer holds a Bachelor of Science in Biology and a Master of Health Science in Anesthesiology from Nova Southeastern University. She is a proud mother of four and dog-mom to two pups she adores.

Molly Douglas

Email: molly@masterscitycheer.com

Molly Douglas has been passionate about cheerleading since the age of four, and that love has only grown stronger over her 15 years as a competitive athlete. She has trained and competed across all levels and age groups, earning multiple Cheersport National Championships and becoming a Worlds Finalist. Molly continued her cheer career at the collegiate level, serving as Captain of the University of Georgia Competitive Cheer Team and competing at NCA Daytona. She is also a founding member of the University of Georgia STUNT Team, helping establish the program during its early years. Molly's athletic background is matched by her academic achievements. She graduated from UGA with a Bachelor of Science in Finance and a Bachelor of Science in Consumer Science. Her blend of leadership, discipline, and business knowledge has fueled her dream of owning a competitive cheerleading gym—one built on the same values that shaped her as an athlete. Her mission is to instill dedication, self-discipline, teamwork, sacrifice, hard work, and the joy of lifelong friendships in every athlete who walks through MCC's doors. Molly is committed to creating an environment where athletes can grow not only in skill, but in character. Outside the gym, Molly is married to her high school sweetheart, and together they are raising five beautiful children into kind, confident young boys and girls. Molly's passion, experience, and heart for young athletes make her an invaluable part of the Masters City Cheer family.

Matt Slocum

Email: matt@masterscitycheer.com

Matt Slocum began his All-Star cheer journey in 1999 with CAS Elite, where he quickly discovered a passion for the sport that has shaped his life for more than two decades. He continued his cheer career at the University of South Carolina, earning four varsity letters and being recognized multiple times as the program's "Best All-Around Male"—a testament to both his athletic ability and his leadership. Since 2003, Matt has coached at several highly successful programs in Columbia, SC, and the Augusta area. Over the years, he has helped lead teams to numerous National Championship titles and has built a reputation for developing well-rounded, competitive athletes who excel in both skill and character. Matt is equally committed to education. He holds a Bachelor's degree in Psychology, a Master's degree in Secondary Education, and an Education Specialist degree in Teacher Leadership. He currently teaches Social Studies at Evans Middle School, where he brings the same enthusiasm, mentorship, and dedication to his students that he brings to his athletes. Off the mat, Matt has been married to his wife, Allie, since 2008. Together, they are raising their three redheaded boys, Mac, Garren, and Rory, who keep life full of energy, laughter, and adventure. Matt's experience, leadership, and passion for youth development make him an invaluable part of the Masters City Cheer coaching staff.

EVALUATION INFORMATION

COST

- \$85 tryout fee for **NEW MCC** athletes
- \$65 fee for **RETURNING MCC** all-star team athletes



All payments will be made through iClassPro. To register, visit www.masterscitycheer.com and select the "Registration Link." From there, you can create a new account or log in if you already have one. During the registration process, you will complete payment and sign the athlete liability waiver in the same place. Both steps must be completed before your athlete can participate in tryouts. Athletes will not be permitted to try out without an active iClassPro account and a signed waiver on file.

Evaluation Times

May 14th

May 15th

5:30- 7:00pm: 2020-2023 birth years 5:30- 7:00pm: 2015-2021 birth years

May 16th

May 17th

5:30- 7:00pm: 2008-2014 birth years Makeup day for all ages

***If you are unable to make these times, please contact an owner to arrange a private evaluation.**

Location

Masters City Cheer
4304 Sudan Dr. Suite B
Augusta, GA 30907



Team Placement

MCC follows all rules and regulations established by **USASF (U.S. All Star Federation)**. Our team placement process is intentional, detailed, and designed to set every athlete, and every team, up for success. Each athlete is evaluated and placed based on their level and execution of the core elements found on the competitive scoresheet: **performance, stunting, pyramids, tumbling, jumps, and dance**. We work carefully to ensure that every team is appropriately balanced and competitive within its division. In addition to skill-based criteria, we also consider important personal attributes such as **age, athletic mentality, dedication, attitude, and work ethic**. These qualities play a major role in building strong, cohesive teams that can grow together throughout the season. Our goal is to place each athlete where they will be challenged, supported, and positioned to thrive.

Tiny & Mini Exhibition Teams

Tiny and Mini Exhibition Teams are designed specifically for our youngest athletes, typically ages 3–7, who are brand-new to all-star cheer or who want to experience competition at an introductory level. These beginner teams focus on building the core skills and fundamentals of all-star cheerleading in a fun, positive, and age-appropriate environment. Athletes on these teams will learn the basics of motions, jumps, stunting, tumbling, performance, and teamwork, all while gaining confidence and developing a love for the sport. Tiny and Mini Exhibition Teams will attend two competitions during the season (see chart below).

Tiny Novice Teams

Tiny Novice Teams are beginner-level teams designed for athletes ages 3–12 who are new to all-star cheer or who want to experience competition at an introductory level. These teams focus on building the core skills and foundational elements of all-star cheerleading in a fun, supportive, and age-appropriate environment. Athletes will work on the basics of motions, jumps, stunting, tumbling, performance, and teamwork, helping them gain confidence while developing proper technique. Tiny Novice Teams will attend four competitions throughout the season and will compete one day only at each event.

Mini, Youth & Junior Novice Teams

Mini, Youth, and Junior Novice Teams are beginner-level teams designed for athletes ages 4–15, depending on the age division they qualify for. These teams are ideal for athletes who are new to all-star cheer or who want to gain competitive experience in a supportive, introductory environment. Novice athletes focus on developing the core skills and foundational elements of all-star cheerleading, including motions, jumps, stunting, tumbling, performance, and teamwork. The goal is to build confidence, proper technique, and a strong understanding of routine structure while keeping the experience fun and encouraging. These teams will attend all competitions throughout the season and will compete one day only at each event.

Prep Teams (First Level of Competitive Cheerleading)

Prep Teams are beginner/intermediate competitive teams and serve as the first official level of all-star competition. The USASF offers Prep divisions in Levels 1–3, and despite the common meaning of the word “prep,” these teams are an essential and highly valued part of our program. Prep is a crucial stage in an athlete’s development. These teams focus on learning and refining the fundamental skills of competitive cheerleading—stunting, tumbling, jumps, dance, performance, and routine execution—while introducing athletes to the structure and expectations of full-season competition. Prep Teams will attend all competitions throughout the season. They typically compete one day at each event, even at two-day competitions, though certain events may require them to compete on both days. Prep is where athletes build confidence, develop strong technique, and gain the experience needed to progress successfully through the all-star levels.

Elite Teams

An Elite team in USASF All-Star cheer is a highly competitive, full-season team designed for experienced athletes with strong technical skills. These teams, which range from Levels 1–6, require a 10–12 month commitment, with practices typically lasting 1.5–2.5 hours and held twice per week. Athletes on Elite teams travel to approximately 6–8 competitions throughout the season, where they perform high-level routines that emphasize advanced stunting, tumbling, and overall performance quality. Each routine is 2 minutes and 30 seconds long and is choreographed to meet strict scoring standards. The ultimate goal for these teams is to earn bids to prestigious end-of-season championship events such as The Summit and The Cheerleading Worlds, making Elite teams the best fit for athletes seeking a serious, competitive experience with a strong emphasis on commitment, skill development, and teamwork.

Level 1 (Prep & Elite)

Level 1 teams compete skills defined by USASF Level 1 standards. These teams consist of advanced Level 1 athletes who typically have prerequisite tumbling and stunting skills.

- **Tumbling:** Front and back walkover series
- **Stunting:** Skills performed at the shoulder level or below

Level 2 (Prep & Elite)

Level 2 teams compete skills defined by USASF Level 2 standards. These teams include advanced Level 2 athletes with established tumbling and stunting foundations.

- **Tumbling:** Standing back handspring; running back handspring combinations
- **Stunting:** Skills performed at the shoulder level or above

Level 3 (Prep & Elite)

Level 3 teams compete skills defined by USASF Level 3 standards. These teams consist of advanced Level 3 athletes who have mastered the required tumbling and stunting progressions.

- **Tumbling:** Standing back handspring; running back handspring series; running tuck combinations
- **Stunting:** Skills performed at the extended arm level and above

Note: Prep teams may compete up to Level 3 stunting and Level 2 tumbling only.

Level 4 (Elite Only)

Level 4 teams compete skills defined by USASF Level 4 standards. These teams are made up of advanced Level 4 athletes with strong tumbling and stunting proficiency.

- **Tumbling:** Standing tuck, running tuck, punch front, running layouts
- **Stunting:** Skills performed at the extended arm level and above

Level 5 (Elite Only)

Level 5 teams compete skills defined by USASF Level 5 standards. These teams consist of advanced Level 5 athletes who have mastered high-level tumbling and stunting skills.

- **Tumbling:** Running fulls; advanced standing tumbling such as toe-touch standing tuck
- **Stunting:** Skills performed at the extended arm level and above



Current Age Requirements

Elite

Tiny- 2019-2021
Mini- 2017-2020
Youth- 2014-2019
Youth Flex- 2013-2021
Junior- 2011-2018
Junior Flex- 2010-2020
Senior- 6/1/07-2014

Prep

Tiny- 2019-2021
Mini- 2017-2020
Youth- 2014-2019
Junior- 2011-2018
Senior -6/1/07-2015
*** Different from elite ***

Novice

Tiny- 2019-2023
Mini- 2017-2020
Youth- 2014-2019
Junior- 2011-2018
Senior- 6/1/07-2015
** Different from elite and prep **

Placement Reveal Information

Your athlete's tryout number will be listed under their new team roster. All rosters will be posted outside the cheer gym doors on Sunday, May 17, 2026, after 8:00 PM. A practice schedule beginning Monday, May 18th will be posted alongside the rosters.

Summer Schedule

Please note that summer schedules may differ from the regular season schedule. The summer session will run from June 8th through July 24th.

Uniform Fittings

On May 30th, our uniform representative will be onsite to take measurements for:
Practice wear, Uniforms, & Warm-ups
Measurements will be done in team-specific block times.

Please save all of these important dates.

Important Information Regarding Placement

In today's cheer industry, athletes must have 95–98% of the required skills for a given level in order for a team to score competitively and perform successfully. Because of this, we will not place athletes on teams based on:

- Where an athlete or parent wants or thinks they should be
- The team an athlete was on in a previous season
- Being with friends

Our priority is placing your athlete at the appropriate level where they can succeed, grow, and feel confident on the competition floor. It is not enjoyable or beneficial for an athlete to be placed on a team where they are significantly behind in required skills and unable to participate fully in routine sections. Our staff is committed to: Supporting your child's success, Challenging them appropriately, Building their confidence, Reducing unnecessary stress, Celebrating their progress, Ensuring safe, healthy development in the sport. As coaches, we vow to place athletes where they will shine, where they are level-appropriate, and where they can be successful—above all else. This approach keeps athletes happy, teams competitive, and injuries minimized, creating an environment where athletes can grow safely and confidently.

Ongoing Evaluation

Team placements at evaluations are not final. We will continue evaluating athletes through the summer and up until choreography. Your athlete's performance, consistency, and commitment during the summer months are vital to team success. Athletes may be asked to practice with different teams or levels throughout the summer as we determine the best fit. When athletes perform skills only once at evaluations but cannot maintain them by choreography, it negatively affects the team's ability to maximize scores and remain competitive. Consistency matters.

Thank you for your support and understanding throughout this process.

Summary of Financial Obligations for All Star Cheer

Overall Commitment

All Star cheer requires a significant financial investment. Families should fully understand the costs before trying out.

Monthly Payments

- All payments are made through iClassPro.
- Automatic charge on the 1st of each month to the card on file.
- If payment fails, the system will retry on the 7th.
- A \$25 late fee applies to any payment not completed by the 7th.
- This includes tuition, team fees, merchandise, and mandatory fees.



Declined or Missing Payments

- If a card is declined, removed, or not updated, and payment is not made:
 - The athlete cannot participate in practice.
 - The athlete may be replaced on the team.

Refund Policy

- No refunds are given for any goods or services.
- If an athlete quits or is dismissed before receiving purchased items, those items remain property of Masters City Cheer.

Cancellation Fee

- If an athlete quits or is dismissed before the season ends:
 - A \$500 cancellation fee will be charged to the card on file.
 - No exceptions

Joining Late

- Athletes who join after evaluations are still responsible for all team fees for the full season.
- Example: Joining in November still requires paying fees from May onward.
- Payment schedules can be arranged, but full fees are required.

Sibling Discount

- Families with more than one athlete enrolled receive a 50% discount on monthly tuition for each additional child.
- The discount applies to the lower tuition amount.
 - Example: If Sibling A has the higher tuition, they pay full price; Sibling B receives 50% off their lower tuition.
- Team fees are not discounted.

Military Discount

- A 10% tuition discount is offered to athletes with active-duty or veteran parents.
- To apply the discount, parents must show valid military credentials to the front desk or an owner.
- This discount is our way of thanking you for your service.
- Team fees are not discounted.

Stacking Rules

- Discounts cannot be combined.
- When a family qualifies for both sibling and military discounts:
 - The highest tuition receives the 10% military discount.
 - The next child receives the 50% sibling discount.
 - Team fees remain full price for all athletes.



Monthly tuition covers:

Team practices (based on level)

1 weekly tumbling class (grouped by level, not team)

Any additional practices added by coaches throughout the season

Tiny / Mini Exhibition

1 practice per week (1.5 hours) + 1 tumbling class (1 hour) = 2.5 hours per week

Novice

2 practices per week (1.5 hours each) + 1 tumbling class (1 hour) = 4 hours per week

Prep

2 practices per week (2 hours each) + 1 tumbling class (1 hour) = 5 hours per week

Elite

2 practices per week (2.5 hours each) + 1 tumbling class (1 hour) = 6 hours per week

Team Tuition and Fees

Team Level	Tuition Month/Yr	Fees Month/Yr	Total Month/Yr
Exhibition	\$105/ \$1,207.50	\$85/ \$1,020	\$190/ \$2,227.50
Tiny Novice	\$235/ \$2,702.50	\$95/ \$1,140	\$345/ \$3,842.50
Mini, Youth & Jr. Novice	\$235/ \$2,702.50	\$110/ \$1,320	\$345/ \$4,022.50
Prep	\$245/ \$2,817.50	\$175/ \$2,100	\$420/ \$4,917.50
Elite	\$255/ \$2,932.50	\$205/ \$2,460	\$460/ \$5,392.50

What's Included in Team Fees

These amounts include choreography, music, stunt clinic, staff travel, and competition entry fees.

Payment Structure

The monthly payment reflects a full-season breakdown (May – April). Payments may be made in equal monthly installments or paid in full.

If paid in full by June 1st, you will receive 5% off tuition.

Tuition is divided over 11.5 months (with May prorated), while fees are based on a full 12-month schedule.

The first payment is due May 20th.

Additional Costs

PLEASE NOTE: These fees do NOT include end-of-season events such as US Finals or Summit. If your athlete's team earns a bid, families will be responsible for: Event fees, Travel expenses, Practice wear (if applicable), & Coaches fee (covers coach travel and entry). For reference, the 2026 D2 Summit commuter fee was \$510 (not including additional expenses). Please plan accordingly.

<u>Item</u>	<u>Cost</u>	<u>Due Date</u>
MCC Annual Membership Fee	\$75.00	5/20
USASF Fee	\$49.00 - Additional charge over 18 years old	10/01
Crossover Fees	Registration fee per comp (\$700)	\$350- November 1st \$350- March 1st Please note: we do not charge tuition- ONLY comp registration fees
Practice Wear	\$90.00 - Top & Bottom	06/15
Competition Bow	\$45.00	06/15
Uniform Payment #1 Exhibition/Novice	\$150	07/15
Uniform Payment #1 Prep & Elite	\$335	07/15
Uniform Payment #2 Exhibition/Novice	\$150	08/15
Uniform Payment #2 Prep & Elite	\$335	08/15
Warm Ups	\$250.00 *Prices of individual pieces of warm ups will be available upon request	09/15
Shoes	Your choice - must be all white	----
Bookbags	Not mandatory - will be offered	----
Travel & Hotel Costs	Some comps have Stay to Play requirements - info to come	----
Raleigh Rhinestone Bra	\$65.00 - Second practice top	06/15



Sponsorship Opportunities

Sponsorships are a great way to help offset the cost of all-star cheerleading. We provide a sponsorship letter that can be picked up at the front desk to share with family members, friends, and local businesses. All funds collected through sponsorships will be applied directly to your athlete's all-star account.

Fundraising Committee

We will offer various fundraising opportunities throughout the season to help with costs related to postseason events and other needs we identify along the way (such as scholarships). Participation in fundraising is optional but highly encouraged as a way to reduce overall expenses.

Scholarships

We are excited to offer a limited number of scholarships for the upcoming season, with hopes to continue growing this program each year.

Thanks to the generosity of alumni and families who understand both the impact and commitment of all-star cheer, donated funds are available to help athletes who may need financial assistance participate in the program.

To apply, please email one of our owners or contact our director, Leslie Beckworth, to request an application.

Please note: All scholarships awarded are partial scholarships.

Masters City Cheer

AN MCC CHEERLEADER INVITES YOU

as a Sponsor/Donor for the 2026-2027 Season

I hope this letter finds you well. My name is _____, and I am a passionate young athlete who is deeply committed to all star competition cheerleading. I am writing to you today with great enthusiasm, hoping to share my journey and seek your support.

Sports have been a significant part of my life, and I have dedicated myself to becoming the best athlete I can be. I am a proud member of Masters City Cheer, where I have the opportunity to learn, grow, and compete at a high level. My dedication and hard work have allowed me to achieve some level of success, but the costs associated with pursuing my passion can be overwhelming.

I am reaching out to you today to kindly request your support in helping me continue my journey as a young athlete. Your generosity can make a tremendous difference in my development and growth in my sport. Here is how you can support me:

1. Financial Donation: Your contribution can directly assist in covering my tuition, uniform, competition fees, and other related expenses.

I understand the value of your resources, and I am genuinely grateful for any level of support you can provide. Your donation will not only impact my journey as a young athlete but will also reflect your commitment to helping local talent thrive and pursue their dreams.

If you are interested in making a donation or discussing sponsorship opportunities, please feel free to email me at _____ or text/call at _____. I would be delighted to provide you with more information and discuss how we can acknowledge your generosity.

Thank you for considering my request and for potentially making a difference in my sports journey. Your support is invaluable and deeply appreciated.

Sincerely,

Masters City Cheer



Your Support Can Make A Difference!

Masters City Cheer

AN MCC CHEERLEADER INVITES YOU

as a Sponsor/Donor for the 2026-2027 Season

I hope this letter finds you well. I am writing as the parent of _____, a young athlete with a passion for all star competition cheerleading and an unwavering commitment to this program.

As _____ parent, I have the privilege of witnessing the incredible dedication, hard work, and talent my child brings to their team. _____ is a dedicated member of Masters City Cheer, and I couldn't be prouder of _____ achievements and determination.

However, pursuing a sports dream comes with its own set of financial challenges, including tuition, equipment costs, and travel expenses. These expenses can often place a significant burden on young athletes and their families.

I am reaching out to you today to seek your support in helping _____ continue their journey as a young athlete. Your generosity can make a profound difference in the development and growth of _____ all star cheerleading experience. Here is how you can support our 2026-2027 cheer season:

1. Financial Donation: Your contribution can directly assist in covering _____ tuition, uniform, competition fees, and other associated expenses.

I understand that your resources are valuable, and any level of support is greatly appreciated. Your donation will not only impact _____ journey as a young athlete but will also reflect your commitment to helping local talent thrive.

If you are interested in making a donation or discussing sponsorship opportunities, please feel free to email me at _____ or text/call at _____. We would be delighted to provide you with more information and discuss how we can acknowledge your generosity.

Thank you for considering our request and for potentially making a difference in _____ all star cheer journey. Your support is truly invaluable and deeply appreciated.

Sincerely,

Masters City Cheer



Your Support Can Make A Difference!

Competition Schedule & Travel

ALL COMPETITIONS ARE MANDATORY

This season, teams will attend 6 competitions, along with 1 virtual competition hosted at MCC.

Competition Format by Level

Prep & Novice Teams

At two-day events, these teams typically compete one day only (usually Saturday).

In some cases, prep teams may be scheduled to compete both days, which is a great opportunity for athletes to gain experience in preparation for future elite seasons.

End-of-Season Events

If your athlete's team earns a bid, they will continue practicing and compete at one of the following end-of-season events: The U.S. Finals, Regional Summit, Youth Summit, The D2 Summit, or The Small Gym Summit.

These events typically take place late April through early May.

Tentative Competition Schedule (this is subject to change)

Comp	Date	Location	Expo	Tiny Novice	Novice	Prep	Elite
UCA Sevierville	12/5-12/6	Sevierville, TN					
Spirit of Hope **	1/16 - 1/17	Charlotte, NC					
Spirit Cheer Virtual II	1/24	MCC					
American Superstarz	1/30-1/31	Raleigh, NC					
Cheersport Nationals**	2/12-2/14	Atlanta, GA					
Augusta Diamond	3/6	Augusta, GA					
Deep South Cheer Tour	3/20 - 3/21	Atlanta, GA					

Spirit of Hope and Cheersport Nationals are “Stay to Play” events and require all teams to book accommodations through their designated housing service in order to compete. Registration details will be shared as soon as they become available.

NCA - Houston, TX: March 19-21, 2027 - TBD

US Finals – TBA (date and location)

D2 Youth Summit – Tampa, FL: April 23–24, 2027

Small Gym Summit – Orlando, FL: May 6–7, 2027

D2 Summit – Orlando, FL: May 7–9, 2027

(Once all dates and locations are officially announced, we will provide updates.)

These end-of-season events require teams to earn a bid. If your athlete's team receives a bid at any point during the season, attendance will be expected. Please plan accordingly.

Travel

All transportation and accommodations are the responsibility of each family. Travel expenses are not included in tuition or team fees. A parent must be present in every hotel room, and a chaperone is required at every competition. **Travel packets will be released one day prior to departure. Because competition schedules frequently change, we wait until the final schedule is confirmed before sending travel details. If a block schedule (a general competition time frame) is released in advance, we will share that information as soon as we receive it.**

Team Mom / Point of Contact

Each team will have a designated Point of Contact (POC) assigned by the owners. This individual serves as the primary communication link between coaches and families, helping keep everyone informed and organized. The POC will coordinate a team goody bag, with all parents contributing. There will be one goody bag for the season at a major competition (for example, CheerSport Nationals), and another for any end-of-season event if the team qualifies. Any additional gifts or items must be distributed outside of the gym. The most important responsibility of the POC is during competition days—ensuring all families know where to be and when, so the team stays organized and on schedule. If you are interested in serving as a Point of Contact, please let one of the owners know. Thank you for your support!



Expectations for Athletes and Parents

- For competitions, athletes must arrive fully prepared with hair, makeup, uniform top, white cheer shoes, and no-show socks. Only MCC gear is permitted. Full uniform, including hair and makeup, is required for awards ceremonies.
- Only teams scheduled for warmups may enter warmup areas unless otherwise instructed by a coach or owner.
- During practices, coaching decisions are final. While feedback is valued, concerns must be addressed appropriately by contacting a staff member through email or the Band app to schedule a meeting. Parents and athletes are expected to trust the coaching process.
- Practices are generally open for parent viewing; however, owners reserve the right to close practices if conduct expectations are not met in the viewing area.
- Team rosters may change throughout the season. Additions or dismissals are at the discretion of the owners.
- Practice schedules may also be adjusted or expanded, and attendance is required.
- Threatening to quit or remove an athlete from a team will result in immediate dismissal from the program, with no refund of fees. Additionally, practices and competitions may not be used as punishment for behavior outside the gym, as this impacts the entire team.
- Coaching decisions may not be argued or questioned during any MCC-affiliated event. Communication should follow the proper chain: coach, then owners. On competition days, communication should go through the team Point of Contact, then coach, then owners.
- MCC staff may move athletes between teams or levels as needed. Routine positions are not permanent and may change throughout the season based on performance and team needs. Decisions such as athlete roles (including flyer positions) are made solely by coaches.
- Coaches reserve the right to replace an athlete at any time. Athletes with outstanding balances on tuition or team fees may be removed from the team.
- Parents are responsible for staying informed by regularly checking email, the Band app, and the MCC website for updates.
- Gossip about athletes, teams, or staff is not tolerated—this includes all social media platforms such as Facebook, Instagram, and Twitter. Team-specific social media pages may only be created by the gym. Continued issues with gossip may result in parents being asked to leave and practices being closed.
- Athletes may not attend classes, private lessons, clinics, or open gyms at other facilities without prior knowledge and permission from MCC.
- Parents and spectators are not allowed to yell instructions from the sidelines or enter the practice floor during training. Additionally, no one may approach competition officials for any reason.
- Only athletes and coaches are allowed in the practice area unless otherwise directed. Parents and athletes are not permitted in the owners' or coaches' offices without supervision.
- Athletes must follow the designated dress code set by their coach. This includes appropriate practice attire, hair secured in a ponytail, short fingernails, and no jewelry due to safety concerns. Failure to comply may result in additional conditioning.

Expectations for Athletes and Parents

- The safety of all athletes is our top priority. All staff members maintain up-to-date background checks and are USASF certified to train athletes.
- Good sportsmanship, respectful behavior, and a positive attitude are required at all practices and competitions. Profanity, abusive language, or inappropriate gestures are not permitted at any MCC event, whether in the gym or at competitions.
- Competitive cheerleading requires athletes to maintain strength, flexibility, and endurance. Additional classes may be required if an athlete needs improvement in a specific area; these are not included in standard tuition. Athletes are expected to take care of their health. The use of drugs, alcohol, or tobacco is strictly prohibited. Any serious health concerns must be addressed appropriately, and continued violations may result in dismissal. Cheerleading is a physically demanding and potentially dangerous sport. Injuries may occur despite all safety precautions. Parents must provide accurate medical information and update the gym with any changes to ensure proper care in case of emergency.
- Score sheets from competitions will be shared at the discretion of the coaches.
- If distributing invitations to team events (such as birthday parties) within the gym, the entire team must be included. Otherwise, invitations must be shared outside of MCC.
- All individuals must turn RIGHT at the stop sign when arriving to MCC. From there, you will circle LEFT around the loop to either drop off your cheerleader at the door or find a parking spot. If the grass area and front parking spots are full, you are required to park in the gravel lot located to the right of the building. Please be mindful not to block any neighboring businesses, and ensure that the loop remains clear and accessible at all times.

WHO ARE WE? MCC!



Private Lesson Policy

Private lessons may be scheduled with any MCC coach during their available times, typically on **Friday, Saturday, or Sunday**. To book a private lesson, please contact the coaches through the Band app or by email. **Allow up to 24 hours for a response.** MCC team members are not permitted to take private lessons at any other gym. All payments for private lessons must be made through the official MCC Venmo account only. **Please note: Private lessons may not be booked if there is an outstanding balance on your account.**

Allowed Absences

Each athlete is permitted the following excused absences:

- **Summer (May–July): 2 excused absences**
- **Fall/Winter (August–December): 2 excused absences**
- **Spring (January–End of Season): 2 excused absences**

You must notify your coach AND Leslie Beckworth if you will be absent for any reason.

Excused absences include:

- School sports commitments
- Family emergencies
- Death in the family
- Fever with a doctor's note
- A graded school assignment

Summer Vacations

Vacations submitted via Absentee Google form on or before May 31st do not count toward your excused/unexcused absences. Link -

<https://forms.gle/VngYZu6fVzNGnLtWA>

Example: If your child will miss two weeks of practices due to a planned vacation submitted on time, those absences do not incur the \$50 absence fee.

Vacations planned after May 31st are not excused and will result in a \$50 fee per missed practice.

Illness

If your child has a fever and cannot attend practice, a doctor's note is required.

Exceeding Allowed Absences

After the 6 total excused absences for the season:

- First additional absence: \$50 fee
- Second additional absence: Athlete will be dismissed from the team and responsible for a \$500 termination fee

Tardiness

Excessive tardiness may result in dismissal.

Tardiness is defined as:

- Arriving 10 minutes late to practice
- Leaving practice early

Competition Attendance

You must arrive at competitions at the exact time provided by your coach. These times are set for a reason. If you are consistently unreliable or late, you may be dismissed from the program.

All teams are required to stay and watch one another at competitions—no exceptions.

Two-Week Rule Before Competitions

Athletes may not miss practices or extra practices during the two weeks leading up to a competition, except in the case of a death in the family.

If an athlete misses practice the week before or the week of a competition:

- They will be worked out of the routine
 - They may not be allowed to compete that weekend
- If you have a scheduling conflict during this period, notify the head coach immediately. We will try to work around extra practices only if we know ahead of time.

General Expectations

- Plan vacations and activities around scheduled gym breaks whenever possible.
 - Homework is not an acceptable reason to miss practice. Time management is expected.
 - All athletes are expected to make sacrifices for the benefit of the team.
-

Commitments

Every athlete is expected to attend every competition their team is scheduled for. Competition dates are provided well in advance to ensure full team participation and to avoid last-minute changes or the need to find a fill-in. Absences disrupt team unity, routine consistency, and overall competitiveness. The only acceptable exceptions are serious injuries or a death in the athlete's immediate family.

Extra Practices & Choreography

You can expect additional practices throughout the season, especially:

- **During choreography sessions**
- **Leading into competition season**

A mandatory extra practice will be scheduled during competition week. This date will be announced closer to the event. Please keep the weekend before and the week of competitions open.

Attendance is essential to team success. Missing practices may affect an athlete's position in the routine.

If your athlete participates in another sport, their schedule must be submitted as soon as it becomes available.

Coaches may extend or add practices at any time. Athletes must arrive on time and fully prepared, including:

- **Shoes on**
- **Hair up**
- **Correct practice attire**
- **No jewelry**

Competition Day Point of Contact (POC)

Each team will have one designated Point of Contact (POC) on competition days. This parent volunteer will be responsible for:

- **Ensuring the team is together and ready (hair, makeup, uniform) for meet times**
- **Communicating with parents and gym owners throughout the day**
- **Gathering the team for awards**
- **Dismissing athletes after awards**





Important Dates

**We will follow Columbia County and Richmond County School Systems **Subject to change*

MAY

- May 14, 15, 16 – Evaluations
- May 17 – Team Roster Reveal & Practice Schedule Released
- May 18 – First Week of Practices Begins
- May 20 – ½ Monthly Payment Due
- May 25 – Closed for Memorial Day (Monday)
- May 30 – Varsity Rep Measurements (block schedule – save the date)
- May 31 – Last Day to Submit Planned Summer Vacations

JUNE

- June 1 – First Full Payment Due
- June 1-5 – Tumbling Practice Only
- June 8 – Summer Practice Schedule Begins
- June 13-14 – Prep & Elite Stunt Choreography (Times will be announced closer to the date)
- June 15 – Practice Wear & Bow Payment Due
- June 29 – July 5 – CLOSED

JULY

- July 1 – Monthly Payment Due
- Early July – Be on the lookout for 4th of July-themed practice
- July 4 – Closed
- July 6-10 – MANDATORY PRACTICE
- July 13-17 – Choreography for Prep & Elite Teams (Times will be announced closer to the date)
- July 15 – Uniform Payment #1 Due
- July 20-24 – Last Week of Summer Practice Schedule

AUGUST

- August 1 – Monthly Payment Due
- August 8-9 – Novice Choreography
- August 15 – Uniform Payment #2 Due
- August 29-30 – Novice Choreography

SEPTEMBER

- September 1 – Monthly Payment Due
- September 7 – Closed for Labor Day Holiday
- September 15 – Warmup Payment Due

OCTOBER

- October 1 – Monthly Payment Due
- October (All Month) – USASF Registration Due
- Late October – Be on the lookout for Halloween-themed practice

NOVEMBER

- November 1 – Monthly Payment Due
- November 22 – MCC Thanksgiving
- November 23-27 – Gym Closed for Thanksgiving
- November 30 – Practices Resume

DECEMBER

- December 1 – Monthly Payment Due
- December 2-3 – Team & Individual Pictures and Showcase before our first competition
- December 5-6 – First Competition
- December 16-17 – Team Christmas Party at the end of practices (Practice Christmas theme)
- December 21 – January 3 – Gym Closed

JANUARY

- January 1 – Monthly Payment Due
- January 3 – Practices Resume
- January 16-17 – Spirit of Hope
- January 18 – Closed for MLK Jr. Holiday
- January 24 – Virtual Competition for Elite Teams
- January 30-31 – American Superstarz Competition

FEBRUARY

- February 1 – Monthly Payment Due
- Early February – Be on the lookout for Valentine's Day-themed practices
- February 10 – Cheersport Sendoff (Gym-Wide)
- February 12-14 – Cheersport Nationals
- February 15 – Closed for Presidents Day Holiday

MARCH

- March 1 – Monthly Payment Due
- March 6 – Augusta Diamond Competition
- Early March – Be on the lookout for St. Patrick's Day-themed practice
- March 20-21 – Deep South Cheer Tour Competition

APRIL

- April 1 – Monthly Payment Due
- Early April – Be on the lookout for Masters-themed practice
- April 3-11 – Gym Closed for Masters Week
- April 12 – Practices Resume
- April 23-24 – Youth Summit

MAY

- May - End of Year Banquet TBA
- May 6th/7th-Small Gym Summit
- End of Season events TBA
- May 7-9 D2 Summit



Birthday Yard Signs

If you are interested in checking out a birthday yard sign for your athlete, please contact the front desk. We love celebrating our athletes and making them feel special. These signs are FREE of charge.



ALL STAR CHEER RULES

TUMBLING					
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may NOT rebound to inverted or through an inverted position; NO tumbling over/under (any body part), or through a stunt, individual or prop; NO tumbling while holding/contact with prop					
<p>½ rebound to prone allowed</p> <p>NO dive rolls</p>	<p>NO dive rolls in arched or swan position and may NOT twist.</p>	<p>NO dive rolls in arched or swan position and may NOT twist.</p>	<p>NO dive rolls in arched or swan position and may NOT twist.</p>	<p>NO dive rolls in arched or swan position and may NOT twist</p>	<p>Dive rolls may NOT twist</p>
B. STANDING					
<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls (forward & backward), walkovers, handstands Blocked cartwheels allowed</p>	<p>Single handspring</p> <p>NO twisting or turning allowed after back handspring step out; NO jump skills connected to handspring; NO twisting while airborne except round offs</p>	<p>Series handsprings; Jump in combination with handspring(s)</p> <p>NO flips allowed; NO twisting while airborne except round offs</p>	<p>Standing tucks and tucks from a back handspring entry; 1 flip and 0 twisting; Aerials (front walkover and cartwheel) and Onodis are allowed.</p> <p>NO tumbling allowed after a tuck, NO jump flip or consecutive flip/flip</p>	<p>Jump flip; Up to 1 flipping and 0 twisting rotations</p>	<p>Up to 1 flipping and 2 twisting rotations; if exceeds 1 twist, must be preceded by a minimum of 2 consecutive non-twisting, backward traveling tumbling skills, (one must be back handspring, excludes back extension roll)</p> <p>NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.</p>
C. RUNNING					
<p>Skills with constant physical contact with the performing surface, rolls, walkovers, Blocked cartwheels and round off allowed.</p> <p>NO tumbling immediately after round off or round off rebound.</p>	<p>Handspring series</p> <p>NO twisting or turning allowed after back handspring step out; NO twisting while airborne except round offs</p>	<p>Round off or round off back handspring(s) into back tuck; Aerial cartwheels; Front tucks; ½ front flips</p> <p>NO tumbling after a tuck or aerial cartwheel; NO tumbling prior to front tuck except front handspring; NO twisting while airborne except round offs and aerial cartwheels</p>	<p>1 flipping and 0 twisting; Aerials (front walkover and cartwheel) and Onodis are allowed.</p>	<p>Up to 1 flipping and 1 twisting rotation; if flips and twists, must immediately be preceded by a running, round off, back handspring(s) or front handspring(s)</p> <p>NO trick allowed during full twisting skills and must land with both feet on the performing surface. NO tumbling after full twisting skill.</p>	<p>Up to 1 flipping and 2 twisting rotations</p> <p>NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.</p>

ALL STAR CHEER RULES

STUNTS					
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. SPOTTER					
<p>Required for prep level and above; Floor stunts Exception: Shoulder sit, T- lifts, stunts only supported at waist not required</p>	<p>Required for above prep level; Floor stunts</p>	<p>Required for above prep level; Single based stunts with multiple top persons require spotter for each top person</p>	<p>Required for above prep level; Single based stunts with multiple top persons require spotter for each top person</p>	<p>Required for above prep level; Single based stunts with multiple top persons require spotter for each top person</p>	<p>Required for above prep level; Single based stunts with multiple top persons require spotter for each top person</p>
B. STUNT HEIGHT NO single based or assisted single based extended stunts for Youth and below but may immediately pass through extended position if allowed					
<p>Waist level single leg; Prep level two leg (may immediately pass through an extended position); Prep level single leg with additional base with hand/ arm connection to top person prior to initiation of single leg stunt; Walk up shoulder stands.</p> <p>NO single based stunts with multiple top persons</p>	<p>Prep level single leg (may immediately pass through an extended position); Above prep level two leg</p> <p>NO single based stunts with multiple top persons</p>	<p>Above prep level single leg</p>	<p>Above prep level single leg</p>	<p>Above prep level single leg</p>	<p>Above prep level single leg</p>
C. TRANSITION					
<p>Top person must remain in contact with at least one base</p> <p>NO leap frog/leap frog variations</p>	<p>Top person must remain in contact with at least one base</p>	<p>Top person must remain in contact with at least one base unless legal as release move</p>	<p>Top person must remain in contact with at least one base unless legal as release move</p>	<p>See release move rules</p>	<p>See release move rules</p>
D. TWISTING					
<p>Up to ½ twist allowed</p> <p>EXCEPTION: Rebound ½ turn to prone position; Wrap around stunts; Up to ½ twist that starts & ends on performing surface and only supported at the waist</p>	<p>Up to ½ twist allowed</p> <p>EXCEPTION: Single full twisting log roll with NO additional skills that starts and ends in cradle position</p>	<p>Up to ½ twist to extended single leg; Up to 1 twist to prep level or below; Up to 1 twist to extended two leg stunt</p>	<p>Up to 1 ½ twists to prep level or below; Up to 1 ½ twists to extended two leg stunt; Up to 1 twist to extended single leg stunt</p>	<p>Up to 2 twists to prep level or below; Up to 2 twists to extended two leg stunt; Up to 1 ½ twists to extended single leg stunt</p>	<p>Up to 2 ¾ twists</p>

ALL STAR CHEER RULES

STUNTS					
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
E. RELEASE MOVES Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that lands in a horizontal position; May NOT land inverted; May NOT intentionally travel; May NOT come in contact with other top persons in separate release moves; Must return to original base(s); NO free flips (see Exception for Level 6)					
<p>NOT allowed other than dismounts</p>	<p>NOT allowed other than dismounts, tosses, and full twisting log rolls with NO additional skills that start and end in a cradle position</p>	<p>Must start at waist level or below and land at prep level or below; 1 skill/trick and 0 twisting allowed.</p> <p>EXCEPTION: Log rolls up to one twist and must land in cradle, flat back or prone</p> <p>May NOT exceed extended arm level of the bases (not the back spot). NO helicopters; May NOT involve inversions.</p>	<p>Must start at prep level or below if lands at extended; 2 skills allowed; Helicopters up to 180 degrees with 0 twisting, requires 3 catchers with 1 catcher at head and shoulder area of top person; inverted to non-inverted with 0 twisting, requires a spotter if lands at prep level or above.</p> <p>May NOT exceed extended arm level of the bases (not the back spot). NO twisting to and from an extended stunt; May NOT pass through an inverted position.</p>	<p>Helicopters up to 180 degrees, requires 3 catchers with 1 catcher at head and shoulder area of top person; inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above</p> <p>May NOT exceed 18"/46cm above the extended arm level of the bases (not the back spot); May NOT pass through an inverted position.</p>	<p>Inverted to non-inverted up to 1/2 twist, requires spotter if lands at prep level or above; Helicopters up to 180 degrees, 3 catchers with 1 catcher at head and shoulder area of top person.</p> <p>May NOT exceed 18"/46cm above bases' extended arm level. May NOT pass through an inverted position.</p> <p>EXCEPTION (Excludes Junior 6): Rewinds are allowed 1 flipping rotation ONLY, 0 twisting, requires minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi-based stunt. Leg pitch, toe pitch or similar type tosses NOT allowed to initiate skill; NO tumbling prior to rewind</p>
F. INVERSIONS Base/athlete in backbend or inverted position may NOT be in contact with a top person					
<p>NOT allowed. (Inverted athlete must maintain contact with performing surface)</p>	<p>Ground level inversions that transition directly to non-inverted position.</p>	<p>Prep level or below</p> <p>Suspended rolls that exceed 1/2 twist must land in cradle</p>	<p>Extended</p>	<p>Extended</p>	<p>Extended</p>
G. DOWNWARD INVERSIONS Downward inversions may NOT come in contact with each other; Must maintain contact with original base EXCEPTION: Original base may lose contact when becomes necessary to do so such as in cartwheel-style transitions					
<p>NOT allowed</p>	<p>NOT allowed</p>	<p>Waist level or below (may immediately pass through prep level); Must have 2 catchers in contact between waist and shoulder region of the top person's torso</p> <p>NO 2 leg pancake style stunts</p>	<p>Prep level with 3 catchers (may pass above prep level), 2 catchers in contact between waist and shoulder region of top person. EXCEPTION: Controlled lowering of extended inverted stunt to prep level</p> <p>If passes above prep level may NOT land, stop, or touch the ground inverted. EXCEPTION: Controlled lowering of extended inverted stunt to prep level</p>	<p>Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person</p> <p>From above/passes above prep level may NOT land, stop, or touch the ground inverted</p> <p>EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level</p>	<p>Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person</p> <p>From above/passes above prep level may NOT land, stop, or touch the ground inverted</p> <p>EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level</p>
H. OVER/UNDER Stunt or individual passing over/under a separate stunt, individual, or prop					
<p>Arms and Legs allowed</p>	<p>Arms and Legs allowed</p>	<p>Arms and Legs allowed</p>	<p>Individual under stunt; stunt over an individual</p>	<p>Allowed</p>	<p>Allowed</p>
PYRAMIDS					
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL					
<p>Must follow stunt and dismount rules and allowed up to 2 high; Top person must receive primary support from a base unless legal as a release transition; Released transitions may not come in contact with other stunt/pyramid release moves; Required catchers/spotter must be stationary, must maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level (transitions must be continuous)</p>					
B. STRUCTURES Single based or assisted single based extended stunts are NOT allowed in Youth and below; Required bracer(s)/connection(s) must be connected to top person by initiation of skill, and remain in contact throughout skill					
<p>Two leg extended connected to prep level or below bracer with hand/arm connection; prep level single leg connected to prep level or below bracer with hand/arm connection.</p> <p>Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand</p> <p>NO extended stunt connected to extended stunt</p>	<p>Extended single leg connected to prep level or below bracer with hand/arm connection</p> <p>Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand</p> <p>NO extended stunt connected to extended stunt</p>	<p>NO extended single leg connected to extended stunt</p>	<p>NO extended single leg connected to extended single leg stunt</p>		
C. NON-RELEASED TRANSITIONS Required brace/connection must be connected to top person by initiation of skill, and remain in contact throughout skill; Base/athlete in backbend or inverted position may NOT be in contact with a top person					
<p>TWISTING: Up to 1/2 twist</p> <p>INVERSIONS: Must follow stunt rules</p>	<p>TWISTING: Up to 1/2 twist</p> <p>INVERSIONS: Must follow stunt rules</p> <p>Log rolls may NOT be assisted by another top person</p>	<p>TWISTING: Up to 1 twist (must be connected to a hand/arm bracer at prep level or below if exceeds 1/2 twist to extended single leg stunt)</p> <p>INVERSIONS: Must follow stunt rules</p> <p>EXCEPTION: Top person may pass through an inverted position and must remain in contact with base and bracer at prep level or below through entire transition, must start and end at prep level or below</p>	<p>TWISTING: Up to 1 1/2 twists (must be connected to a bracer at prep level or below if exceeds one twist to extended single leg stunt)</p> <p>INVERSIONS: Must follow stunt rules</p>	<p>TWISTING: Up to 2 twists (must be connected to a bracer at prep level or below if exceeds 1 1/2 twists to extended single leg stunt)</p> <p>INVERSIONS: Must follow stunt rules</p>	<p>TWISTING: Up to 2 1/2 twists</p> <p>INVERSIONS: Must follow stunt rules</p>

ALL STAR CHEER RULES

PYRAMIDS

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
D. RELEASED TRANSITIONS Contact must be maintained with the same bracer/bracers throughout the transition; Contact must be made with a base on the performing surface before contact with the bracer(s) is lost (this does not include the uniform or hair); If 2 bracers are required, must be on 2 separate sides of the body; May NOT be connected/braced to top persons above prep level; Braced inversions/flips may NOT travel downward while inverted					
NOT allowed other than dismounts	NOT allowed other than dismounts and tosses Log rolls may NOT be assisted by another top person	NON-INVERTED: 2 bracers (one of which must be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg); 2 catchers; May NOT change bases. EXCEPTION: Legal stunt release moves may be performed with 1 bracer; release moves to extended with 1 bracer, must initiate from waist level or below with hand/arm connection TWISTING: 1 twist; 2 bracers hand/arm connections BRACED INVERSIONS: NOT allowed	NON-INVERTED: 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) TWISTING: 1 ½ twists with 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) BRACED INVERSIONS/FLIPS: 2 bracers; Up to 1 ½ flipping, 0 twisting; May NOT change bases; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters EXCEPTION: Legal stunt release moves may be performed with only 1 bracer	NON-INVERTED: 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) TWISTING: 2 twists; 2 catchers (Minimum of 1 catcher and 1 spotter) BRACED INVERSIONS/FLIPS: 1 bracer; Up to 1 ½ flipping, 0 twisting; 3 catchers EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters	NON-INVERTED: 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter) TWISTING: 2 ½ twists; 2 catchers (Minimum of 1 catcher and 1 spotter) BRACED INVERSIONS/FLIPS: 1 bracer; Up to 1 ½ flipping and ½ twisting or ¾ flipping and up to 1 twist; 3 catchers EXCEPTION: Non-twisting braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters
E. OVER/UNDER Stunt, pyramid or individual passing over/under a separate stunt, pyramid, individual, or prop					
Arms and Legs allowed	Arms and Legs allowed Top person may NOT pass over/under torso of another top person	Arms and Legs allowed Top person may NOT pass over/under torso of another top person	Arms and Legs allowed Top person may NOT invert over/under torso of another top person	Allowed	Allowed

ALL STAR CHEER RULES

DISMOUNTS

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL DISMOUNTS					
Single based cradles require a spotter with at least one hand-arm supporting waist to shoulder region of top person; Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person; Cradles from single based stunts with multiple top persons require 2 catchers for each top person, and catchers and bases must be stationary prior to initiation. Dismounts to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with NO additional skills from waist level or below. Dismounts must return to original base(s) unless dismounting single based stunts with multiple top persons. NO flipping, inverted (includes landing inverted), or intentionally traveling dismounts allowed; NO stunt, pyramid, individual or prop may move over or under a dismount, and a dismount may NOT be thrown over, under, or through stunts, pyramids, individuals or props. Top persons in dismounts may NOT come in contact with each other while released from the bases unless dismounting from single based stunts with multiple top persons; Tension drops/rolls of any kind are NOT allowed.					
B. DISMOUNTS					
Straight pop downs, basic straight cradles NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids	Straight pop downs, basic straight cradles, and ¼ turn cradles NO waist level cradles in Mini division	1 ½ twist or 1 trick from two legs; ¼ twist cradles from single leg; All dismounts from prep level and above involving a trick must land in cradle NO dismounts from an inverted position	2 ½ twist from two legs; 1 ½ twist from single leg May NOT exceed 2 tricks Dismounts from an inverted position may NOT twist	2 ½ twist; May NOT exceed 3 tricks If exceeds 1 ½ twists, NO skill other than the twist allowed Dismounts from an inverted position may NOT twist	2 ½ twists Dismounts from an inverted position may twist up to a ¾

TOSSES

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL TOSSES					
Minimum of 3, maximum of 4 tossing bases, one base must be behind the top person; Must be caught in cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person; May NOT have more than one top person; NO flipping, inverted (includes landing inverted), or intentionally traveling tosses. NO stunt, pyramid, individual or prop may move over or under a toss, and a toss may NOT be thrown over, under, or through stunts, pyramids, individuals or props.					
B. TOSSES					
NOT allowed including waist level cradles and sponge tosses	Straight ride NO tosses allowed in Mini Division	1 ½ twists; May NOT exceed 1 trick Exception: Ball X Arch does not count as trick	2 ½ twists; May NOT exceed 2 tricks	2 ½ twists; May NOT exceed 3 tricks If exceeds 1 ½ twists, NO skill other than the twist allowed	2 ½ twists



Liability Waiver

I, _____ (parent), the parent and/or guardian of _____ (athlete), recognize that there is a substantial risk of possible catastrophic injury and/or paralysis arising from participation in the programs of Masters City Cheer LLC. Therefore, I do hereby agree to indemnify and hold harmless Masters City Cheer LLC, its officers, instructors, employees, and representatives from any and all liability, loss, or damage. Including reasonable attorney's fees resulting from claims, cause of action, demands, cost of judgment against Masters City Cheer LLC, its officers, instructors, and employees, without limitations.

Any injuries, illness, or accident, to my athlete, arising from their participation in any way in any program, course of instruction, or travel with Masters City Cheer LLC. I further expressly give the staff of Masters City Cheer LLC the power to consent for medical treatment during an emergency for health and safety for my athlete, in the event that I cannot be immediately contacted.

I also give prior consent to any taping, photography, or massaging USASF guidelines that is performed in an open and/or witnessed area either by another staff member or by video.

I have read and agree to the above listed terms.

Parent/ Legal Guardian 1: _____

Parent/ Legal Guardian 2: _____

Signature 1: _____

Signature 2: _____

Date: __/__/____

Parent/Guardian cell phone #: (____) _____ - _____

Emergency Contact Information

Name: _____ Address: _____

Telephone: (____) _____

ALL MINOR ATHLETES MUST HAVE A SIGNED RELEASE WAIVER FROM THEIR PARENT/GUARDIAN. THESE FORMS SHOULD BE TURNED IN TO MCC BEFORE EVALUATIONS.

2026-2027 Masters City Cheer Contract

By signing below you are agreeing to and understand that this is a binding 12 month contract. You are obligated to fulfill all financial responsibilities and uphold our code of conduct/expectations of Masters City Cheer as listed in this packet. I agree to and understand everything in the contract and verify this by signing below.

Parent/Legal Guardian 1 Signature: _____

Parent 2/ Legal Guardian 2 Signature: _____

Athlete Signature: _____

Credit Card Information

Name as it appears on your card:

Credit Card Number: _____

CCV/ Security Code: _____

Billing Address: _____

Zip Code: _____

Expiration: _____

I understand and authorize Masters City Cheer to charge my provided card.

Card holders signature: _____

Second Credit/ Debit Card Information

Name as it appears on your card:

Credit Card Number: _____

CCV/ Security Code: _____

Billing Address: _____

Zip Code: _____

Expiration: _____

I understand and authorize Masters City Cheer to charge my provided card.

Card holders signature: _____

*Please return at first practice after placement reveal!



Assessment Form (attach picture)



Insert image below:

Name:

Date of Birth:

Parent Name:

Parent Cell #:

Parent Email:

Parent Email (secondary):

School Attending and Grade 26'-27':

Please list any other sports or activities:

Tumbling Experience (circle all levels that apply)

Tumble Level: N/A 1 2 3 4 5 6

Stunt Experience (circle all that apply)

Stunt Level: N/A 1 2 3 4 5 6

Basket Toss Experience (flyers only): N/A 1 2 3 4 5 6

Stunt Position Trying out for (circle all positions that apply):

FLYER SIDE BASE MAIN BASE BACKSPOT

Please list cheer experience by year, level and program:

STAFF USE ONLY BELOW LINE
