



Missouri Cheerleading Coaches Association

Performance All-State Nominations



All-State Explanations & Examples

- Coaches from each division (1A, 2A, 3A, 4A, 5A, 6A) may nominate athletes from their school's Varsity Team Roster who are competing in the Traditional Performance Division.
 - Large All-Girl & Coed = up to 12 submissions.
 - Small All-Girl = up to 8 submissions (**Proposal passed 2025**).
 - There is no set number of submissions allowed per category as long as the team total number of submissions does not exceed the max allowed per division size.
- Coed divisions will nominate in their school division size.
- Scan your MCCA Competition Roster with your Administrator's signature to submit with your All-State Nominations.**
 - Upload the roster on your **first athlete nomination** & then may skip this step on subsequent nomination forms.
- Only Teams competing in the Performance State Championship Competition are eligible to nominate athletes.
 - If a team drops from the State Competition, their athletes will no longer be eligible for All-State Nominations.
- An athlete may be nominated in multiple categories.
- Coaches must submit videos highlighting the athlete's skills before the deadline listed on the MCCA website.
- Late entries WILL NOT be accepted.
- All-State Award recipients will be announced during State Awards.

VIDEO CRITERIA:

- ✓ Begin video with the athlete clearly stating their FIRST & LAST NAME only. Do this as a separate recording from skills.
- ✓ Video should be taken **HORIZONTALLY** at an angle to highlight the athlete being judged.
 - Ensure ALL aspects of the skill/stunt are visible in the video to fully SEE the stunt being executed.
 - If the skill cannot be seen, then it cannot be properly judged.
 - For example, the front view of a stunt does not highlight the BACK SPOT.
- ✓ **Each video MAY NOT exceed the given time limits: Stunts = 30 seconds; Jumps & Tumbling = 15 seconds.**
 - This includes the athlete introduction within the time maximum.
 - Videos may not be sped up in post-production editing to meet the time limit restriction.
- ✓ No spring floors or illegal surfaces.
- ✓ No front spots allowed while stunting except with a basket toss.
- ✓ Athletes must follow the NFHS safety & modesty rules in the submission.
- ✓ It is the coach's responsibility to ensure that the video link submitted opens properly BEFORE submitting the nomination form. **Preferred upload formats = YouTube or Google Drive.**
 - If using Google Drive, change share settings to "Anyone with the link" can view.

SKILL EXPECTATIONS:

- Although there is not a set criteria of required, specific skill sets that must be executed, please use the Performance Rubric as a guide for examples of the caliber of elite skills expected.
- Athletes are expected to execute MULTIPLE skills to showcase a variety of skill execution & technique.

NOMINATION CATEGORIES:

- TUMBLING:** Video to contain a standing tumbling skill **AND** a running tumbling pass (skills combined in 1 video link).
- JUMPS:** Video to contain jumps of athlete's choice - single, multiple connected, jump tumble connection, etc.
- FLYER:** Video to contain a variety of the flyer's BEST advanced stunting skills at the extended level.
- BASE:** Video to contain a variety of the base's BEST advanced stunting skills at the extended level.
- BACK SPOT:** Video to contain a variety of the back spot's BEST advanced stunting skills at the extended level.

HOW THE ALL-STATE PROCESS WORKS:

After submitting an athlete's video...

- The All-State Committee will review EACH VIDEO to ensure that nominations follow the given criteria, including time constraints. Failure to do so will result in the submission being voided and removed.
- Only head coaches who nominated an athlete will be emailed a ballot for voting.
- Coaches will vote for all athletes within their division except their own athletes.
 - If a coach does not submit the voting ballot before the deadline, their athletes will become ineligible to receive the award (Proposal passed 2025).

After the voting closes...

- The All-State Committee will review EACH VIDEO and EACH SCORE to ensure that scores are consistent and that no athlete was missed or scored under an appropriate range.
- Top Athletes in each category will be reviewed and then the All-State Team will be formed per division.

PERFORMANCE ALL-STATE TIMELINES:

Sept. 15-30 = Submissions Window Open

Oct. 9-21 = Voting Window Open - Head coaches will be emailed a ballot

Nov. 2 = Performance All-State Award Winners Announced at the State Championships

All-State Performance FAQs

[All-State Performance Explanations & Examples](#)

Can I nominate a different number of athletes per category than the recommended number?

- Yes - Numbers may vary in each category as long as the team total number of submissions does not exceed 12 Large All-Girl/Coed & 8 - Small All-Girl (**Proposal passed 2025**). Nominations are up to the coach's discretion. Each athlete nomination will require a separate form to be submitted.

My team didn't compete at a MCCA Regionals Competition, but will be registering for the MCCA Game Day State Championships. Can I submit athletes for the All-State Performance Awards?

- No - Only teams who earned a bid at the MCCA Regional Competitions are eligible to nominate an athlete for the Performance All-State Award.

Can I nominate an athlete for more than one All-State category?

- Yes!

Can an athlete who is a Freshman be nominated?

- Yes - Any athlete who is rostered with MCCA on a Varsity Team who earned a State Championship bid may be nominated for a Performance All-State Award.

My team earned a bid at one of the MCCA Regional Competitions, but has now dropped from the State Championship Competition. Can my athlete still earn an All-State Performance Award?

- No - If a team drops from the State Championships, those athletes will no longer be eligible.

Do athletes need to wear their uniforms in the skills videos?

- No - It is not required to wear a uniform in the skills video. However, be aware of NFHS modesty and safety rules when recording. An exposed midriff (front or back) is a violation and will be voided.

Is an athlete allowed to wear jewelry in the video submission?

- No - All NFHS safety rules must be followed. No jewelry of any kind is allowed including smart watches, hair rubber bands, etc. If your athlete has a medical reason, please email Abbey Gradle at allstate@missouricheercoaches.org to provide documentation and approval for your athlete.

Does it matter if the camera position is held vertical or horizontal?

- Yes - please hold the camera HORIZONTALLY for all portions of the recording process - athlete introductions and skills.
 - This makes it easier to view the time ticker across various upload formats.

Can skill videos of my athlete be used from previous years?

- No - Please record skill sets from the current season. If a clip is suspected of being repeated from a previous season, the All-State Committee will review nominations from previous submissions. Nominations with video clips from previous years will be voided.

Can stunting skills be shown with teammates from JV/FR teams, all-star team members, alumni teammates, or college athletes?

- No - Skills are to be shown with only current teammates who are rostered with MCCA on the Varsity Team.

Should all athletes in a stunt group say their names before performing the stunt skills?

- No - Please record athletes saying their first and last name separately from the skill videos.

Can I use the same stunting skill video clip for multiple athletes?

- Yes - A video taken from the front can be used for the flyer, main base, and side base.
 - Back Spot skills should be taken from the side/behind so that the athlete may be seen.

If multiple skills are being shown, do all of the skills need to be recorded in one take?

- No - Multiple clips can be combined into one video that does not exceed the time limit per category.
 - Example = Athlete Name Intro → Standing Tumbling Skill Clip → Running Tumbling Skill Clip

Are front spots allowed while stunting?

- No - The merit of an All-State athlete should show advanced stunting skills without the assistance of a front spot. Basket tosses MAY utilize a front spot, but all double base or single base stunting skills shown should not require a front spot to execute advanced stunting skills at the extended level.

Can a video submission showcase an athlete stunting in a variety of positions?

- No - Please keep stunting skills aligned with the stunting category. For example, a base may show a variety of skills as the main base and/or side base. However, do not include cross over skills as a flyer or back spot.
 - You may submit an athlete for more than one nominating category.

Is it ok for a stunting video submission to simply showcase 1 skill and/or a beginner stunting skill?

- No - The stunting video must contain a variety of the athlete's BEST advanced stunting skills at the extended level. Failure to provide a variety of advanced skills at the extended level will result in the nomination being voided.

Can stunting skills be performed on a spring floor?

- No - All skills (stunts, tumbling, jumps) are to be performed on legal surfaces. Whereas not all stunting skills may have an advantage by performing on a spring floor, ones that involve tumbling as an entrance into a stunt do. For consistency, no skills are allowed on spring floors per NFHS rules.

Can more than one running pass or standing pass be shown in a tumbling video?

- Yes - As long as both standing and running tumbling skills are shown and the overall time does not exceed 15 seconds.
 - Nominations without both a standing tumbling skill and a running tumbling pass will be voided.

How many jumps or connected skills should be shown in the jump category?

- Showcase as many skills that can be executed cleanly within the 15 second time limit.

Can a standing tumbling skill be added at the end of a jump skill?

- Yes - A jump skill that ends with a standing tumbling skill is allowed as long as it is connected without pausing in the execution. In connected skills, the lead off skill should be of the category. For example, a toe touch back handspring should be entered in the jump category, but not as a tumbling skill since the first skill is a jump.

Can a jump be added in the middle or end of a tumbling pass?

- Yes - As long as the skill is executed without pausing in between skills. However, a tumbling pass may not start with a jump skill.

What app should be used to merge video clips together into one video?

- iMovie and Canva both give options to edit videos in a horizontal format.
 - iMovie – [How to Combine Clips](#) and [Add Text to a Clip](#).
 - Canva – [Video Editing Tutorials](#)
 - InShot – [Video Editing Tutorials](#)
- Time Limits: Stunts = 30 seconds; Jumps & Tumbling = 15 seconds.
 - Remember when editing clips together, **30.1** seconds will process as **31** seconds which is over the time limit. Please pay attention to the final seconds count AFTER editing has been completed and trim as needed.
 - Time includes the athlete introduction within the time maximum.
 - Videos may not be sped up in post-production editing to meet the time limit restriction.

How do I get a link to share my athlete's skill video?

- Preferred upload formats = YouTube or Google Drive.
 - If using Google Drive, change share settings to "Anyone with the link" can view.

Can I ask the All-State Committee a question about the All-State criteria or submission process?

- Yes - The All-State Committee welcomes questions to provide clarity about any All-State information within a reasonable timeframe in conjunction to the submission window. Contact Abbey Gradle at allstate@missouricheercoaches.org.

Can I ask the All-State Committee to review my athlete's nomination video in advance for feedback or to test if my link worked?

- No - It is the coach's responsibility to review the nominating criteria and record skill sets that the athlete can fully execute safely. It is the coach's responsibility to verify that the link will open given the upload method.

I made a mistake when submitting the nomination form. What should I do?

- Contact Abbey Gradle at allstate@missouricheercoaches.org to correct the error. All corrections must take place within the nomination window. Any requests for corrections made after the nomination deadline closes will be denied. If you realize that you submitted a duplicate nomination, please email Abbey Gradle of the accidental duplicate. This will help speed up the verification process.

I didn't get an email confirmation receipt after nominating an athlete, but you got the link, right??

- No - After submitting the Google Form, an email confirmation receipt is automatically sent to the email address listed in the first question slot of the form. If you do not receive a confirmation email, then the form submission did not go through. Try again! This is also a great way to keep track of the athletes you have submitted as you go.

My athlete's nomination was voided after the All-State Committee reviewed the submission. Can I resubmit?

- No - I understand that if my athlete's video does not follow the nomination criteria, my athlete's submission will be voided. Reasons for disqualification include, but are not limited to: video exceeding the maximum time limit per category, skills shown on a spring floor or an illegal surface, violation of NFHS safety or modesty rules, incorrect video link submitted, video speed altered to fit the time constraint, video missing athlete introduction, etc. I understand that the All-State Committee will not review my athlete's video submission in advance, nor will I be allowed to resubmit a video if my athlete's submission has been disqualified. It is also my responsibility as a coach to ensure that the video submission link will open at the time of voting.

Who can score the video submissions?

- Head coaches who nominate at least one athlete will receive a voting ballot for their class size. Only one ballot of scores will be allowed per school. Assistant coaches may help the head coach with scoring.

Can I score my own athletes?

- No - You will mark "my athlete" on the ballot and will only score athletes from other schools within your class size.

I'm too busy to watch videos and submit a ballot. That's fine, right??

- No - If a coach does not submit the voting ballot before the deadline, their athletes will become ineligible to receive the award (Proposal passed 2025). Tip: Score a category per night to split up the task over several nights if need be.

My school has a rivalry with another school so I am going to purposefully score those athletes low to tank their scores – No one is going to know, right??

- If a score seems unjustly low, the committee will score the video for a consensus and will adjust the average accordingly. Scoring other athletes low DOES NOT give your athlete a better chance of receiving an All-State Award. Be professional and honest when scoring.

Is there a certain number of athletes that will receive an All-State Award per category?

- After the All-State Committee reviews the voting ballot data, recipients will be selected based on a score threshold.

My athlete didn't get announced as receiving an All-State Award during the awards ceremony. This has to be a mistake, right??

- The All-State Committee is dedicated to ensuring all athletes have a fair opportunity to be considered for the award. Thus all award decisions are FINAL. Please do not engage with a member of the All-State Committee or MCCA Board after award announcements while at State.

There didn't seem to be very many All-State Award winners announced for my class size during my session at the State Championship. Why?

- Depending on the breakdown of the class sizes per session, some class sizes may be split up among multiple sessions. For example, it could be possible for the 6A Small Division to compete during Session 1, the 6A Large Division to compete in Session 2, and a 6A Coed Team to compete during Session 3. Thus only the athletes present per session will be announced during the awards ceremony. It might seem like not many athletes were awarded from your class size, but that just means that the other recipients were announced in a different session.

It seems like a few schools are dominating the All-State categories in my class size. Will the committee limit the number of athletes allowed to earn the award from a particular school so that other schools have a chance to earn an All-State Award too?

- No - The committee will not set any limits or caps on the number of award recipients allowed from one school. This award is merit based and will be awarded to the top tier athletes in each category regardless of their school.

ADDED 8/12/2025 AFTER THE Q&A MEETING:

If a school has 2 Varsity Teams competing (ex: All-Girl Team & Coed Team), are both teams allowed to submit the maximum number of nominations given their division size?

- Yes - Since MCCA allows separate Varsity rosters from the same school to compete, both teams are eligible to nominate athletes. Each team still must earn a bid to the state championship independently. So if in the instance that only one of the Varsity teams earns a bid, only athletes from that team's roster may be nominated. As far as the voting ballot is concerned, each head coach will be expected to submit a voting ballot in order to maintain eligibility for their athletes. However, in order to maintain fairness to other program athletes, we ask that both coaches select "my athlete" for any athlete from the school regardless if it is an athlete from the other roster. Due to the close proximity and familiarity of program athletes, MCCA feels allowing each coach the ability to vote for the other rostered athletes from their school would create an unfair advantage.