

## OCCA: Weekly Update (1/27/20-1/31/20)

### COACHES:

If you are interested in reviewing the recorded judges training, please send an email to [president@occa.net](mailto:president@occa.net). Current OCCA Members will receive access if requested.

### INVERSIONS:

This information has been previously communicated. Reminder, for skills to count as an inversion, at least ONE FOOT needs to be above the hips. Flyers bending at the waist will no longer count as an inversion.

### TWISTING STUNTS:

Twisting is marked by hip rotation. What direction are the hips when you start and where do they finish. Be sure to be aware of your flyers' hips. If your flyer begins with hips facing the right side and turns to the front, this is only a  $\frac{1}{4}$  turn. To count as a  $\frac{1}{2}$  twist, hips must complete a  $\frac{1}{2}$  circle.

### PYRAMID:

Skills directly into and out of a pyramid sequence will count towards your pyramid range.

### QUALITY CONTROL:

Be sure to review the quality control process prior to state and be sure to have a secure plan in place for form pickup and a clear video of your routine. QC forms will be on a strict schedule at state.

### JUMPS:

To receive a jump score, **75%** of the team is required to complete a jump(s). [Majority Cheat Sheet](#)

### FRONT/BACK FLEXIBILITY:

As a reminder in the 6-7.9 stunt difficulty range. Front flexibility is listed and back flexibility is listed. These skills will count as TWO skills. EXAMPLE: A heel stretch and a scale will count as two skills in this range.

### MUSIC REMINDERS:

Playing music is 100% the responsibility of the coach. The coach either needs to play the music or use a trusted assistant to play the music correctly. Things to remember:

- Take your phone case off when playing music.
- Bring a dongle if you need one. Some events provide one but it cannot be guaranteed.
- Double check that the dongle is completely plugged in.
- Play music in airplane mode.
- Download the music to your phone. You may or may not have wifi access at events. Service can also be an issue at events.
- Make sure your volume is turned up all the way on your phone.
- Have music cued and ready.
- Do not have a random person play your music. The person playing your music needs to be familiar with your routine and the device you are playing the music from.
- Be sure your phone is set to not shut down after a short amount of time and remove the passcode.
- If your music does not play, **the coach** should begin counting. Especially if you know you do not have any time to spare. Practice this scenario with your kids to prepare them in case it happens.
- If your music does not play and you go over time as a result, you WILL be given a time deduction. The sound system will be checked to be sure there wasn't an *actual* technical difficulty. Technical difficulty means the venue lost power or the sound system completely shut down and is unavailable.
- **All music must be licensed through the preferred providers. Providers list is found here: [Music Providers](#)**

### TIME:

Many of you have asked when the timing begins during your routine. Here is the answer and how it will be timed at State and OCCA Championships.

When teams take the mat, they are encouraged to rally on, place props, and get set to begin. Part of this "set" may include (for example) 5,6,7,8 WARRIORS! **This piece will NOT be part of your timed routine** because it is considered part of your "set". You may hit a pose/motion or start loaded in a stunt, either scenario will **NOT** begin your timing.

However, if you begin with your 5,6,7,8 WARRIORS and then immediately go into your cheer, this may count as part of your timing. Timing begins on the first beat of music or cheer.

Moral of the story? If you want to pump up your team during your set, we encourage you to do it! Just be sure it is actually part of your set and not the start of your routine.

## **QUESTIONS?**

**Performance Judging:** *(score sheets, rubric clarification, questions about score)*

Contact: Jenny Gonrowski, [perfjudgetrainer@occa.net](mailto:perfjudgetrainer@occa.net)

Please note, another team's scores will NOT be discussed. If you have a questions about your score or score sheets, please include a copy of your sheet and a video of your routine in question. The video should coincide with the sheet in question. Example: Please do not send last week's video with this week's score sheet.

Execution based scores are difficult to discuss as the judge is judging based on the day.

**Safety Judging:** *(stunt legality, safety violations received, safety questions)*

Contact: Haley Thomas, [safetyjudgetrainer@occa.net](mailto:safetyjudgetrainer@occa.net)

If you have a questions about your score or score sheets, please include a copy of your sheet and a video of your routine in question. The video should coincide with the sheet in question. Example: Please do not send last week's video with this week's score sheet. A safety judge is also available at QC table at the larger competition events to discuss violations.

**Competition Coordinator:** *(general questions about events)*

Contact: Bri McCain, [compcoord@occa.net](mailto:compcoord@occa.net)

Competition directors are responsible for their own event. OCCA provides some support but the directors are in charge. If you have feedback or questions about a certain event, please email Bri and she can help you or point you in the right direction.

You are **always** welcome to email [OCCAgeneral@gmail.com](mailto:OCCAgeneral@gmail.com) or [president@occa.net](mailto:president@occa.net) if you need anything, feeling stuck or need some ideas!