

## OCCA ALL-STATE



### *Rules and Guidelines*

The OCCA All-State Competition is an OSAA Sanctioned Competition. It is held annually and is open to 1A-6A varsity athletes. Schools can enter participants in the following divisions: 3A/2A/1A, 4A, 5A, 6A individual, male/mixed gender individual, 1A/2A/3A, 4A, 5A, 6A group stunt, coed group stunt, and partner stunt. The event's goals include recognition of the athletic skills of varsity athletes in the activity of cheerleading in the State of Oregon and raising money for OCCA scholarships.

### Divisions

- Individuals
  - 3A/2A/1A
  - 4A
  - 5A
  - 6A
  - Male/Mixed Gender
- Group Stunt
  - 3A/2A/1A
  - 4A
  - 5A
  - 6A
    - All group stunt divisions require five (5) teams registered or divisions may be combined.
- Coed Group Stunt
  - 6A/5A
  - 4A/3A/2A/1A
    - All coed stunt divisions require five (5) teams registered or divisions may be combined.
- Partner Stunt Group
  - 6A/5A/4A/3A/2A/1A

### School Representation/Eligibility to Compete:

- All participants must be current members of high school varsity cheer teams. No JV cheerleaders are allowed.
- Schools must be sanctioned to compete in cheerleading with OSAA. Look up your school [HERE](#)
- There is no set limit on the number of varsity individual participants one school can enter, but coaches are encouraged to send their most talented athletes.
- Coaches must be a member of OCCA for athletes to participate.
  - Please note, only member schools will receive All-State choreography.
- The team does not need to be entered in the OSAA State Cheer Competition to send candidates to the OCCA All-State Competition.
- If a participant does not meet eligibility requirements, OCCA reserves the right to revoke any talent scholarship awarded.

### Talent Scholarships:

Talent scholarships will be awarded to the top 3 individual athletes on the 3A/2A/1A, 4A, 5A, 6A, and Male/Mixed Gender All-State Teams.

- 1<sup>st</sup> Place: \$1,000 Scholarship
- 2<sup>nd</sup> Place: \$750 Scholarship
- 3<sup>rd</sup> Place: \$500 Scholarship

Scholarships will be paid to a post-secondary institution or trade school on behalf of the recipient.

### Tumbling and Skill Requirements:

Participants in the individual division must meet and perform the following tumbling requirements. Participants who do not meet the tumbling requirements will be disqualified.

- Male/Mixed Gender: Must perform standing and running tumbling from any difficulty range.
- 3A/2A/1A: Must perform standing and running tumbling from any difficulty range.
- 4A: Back Handspring is required in either standing **OR** running tumbling.
- 5A: Back Handspring is required in standing **and** running tumbling.
- 6A: Back Tuck is required in standing **OR** running tumbling.

It is highly recommended that, but not required, that all participants meet the following minimum skill requirements:

- Level jumps
- Proficient in dance ability
- Sharp motion technique
- Superior projection and crowd leading ability

### Individual Division

All individuals will learn the provided cheer and dance prior to participating in the preliminary All-State Competition. Choreography will be made available exactly one month (September 11<sup>th</sup>) prior to the preliminary event due date (October 11th.) An MP3 of the music will be available as well.

#### ● Preliminary Round:

- o An official coach from the program must register athletes for OCCA All-State.
- o All individuals must participate in the virtual preliminary competition, no exceptions.
  - Any individuals who do not compete in the prelim round will not be considered for the final round.
- o Individuals will submit videos by the established deadline of October 11th. No late entries will be accepted.
- o Filming guidelines can be found [here](#).
- o Individuals will perform the following:
  - Athletes have 35 seconds to complete their "entrance skills". Entrance skills can be done in any order. The entrance skills are:
    - Running Tumbling (see above for requirements)
    - Standing Tumbling (see above for requirements)
    - Jumps
- o Timing starts from the moment they touch the mat and ends when they complete their final entrance skills.

- o If entrance skills exceed the 35 second time limit, a penalty will be assessed for each violation.
  - 1 point per second over time, (5) points is the maximum.
- o Following entrance skills, athletes perform the cheer that they have learned previously online. The cheer section of the performance is not timed.
- o Following the cheer section, athletes perform the dance that they have learned previously online. The dance section of the performance is not timed. Coaches are responsible for playing music during the preliminary round.
- o **The order of the individual skills to be performed: 1. Entrance Skills, 2. Cheer, 3. Dance**
- The top 60% of athletes in each division will be invited to compete at the final round at South Albany High School on October 18th. Announcements will be made via Instagram on Sunday, October 12<sup>th</sup> at 8:00pm.
- The head coach will receive a Google folder containing all preliminary score sheets on October 12th. Overall results will NOT be available however, coaches will receive the cutoff score for each division.

● **Final Round:**

- o A random performance order will be released to coaches on Monday, October 13<sup>th</sup>.
- o An official coach from the competing program must accompany athletes during the final round of competition.
- o Scores from the preliminary round will reset, and all final round athletes will start from scratch.
- o Participants and coaches will not know preliminary placements or overall scores from the preliminary competition prior to the final round. However, coaches will receive the cutoff score for each division.
- o Participants must compete live during the final round to be named to an All-State team.
- o Coaches will receive score sheets with feedback only prior to the final round.
- o The order of performance does not change from prelims to finals. **The order of the individual skills to be performed: 1. Entrance Skills, 2. Cheer, 3. Dance.** All rules listed above for the preliminary round will remain for the final round.
- o Coaches are not responsible for playing music during individual performances during the final round.
- o The top 30% of athletes will be named to the All-State team in each division, with the top 3 earning talent scholarships.
- o Coaches will receive complete final round results following the competition.
- o Participants who are named the All-State teams will perform as a team at the 2026 OSAA State Cheerleading Championship.

## Group Stunt Division

The group stunt division will NOT have a preliminary and final round of competition. All groups will compete on October 18<sup>th</sup> at South Albany High School in one round of competition.

- Group Stunt Divisions will be based on the number of teams (at least 5) in each division. If less than 5 teams register, divisions may be combined. The forecasted divisions are:
  - 3A/2A/1A Varsity
  - 4A Varsity
  - 5A Varsity
  - 6A Varsity
- You can have a maximum of 5 team members per group in the group stunt divisions.
- All stunt routines have a time limit of 1 minute. Timing will start with the first beat of music and end with the last skill or beat of music.
- Music must be licensed (<https://www.usacheer.org/music>) or a single song may be used without alteration. Please note, songs played from YouTube aren't always heard on the sound system with the best quality.
- An official certified coach from the program must accompany the stunt group during the competition.
- A coach or designated team representative is responsible for playing music.
  - If a stunt routine exceeds the time limit, a penalty will be assessed.
    - 1 point per second over time, (5) points is the maximum.
- Athletes may only participate in one group stunt or coed group stunt.
- Athletes may not compete in both group stunt and coed group stunt.
- Athletes may participate in one group stunt or one coed group stunt and one partner stunt group.
- Routines should include all components listed on the score sheets. [CLICK HERE](#)
- If teams choose to wear a group outfit that is not a traditional uniform, **NFHS apparel rules apply**. If you have questions or approval, please complete this form: [CLICK HERE](#)
  - It is HIGHLY encouraged to receive prior approval for any "costuming" and props well in advance of the live event.
  - Costumes, special outfits, props, are not required in the stunt group division.
- Up to five teams may be named to the All-State team in each division.

## Coed Group Stunt Division

The coed group stunt division will NOT have a preliminary and final round of competition. All groups will compete on October 18<sup>th</sup> at South Albany High School in one round of competition.

- Group Stunt Divisions will be based on the number of teams (at least 5) in each division. If less than 5 teams register, divisions may be combined. The forecasted divisions are:
  - 6A/5A Varsity
  - 4A/3A/2A/1A Varsity
- You can have a maximum of 5 team members per group in the coed group stunt division.
- All stunt routines have a time limit of 1 minute. Timing will start with the first beat of music and end with the last skill or beat of music.
- Music must be licensed (<https://www.usacheer.org/music>) or a single song may be used without alteration. Please note, songs played from YouTube aren't always heard on the sound system with the best quality
- An official certified coach from the program must accompany the stunt group during the competition.
- A coach or designated team representative is responsible for playing music.
- If a stunt routine exceeds the time limit, a penalty will be assessed.
  - 1 point per second over time, (5) points is the maximum.
- Athletes may only participate in one group stunt or coed group stunt.
- Athletes may not compete in both group stunt and coed group stunt.
- Athletes may participate in one group stunt or one coed group stunt and one partner stunt group.
- Routines should include all components listed on the score sheets. [CLICK HERE](#)
- If teams choose to wear a group outfit that is not a traditional uniform, **NFHS apparel rules apply**. If you have questions or approval, please complete this form: [CLICK HERE](#)
  - It is HIGHLY encouraged to receive prior approval for any "costuming" and props well in advance of the live event.
  - Costumes, special outfits, props, are not required in the stunt group division.
- Up to five teams may be named to the All-State team in each division.

## Partner Stunt Division

The partner stunt division will NOT have a preliminary and final round of competition. All groups will compete on October 18<sup>th</sup> at South Albany High School in one round of competition.

- The Partner Stunt Division will be 6A/5A/4A/3A/2A/1A Varsity
- Teams may have two team members and one spotter in the partner stunt division.
  - Athletes may only participate in one partner stunt group.
  - Athletes may participate in one group stunt or one coed group stunt and one partner stunt group.
- Spotter Rules:
  - Please note that your designated roles cannot change during the performance.
    - (i.e., the base cannot become the flyer, the flyer cannot become the spotter and the spotter cannot become the base).
    - The spotter must be a member of your varsity team and may not help as a base.
  - The spotter must assist in all cradles as defined in the NFHS Spirit Rules.
  - The spotter may assist as a back spot and with pitches to tricks.
- All stunt routines have a time limit of 1 minute. Timing will start with the first beat of music and end with the last skill or beat of music.
- Music must be licensed (<https://www.usacheer.org/music>) or a single song may be used without alteration.
- An official certified coach from the program must accompany the stunt group during the competition.
- A coach or designated team representative is responsible for playing music.
- If a stunt routine exceeds the time limit, a penalty will be assessed.
  - 1 point per second over time, (5) points is the maximum.
- If teams choose to wear a group outfit that is not a traditional uniform, **NFHS apparel rules apply**. If you have questions or approval, please complete this form: [CLICK HERE](#)
  - It is HIGHLY encouraged to receive prior approval for any "costuming" and props well in advance of the live event.
  - Costumes, special outfits, props, are not required in the stunt group division.
- Routines should include all components listed on the score sheets. [CLICK HERE](#)

**Questions? Email OCCA All-State Director, Bri MacInnes, [occaallstate@gmail.com](mailto:occaallstate@gmail.com)**