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COMMITTEE MEMBERS

Bruce Quimby	Chair and Section 3
Marsha Tessler.....	Section 1
Liz Hemstead.....	Section 2
Joseph Scalise.....	Section 2
Josh Gannon	Section 4
Joanne Small	Section 5
Michele Ziegler	Section 6
Timm Slade	Section 6
Vicki Nephew	Section 7
Laura Orticelli	Section 8
Cherie Ramsey	Section 9
Lori Brewer	Section 10
Mary Lou Assante	Section 11
Amy Agnesini.....	Section 11
Joe Tasman	Section 11
Len Kies	Sections 8 and 11
Todd Nelson	NYSPHSAA
Nina VanErk	NYSPHSAA

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INTRODUCTION

The NYSPHSAA’s 2012-2013 Cheerleading Program booklet has been designed to assist school personnel, athletic administrators and coaches, in understanding and complying with all rules and regulations. It is not intended to serve as a substitute for the NYSPHSAA Handbook or NFHS Spirit Rulebook. Please refer to the NYSPHSAA 2012-2014 Handbook for all other eligibility standards and the NFHS Spirit Rulebook for competition related rules.

TRADITIONAL CHEER

The NYSPHSAA recommends that schools and cheerleading squads not lose sight of the initial purpose and mission of traditional cheerleading. Traditional cheerleading squads have important roles and are responsible to foster school spirit, promote positive sportsmanship and work with the local school for community service projects. Member schools are encouraged to maintain a balance between competitive cheerleading and traditional cheerleading.

COMPETITIVE CHEER

The NYSPHSAA has acknowledged the evolution of cheerleading over the last two decades. Recognizing the athleticism involved in competitive cheer, the NYSPHSAA has recommended to the NYSED that Competitive Cheer be recognized as a sport.

COACHING REQUIREMENTS

For participation in the NYSPHSAA Invitational event, the NYSPHSAA requires all coaches/advisors to complete the following courses prior to coaching: First Aid for coaches, CPR, the AACCA Safety Course, and the CDC “Youth Sports Concussion” Course.

BY-LAWS AND ELIGIBILITY STANDARDS

Schools wishing to compete in the NYSPHSAA Invitational will be required to comply with the following regulations. The existing NYSPHSAA By-Laws and Eligibility Standards, as outlined in the 2012-2014 NYSPHSAA Handbook will be used for cheerleading. Cheerleading would be further defined by the addition of the following criteria.

Amateur	Existing NYSPHSAA regulation
Assumed Name	Existing NYSPHSAA regulation
College	Existing NYSPHSAA regulation
Foreign Exchange/International Student	Existing NYSPHSAA regulation
Penalties	Existing NYSPHSAA regulation
Outside Agency	Existing NYSPHSAA regulation
Practice	15/13 Stunt or Tumble and 10/8 Ground Activities
Professional Tryouts	Existing NYSPHSAA regulation
Recruitment & Undue Influence	Existing NYSPHSAA regulation
Scrimmage	Not needed at this time

Interstate Contests	Existing NYSPHSAA regulation
National Olympic Team	Existing NYSPHSAA regulation
Senior All Star Contests	Future Evaluation as the sport evolves
Sportsmanship	Existing NYSPHSAA regulation
Transfer	Existing NYSPHSAA regulation
Jewelry Rule.....	NFHS Rule will be enforced
Number of Contests.....	Not defined at this time
Nights Rest	One night rest
Limitations Per Day	One (1) Competitive and One (1) Traditional Event Per Day

COMPETITIVE CHEER SPORT STANDARDS

Competitive Cheer would be further defined by the addition of the following criteria.

Spirit Standards	NFHS Rules
Competition Standards	Routine Length - 2 minutes and 30 seconds. Must include both Cheer and Dance
Judges and Officials	Minimum of three (3) Judges and one (1) Safety Judge
Classifications:	
Small Squad.....	A minimum of 5 and a maximum of 12 competitors
Medium Squad	A minimum of 13 and a maximum of 20 competitors
Large Squad.....	A minimum of 21 and a maximum of 35 competitors
Coed Squad	A minimum of 12 and a maximum of 24 competitors
State Invitational	Winter Season

COMMISSIONER’S REGULATIONS

The New York State Department of Education has been encouraged to incorporate cheerleading, both competitive cheer and traditional cheer, where appropriate, into Part 135.4 of Commissioner’s Regulations.

For the 2012 -2013 NYSPHSAA Cheerleading Invitational all competitors and coaches must meet the following criteria.

Age and Grade.....	Existing NYSED regulation
Bona Fide Student	Existing NYSED regulation
Duration of Competition	Existing NYSED regulation
Health Exam.....	Existing NYSED regulation
Mixed Competition	Permit Males & Females to Compete Together, Not a Panel Approved Sport
Selection Classification	Gymnastics Test - Add the 1.5 mile run (Varsity 15:00, JV 15:30 and 9th 15:45)
Length of Season.....	Fall Season (15 weeks) and Winter Season (22 weeks)
Coaching Certification.....	Certified coach, AACCA Safety Course and CDC “Youth Sports Concussion” Course

NYSPPHSAA CHEERLEADING INVITATIONAL EVENT 2013

The NYSPPHSAA will be hosting the inaugural Cheerleading Invitational Event during the 2012 -2013 school year. The Invitational will be held in the East on January 26, 2013 (tentative) at Hofstra University (Section VIII) and in the West on March 9, 2013 at Rochester Institute of Technology (Section V).

The NYSPPHSAA Cheerleading Invitational is limited to member schools.

WINTER SPORT SEASON

A school wishing to compete in the NYSPPHSAA Invitational will need to conduct a separate and distinct tryout for the squad. The tryout will need to take place during the designated Section sport season. The NYSPPHSAA practice rule would require that any out of season practice would need to conform to the requirements of the existing rule.

CLASSIFICATION

After considerable conversation, the committee agreed on using the classifications proposed from the meetings held in March and April. There will be four classifications.

- Small Squad - A minimum of 5 and a maximum of 12 competitors
- Medium Squad - A minimum of 13 and a maximum of 20 competitors
- Large Squad - A minimum of 21 and a maximum of 35 competitors
- Coed Squad - A minimum of 12 and a maximum of 24 competitors

Note: Having one male competitor would qualify for the coed classification.

SELECTION CLASSIFICATION

For the purpose of competing in the NYSPPHSAA Invitational Event, all 7th and 8th graders must be selectively classified. The gymnastics standards along with the 1.5 mile run will be used to determine if a 7th and 8th grade student may try out for the squad.

COACHING QUALIFICATIONS

The coaches will need to have completed the AACCA Safety Course, CPR and First Aid, along with meeting the requirements for the concussion law. All students must meet all NYSPPHSAA and NYSED eligibility requirements, such as age, transfer, Duration of Competition and Selection Classification.

CODE OF CONDUCT

All competitors and coaches will be required to complete the NYSPPHSAA Code of Conduct to be eligible to participate.

GENERAL RULES FOR COMPETITION

- The competition will be a combination of cheer and dance.
- The cheer will have a maximum time limit of 2 1/2 minutes.
- No voice-overs or words may be recorded to make the team's vocal projection sound louder during the cheer.
- School cheerleading clothing must be worn. Signs and Poms and megaphones are permitted.
- No jewelry may be worn. NFHS Apparel and Accessories Rule 2- Section 3 will be followed.
- Once a Team is introduced, the squad must take the floor and establish position without any organized chant or movement within 15 seconds. Timing will begin with the first word of the cheer or first beat of the music. Penalties will be given for exceeding the time limit.
- All routines will follow the rules of the National Federation Spirit Rule Book 2012-2013.
- Teams must provide their own iPod or CD (two copies) and operator. The host school will provide the sound system.
- Warm-Up: Each team will be given 5 minutes to warm-up & 5 minutes to use tumbling mats, following their warm-up time.

ADMISSION

Only two (2) coaches will be admitted free. Additional coaches may attend and stay with the team at an additional fee of \$TBA per coach, when listed on the registration form. Bus drivers will be admitted free.

DESIGNATED AREA

Cheerleaders will be allowed to sit with the spectators. All competitors must remain in the designated areas.

UNIFORMS

Cheerleaders must remain in uniform throughout the competition.

2013 COMPETITIVE CHEERLEADING INVITATIONAL

Entry Form

(INCOMPLETE FORMS WILL NOT BE ACCEPTED)

SCHOOL _____

NAME OF COACH _____

EMAIL ADDRESS _____ CELL PHONE NUMBER _____

ATHLETIC ADMINISTRATOR

EMAIL ADDRESS _____ PHONE NUMBER _____

REGISTRATION SITE:

EAST REGIONAL

Date and Time

WEST REGIONAL

Date and Time

SQUAD SIZE:

SMALL (Minimum of 5-Maximum of 12)

MEDIUM (Minimum of 13-Maximum of 20)

LARGE (Minimum of 21-Maximum of 35)

CO-ED (Minimum of 12-Maximum of 24 and

Minimum of one male competitor required)

ENTRY REQUIREMENTS:

I certify that the following requirements have been met by our school coaches and student athletes. Entry into the NYSPHSAA Cheerleading Invitational will be denied if all requirements have not been met.

All participating coaches must:

Possess valid AACCA Safety certification

Possess current certification in First Aid and CPR

Completed the CDC "Youth Sports Concussion" Course

All participating athletes and squads have:

Been selected for participation within the Section designated sport season

Met all NYSPHSAA Standards of Eligibility (Amateur, Transfer, etc)

Met all NYSED Standards of Eligibility (Age, Grade, Selection Classification, etc.)

ATHLETIC DIRECTOR'S SIGNATURE _____

RETURN BY JANUARY 4, 2013 TO:

Updated June 21, 2012

Procedure for Special Circumstances

1. If a situation arises that is outside the control of the team or squad, i.e. power outage, problem with audio equipment (not including CD or iPod), and equipment failure or injury, the team will be able to begin the routine from the beginning. The judges will be able to only score the part of the routine before the interruption and the part of the routine performed after the point of interruption.
2. Concussions: NFHS Spirit rule book requires, “Any contestant who exhibits signs, symptoms or behavior consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to competition until cleared by an appropriate health care provider”.

Minimum Qualifications for Judges

1. Potential judges are required to have current certification from UCA, NCA, or Cheer Limited and the current safety certification from either AACCA or NCSSE.
2. Have at least 3 years of experience judging cheerleading competitions and must list competitions they have judged over the past 3 years.
3. List all schools and squads they have cheered for, coached, instructed, or choreographed for over the past two years.
4. List competitions in which they performed the duties of a Safety Judge.

All interested individuals meeting the minimum requirements would submit an application to the NYSPHSAA office. A sub-committee would select the judges for the East and West Invitational Events.

2013 CHEERLEADING INVITATIONAL

Registration Form

Fax all Registration Forms to:
or Email to:

Registration Deadline:TBA

DATE:TBA

PLACE:TBA

REGISTRATION FEE:TBA

SCHOOL NAME _____

SCHOOL ADDRESS _____

SCHOOL PHONE NUMBER: _____

ATHLETIC DIRECTOR'S NAME: _____

ATHLETIC DIRECTOR'S PHONE NUMBER: _____

HEAD COACH'S NAME: (CONTACT PERSON) _____

CONTACT'S PHONE #'S: HOME: _____ CELL: _____

CONTACT'S EMAIL: _____

Additional Coaches

1. _____

2. _____

3. _____

4. _____

NOTE: All coaches must be currently employed as a cheerleading coach by your school district. Two coaches are admitted free with your Registration Fee of \$____.

**VARSITY CHEERLEADING ROSTER
WINTER 2013**

SCHOOL NAME _____
SCHOOL ADDRESS _____
SCHOOL BEDS # _____ # OF MALES ON TEAM: _____
COACH _____

CHEERLEADER'S NAME	GRADE
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____
6 _____	_____
7 _____	_____
8 _____	_____
9 _____	_____
10 _____	_____
11 _____	_____
12 _____	_____
13 _____	_____
14 _____	_____
15 _____	_____
16 _____	_____
17 _____	_____
18 _____	_____
19 _____	_____
20 _____	_____
21 _____	_____
22 _____	_____
23 _____	_____
24 _____	_____
25 _____	_____
26 _____	_____
27 _____	_____
28 _____	_____
29 _____	_____
30 _____	_____
31 _____	_____
32 _____	_____
33 _____	_____
34 _____	_____
35 _____	_____

***PLEASE NOTE IF ANY OF YOUR CHEERLEADERS ARE ALTERNATES OF THIS FORM.*

ATHLETIC DIRECTOR'S SIGNATURE _____

SAMPLE EVENT SCHEDULE

Opening Announcements: 10:00

TEAM	TIMES		
Large Squad	Warm-Up	Tumbling	Competition
School A.....	9:10	9:20	10:10
School B.....	9:15	9:25	10:15
School C.....	9:20	9:30	10:20
School D.....	9:25	9:35	10:25
School E.....	9:30	9:40	10:30
School F.....	9:35	9:45	10:35
School G.....	9:40	9:50	10:40

Medium Squad

School H.....	10:00	10:20	10:50
School I.....	10:05	10:25	10:55
School J.....	10:10	10:30	11:00
School K.....	10:15	10:35	11:05
School L.....	10:20	10:40	11:10
School M.....	10:25	10:45	11:15

Coed Squad

School N.....	10:30	10:45	11:25
School O.....	10:35	10:50	11:30

Closing Announcements & Awards Ceremony: TBA

2012 - 2013 DIFFICULTY RUBRIC
Point Ranges for Specific Skill Sets Are to Be Performed by ABOVE 50% of the Team

MOTIONS & DANCE	STUNTS		PYRAMIDS &/OR TOSSES		JUMPS		TUMBLING	
	.1 to 2	2 to 4	.1 to 2	2 to 4	.1 to 2	2 to 4	.1 to 2	2 to 4
	Stunts up to Extension Preps; Variations to Preps &/or 1 Leg Variations at Prep Level; Basic Dismounts	2 to 4	NO TOSSES	NO TOSSES	Bsc: Tuck, Eagle, Dbl Hook, Herkie Int: Side & Front Hurdler, Toe Tch	Forward & Backward Rolls; Cart-wheels; Round-Offs; Combos		
	Extensions, or Prep Level 1 Leg Variations; Dismounts - Basic &/or Dismounts - Straight Cradles	2 to 4			Int:(No Sd Hrdlr) Dbl Jump Combo & Ad'l Adv.: Pike, Dbl 9, Arnd Wrld	Front & Back Walkovers; Creative Combinations of .1 thru 4 Tumbling		
	4 to 6	4 to 6			4 to 6	4 to 6		
LIMITED: Variety of Movement, Level Changes, Transitions, Energy, Synchronization; Use of Floor	Transitional Stunts to Prep Level or Extended Stunts; Dismounts - Include but not limited to Single Twists from Any 2 Leg Stunt	4 to 6	Transitional Stunts to Prep Level or Extended Stunts; Dismounts - Include but not limited to Single Twists from Any 2 Leg Stunt	4 to 6	Triple Advanced Combo; or Quad Int/Advance Combination; All with Variety	Round-Off BHS, or Standing BHS	Some Advanced Tumbling Skills	
6 to 8	6 to 8	6 to 8	6 to 8	6 to 8	6 to 8	6 to 8	6 to 8	
AVERAGE to ABOVE AVERAGE: Variety of Movement, Level Changes; Many Transitions Synchronized with Cheer, with the Team, with the Music: Creative Combinations of: Movement, Footwork & Placement	Advanced Stunts Including Full-Ups to Prep Level; Transitional Stunts, 1 Leg Extended Variations (heel stretch, scalle, scorpion, arabesque, etc.); Inversions Dismounts - Include 1 1/4 Full Down from Any Extended Stunt	6 to 8	6 to 8	6 to 8	Jump to Back Tuck Combo; Additional Quad Jump Combo with Variety of Int. &/or Advncd Jumps	Advanced Tumbling Skills, Advanced Tumbling Combos; Standing & Running Series; Elite Tumbling Skills including Tucks or Layouts or Fulls		
8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	
ADVANCED: Variety of Movement, Level Changes, & Transitions; Sharp & Synchronized Placement with the Cheer, with the Team, with the Music; Very Creative Combinations of Movement, Footwork & Placement	Elite Stunts through 1 1/2 Up to & Rewinds from Extended Positions; Extended Stunt Sequences with Multiple Body Positions; Quick-Ups; Inversions Dismounts - 1 1/4 Fulls from 1 Leg Extended; Single Base Extended	8 to 10	8 to 10	8 to 10	Jump to Back Tuck Combo AND Quad Jump Combo; Dbl or Trpl Jump to Back Tuck Cmbo AND Quad Jump Combo Variety	Elite Tumbling Skills - Standing & Running Speciality Passes to Layouts &/or Fulls, &/or Tucks		

Judges Will Use Lower Skill Set Point Ranges When Required Skills Are NOT Performed By ABOVE 50% Of The Team

NEW YORK STATE PANEL SCORE SHEET

CATEGORY	POINTS	EXECUTION (Technique) + Or -			COMMENTS:
SKILLS					
<i>MOTIONS & DANCE</i>					
Difficulty	10	Synchronized	Controlled	Timing	
		Creativity	Placement	Flexibility	
Execution	10	Musicality	Great Levels	Uniformity	
		Precision	Great Angles	Sharp	
		Use of Floor	Pace & Stamina	Great Flow	
<i>STUNTS</i>					
Difficulty	10	Synchronized	Controlled	Timing	
		Creativity	Body Position	Flexibility	
Execution	10	Solid	Great Levels	Precision	
		Minimum # of Bases			
		Maximum # of Stunts			
<i>PYRAMIDS &/OR TOSSES</i>					
Difficulty	10	Maximum # of Participants		Visual Effect	
		Synchronized	Controlled	Timing	
Execution	10	Creativity	Body Position	Flexibility	
		Solid	Great Levels	Precision	
		Symmetrical		Toss Height	
<i>JUMPS</i>					
Difficulty	10	Synchronized	Controlled	Timing	
		Pointed Toes	Great Height	Flexibility	
Execution	10	Stamina	Great Landing	Great Angles	
		Solid	Great Levels		
<i>TUMBLING</i>					
Difficulty	10	Synchronized	Controlled	Timing	
		Pointed Toes	Great Height	Flexibility	
Execution	10	Stamina	Great Landing	Solid	
		Use of Floor	Body Position	Hyperextended	
CHOREOGRAPHY					
<i>TRANSITIONS</i>					
	10	Choreography	Seamless Flow	Changed Often	
		Visual Effect	Great Pace	Timing	
		Creative			
<i>FORMATIONS & SPACING</i>					
	10	Choreography	Seamless Flow	Changed Often	
		Visual Effect	Great Pace	Symmetrical	
		Creative			
CROWD LEADING					
<i>VOICE & SHOWMANSHIP</i>					
	10	Strong/Loud	Enunciation	Great Energy	
		Confidence Level	Effortless	Natural Facials	
		Timing	Maximized Skills & Skill Placement		
<i>CROWD APPEAL / LEADING</i>					
	10	Crowd Pleasing	Excitement Level	Timing	
		Positive Effect		Props - If Used	
TOTAL SCORE					New York State
140 Possible Points					Panel Score
					Sheet

TEAM: _____ **Safety Judge:** _____

DEDUCTION: - 5 Points for Each Rule Book INFRACTION

NFHS Spirit Rules Book Illegalities

Page Number Rule Citation # of Infractions

Page Number	Rule Citation	# of Infractions

Sub Total
x - 5.0

DEDUCTION: - 2 Points for Each COLLAPSE

When multiple deductions should be assessed during an Individual Stunt Sequence OR during a Pyramid Sequence, and the Sum of those Deductions is greater than - 2.0, the occurrences are instead combined and converted into a single deduction of a 2.0 and noted as a COLLAPSE.

Sub Total
x - 2.0

DEDUCTION: - 1.5 for MAJOR FALLS

Falls from Individual Stunt to the Ground (Top Person Lands on ground or base(s) land on the ground.

Sub Total
x - 1.5

DEDUCTION: - 1.0 for FALLS

Falls from Individual Stunts/Pyramids/Tosses to a Cradle. Falls from Individual Stunts to a pop down dismount.

Sub Total
x - 1.0

DEDUCTION: - .5 for OUT OF BOUNDS

Touching or Stepping Off of the Mat

of Out of Bounds Infractions

Sub Total
x - 0.5

TIME LIMIT VIOLATIONS: Teams that Exceed 2:30 will be subject to the following deductions:

TIME OF ROUTINE:

1 to 5 Seconds overtime: -.50
6 to 10 Seconds overtime: - 1.0 Sub Total
11 or more seconds overtime: - 2.0

TOTAL DEDUCTIONS:

Add ALL Sub Total Deductions
As Listed Above & Put the Sum into This Box
This Total Deduction Number Will Be Deducted from
The Panel Judge's Averaged Score

