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COMMITTEE MEMBERS

Marsha Tessler	Section 1
Joseph Scalise	Section 2
Nina Baker	Section 3
Josh Gannon	Section 4
Joanne Small.....	Section 5
Michele Ziegler.....	Section 6
Vicki Nephew	Section 7
TBD	Section 8
Cherie Ramsey.....	Section 9
Lori Brewer.....	Section 10
Amy Agnesini.....	Section 11
Joe Tasman.....	Section 11
Todd Nelson.....	NYSPPHSAA

INTRODUCTION: The NYSPHSAA’s 2013-2014 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 ACCA 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	Future Evaluation as the sport evolves
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 2013 -2014 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

NYSPHSAA CHEERLEADING INVITATIONAL EVENT 2014

The NYSPHSAA will be hosting a Cheerleading Invitational Event during the 2013-2014 school year. The Invitational will be held in the East on February 22, 2014 at Sullivan Community College (Section 9) and in the West on February 9, 2014 at SRC Arena at Onondaga Community College (Section 3). The NYSPHSAA Cheerleading Invitational is limited to NYS Federation schools.

WINTER SPORT SEASON: A school wishing to compete in the NYSPHSAA 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 NYSPHSAA 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.

- 1 Small Squad - A minimum of 5 and a maximum of 12 competitors
 - 1 Medium Squad - A minimum of 13 and a maximum of 20 competitors
 - 1 Large Squad - A minimum of 21 and a maximum of 35 competitors
 - 1 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 NYSPHSAA 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 NYSPHSAA 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 NYSPHSAA Code of Conduct to be eligible to participate.

GENERAL RULES FOR COMPETITION

- 1 The competition will be a combination of cheer and dance.
- 1 The cheer will have a maximum time limit of 2 1/2 minutes.
- 1 No voice-overs or words may be recorded to make the team’s vocal projection sound louder during the cheer.
- 1 School cheerleading clothing must be worn. Signs and Poms and megaphones are permitted.
- 1 No jewelry may be worn. NFHS Apparel and Accessories Rule 2- Section 3 will be followed.
- 1 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.
- 1 All routines will follow the rules of the National Federation Spirit Rule Book 2012-2013.
- 1 Teams must provide their own iPod or CD (two copies) and operator. The host site will provide the sound system.
- 1 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 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.

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 completed the NYSPHSAA Judges Training Course.
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 by 17, 2014. A sub-committee would select the judges for the East and West Invitational Events.

SAMPLE EVENT SCHEDULE

Opening Announcements: 10:00

TEAM	TIMES		
	Warm-Up	Tumbling	Competition
Large Squad			
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

2014 COMPETITIVE CHEERLEADING INVITATIONAL

Entry Form

(INCOMPLETE FORMS WILL NOT BE ACCEPTED)

Fax all Registration Forms to (518) 690-0775

or Email to tnelson@nysphsaa.org

SCHOOL NAME _____ SECTION ATHLETIC COUNCIL (1-11) _____

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.

May only participate in one.

REGISTERING FOR:

WEST REGIONAL: 2/9/14

Deadline to register: 1/17/14

EAST REGIONAL: 2/22/14

Deadline to register: 2/1/14

Please check one:

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)

ATHLETIC DIRECTOR'S Signature _____

VARSITY CHEERLEADING ROSTER

Rosters must be received after tryouts, but no later than: 2/7/14 for East; 1/24/14 for West

SCHOOL NAME _____

SCHOOL ADDRESS _____

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 ON THIS FORM.*

ATHLETIC DIRECTOR'S SIGNATURE _____

