

Section IX
Cheerleading
Game Day

2024-2025

SECTION IX CHEERLEADING COMMITTEE

NAME

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Rules Interpreter

Stanionis, Chrissy

Vice President

Vlad, Stacy

Secretary

Scheetz, Deb

Treasurer

NYSPHSAA Game Day Cheerleading

Game Day Competition Cheerleading –

Full Implementation

In an effort to assist NYSPHSAA member schools with questions and concerns pertaining to Game Day cheerleading, please reference the topics and information included in this document. For additional information, please contact:

Todd Nelson, NYSPHSAA Assistant Director at tnelson@nysphsaa.org / (518) 690-0771.

Traditional Cheer vs. Competitive Cheer: The NYSPHSAA Cheerleading Committee has recommended any CHEERLEADING Squad that stunts or tumbles (see definitions below, as per AACCA) be considered a Competitive Cheer Squad and would be subject to all SED and NYSPHSAA rules and regulations. A team that does not stunt and tumble would be a traditional squad and NOT subject to SED and NYSPHSAA rules and regulations.

- **Stunt:** One or more persons supporting one or more top persons off of the ground.
- **Tumbling:** Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

NYSED Regulations: All SED regulations (Age, Grade, Bona Fide Student, Duration of Competition, Health exams, etc.) will be followed along with the regulations listed below:

- Mixed Competition: Outlined by SED
- Selection Classification: Standards recommended by the NYSPHSAA for the Athletic Placement Process.
- Coaching Certification: All Competitive Cheerleading coaches will have to have the following to be certified coaches for the Fall season as per SED regulations: All non-certified teacher coaches will have to apply for a temporary coaching certificate. Any outside clinician that works with a team for more than 5 days during the season will also have to apply for a temporary coaching certificate.
 - First Aid and CPR/AED
 - Fingerprinting
 - Child Abuse Course
 - Concussion Management Course
 - DASA Training (if applying for a temporary coaching license)
 - Cheer and dance Safety Course - <https://nfhslearn.com/courses/cheer-and-dance-safety-certification>
 - All non-PE coaches will have to begin to take the three required courses:
 - Philosophies and Principles of Coaching - first year
 - Theories and Techniques - by 3rd year
 - Health Sciences – by 3rd year

NYSPHSAA General Eligibility:

All current NYSPHSAA eligibility rules (including the transfer rule) will be enforced for all Game Day and Competitive Cheerleading Squads. Two of those regulations are highlighted below:

- Fall Cheerleading and Winter Cheerleading: The Cheerleading Committee has recommended that students/teams be allowed to compete in both seasons because of well-established league and sectional events. The NYSPHSAA Championship events will be held in the fall season for Game Day Cheer and in the winter season for Traditional Competitive Cheer.
- Interstate Sanctioning: Teams will have to follow the sanctioning process if they are attending an out of state event or hosting an event that has out of state schools competing. NY schools may only compete against member/approved schools.

NYSPHSAA Competition Standards for GAME DAY:

- Minimum Practice Requirement: 6 team/ 6 individuals
- Representation: minimum of 3 required competitions before post season.
- Maximum number of Contests: 12
- Nights rest: 1 night per competition. Note: *Cheering or performing during a sport event is not considered competition.*
- Spirit Standards: NFHS Spirit Rule Book
- Limitations per Day: 1 competition per day
- Competition Standards: Routine – 3 minutes to include Band Chant, Situational Sideline Cheer, Crowd Leading Cheer and Fight Song – following the rules and regulations of NYSPHSAA.
- Judges: Minimum of 4 judges and 1 safety judge per competition.
- NYSPHSAA Divisions and Classes: We will be using 3 classifications (see numbers below)

NYSPHSAA Game Day Cheerleading Championship

Teams will qualify for the championship event through a process established by the SECTION. The Cheerleading Committee has recommended the following qualifying process and championship format:

- Qualifying Process: Each section will send the winner of each class to the Championship event. A maximum of 10% of the teams competing in each class will qualify for the championship event. A section could be more restrictive and only send the winner of each class to the championship event. ****Section 9 has chosen to send only the winner of each division to the championship event.****
- Format: Each will have a preliminary and finals round at the championship event.

CHEERLEADING SECTION IX GAME DAY COMPETITION

2024-2025 CHEERLEADING SECTIONALS - GAME DAY

Location/Date – **Tuesday, October 29th – Time TBA** @ Monroe Woodbury HS

The top teams from Sectionals will compete at STATES on November 10th at Hudson Valley Community College in Troy, NY.

Each school must have a copy of their music licensing agreement/proof of purchase. See where to find music guidelines on page 7. It will be required if your team qualifies for States.

1. DIVISIONS (based on school size)

Division A – **849 and up**

Division B - **479 - 848**

Division C – **478 and below**

2. Procedure for weather delays or cancellations of Section IX Championships

In Sectional competition involving multiple schools, the respective Sports Chair will advise the Executive Director or designee of any adverse conditions. The Executive Director or Designee will consult with the participating schools then decide whether to hold or cancel the competition.

3. Admission:

· Price - \$8.00 - Section IX will be using gofan.co as their online ticketing site

4. Awards:

· Plaques and Medals will be awarded to the Section IX Champion for each Division.

Game Day Rules & Regulations 2024-2025

NYSPHSAA Game Day Cheer (Check back periodically for updates to the NYSPHSAA site and updates to the RefReps training)

The format for GAME DAY Cheer (as adopted from UCA/Varsity) is inspired by what teams do at home and is similar to camp with the addition of Fight Song as a fourth element. Teams are permitted, but not required, to use camp material to demonstrate the game day environment at their school. With all four elements combined, the Game Day performance cannot exceed a 3 minute time limit. All skill restrictions below will be enforced. Check out the Game Day Competition – Video Tips <https://www.varsity.com/uca/school/competitions/game-day/> for more information.

BAND CHANT: **We will continue to set up props prior to announcing the team to the floor.**

The Band Chant will be consistent with the summer camp format. Teams should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. A cue will **not** be given to start the Band Chant. Once the music begins, the teams cannot incorporate any skills other than kicks and jumps, just like summer camp. Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples, execution of the material and encouraging the crowd to participate.

SITUATIONAL SIDELINE: Following the Band Chant, the announcer will provide a cue for offense or defense. Teams should wait until the announcer finishes the cue and show the proper response to the game day situation. **Continuing this year, teams will not pick which situational sideline they will perform. An offense or defense cue will be given at random.**

Each competition will use the same cues throughout the season. Squads should focus on crowd effectiveness, motion technique and skills relevant to a game day environment. NOTE: It is a **requirement** to incorporate skills into the Sideline (stunts and/or tumbling, if the division allows). Please review skill restrictions below. **Although UCA has changed their Situational sideline and blended it with their Crowd leading section, we will continue to have two distinct sections.**

CROWD LEADING: Following the Sideline, teams must return to the performance surface and show a clear separation between elements. Teams can show spirited interaction as a clear transition into the Crowd Leading material but are not allowed to stunt. Crowd Leading can include a cheer reflective of a timeout, general sideline / spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. Teams are required to incorporate spirit props and practical skills (stunts and/or tumbling, if the division allows).

FIGHT SONG: The final element should reflect your school's traditional Fight Song. Teams should incorporate crowd effective skills (stunts and/or tumbling, if the division allows) and can include spirit raising props to enhance the overall effect. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.) For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. Music guidelines are available at [varsity.com/music](https://www.varsity.com/music).

Game Day Skill Restrictions:

- No tosses (basket, sponge or elevator) are allowed.

- No inversions are allowed.
- No twisting released dismounts are allowed.
- No running tumbling is allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled single back handsprings would be allowed. Jump tumble (single skill) would be allowed.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. (Ex: running of the flags, chest bumps, intricate handshakes) Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance.
- In between elements, teams must always return to the performance surface. Teams may kick, jump or tumble but may NOT stunt.
- During the Band Chant, only kicks and jumps are permitted.
- Here are the music guidelines for Game Day from Varsity. Begin on page 18 of the document. Although, UCA has made changes to their music, it is still a requirement that band style music is used not pop music. <https://www.varsity.com/wp-content/uploads/2018/02/Music-Guidelines-2018-1.pdf>

NYSPHSAA

Cheerleading Sections Committee –

Jen Simmons – State Coordinator

Section 1 – Alice Ganger

Section 2 – Stephanie St. Pierre

Section 3 – Tiffany Rutledge & Stephanie Moretti

Section 4 – Andrea Guccia

Section 5 – Stacey Pike

Section 6 – Justina Grudzinski

Section 7 – Vicki Nephew

Section 8 – Jennifer Keane

Section 9 – Patti Archiere and Kelly Hall

Section 10 – Melissa Cutler

Section 11 – Brianne Hyer

NYSCJA –Casey Goll

**2024-2025 Section IX Cheerleading Championship -
REGISTRATION FORM for Game Day Cheerleading**

Name of School: _____ Division: _____

Name of Coach: _____ Email: _____

Cell Phone: _____ Work Phone: _____

SQUAD ROSTER – Please print or type names

- | | |
|-----------|-----------|
| 1. _____ | 17. _____ |
| 2. _____ | 18. _____ |
| 3. _____ | 19. _____ |
| 4. _____ | 20. _____ |
| 5. _____ | 21. _____ |
| 6. _____ | 22. _____ |
| 7. _____ | 23. _____ |
| 8. _____ | 24. _____ |
| 9. _____ | 25. _____ |
| 10. _____ | 26. _____ |
| 11. _____ | 27. _____ |
| 12. _____ | 28. _____ |
| 13. _____ | 29. _____ |
| 14. _____ | 30. _____ |
| 15. _____ | 31. _____ |
| 16. _____ | 32. _____ |

Please list THREE (3) required competitions that you attended during the season:

SITE: _____ **DATE:** _____

SITE: _____ **DATE:** _____

SITE: _____ **DATE:** _____

Roster should be submitted by **October 18, 2024 to heather.walsh@ouboces.org**

Date

Signature of Athletic Director