



Competitive Cheerleading - Full Implementation

Winter 2014-2015 Season

In an effort to assist NYSPHSAA member schools with questions and concern pertaining to competitive 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 is recommending 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. This will be clarified by the NYSPHSAA Executive Committee in October 2014.

- **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 Exam, etc.) will be followed along with the regulations listed below:

- Mixed Competition: Will be outlined by SED in the Fall 2014
- Selection Classification: Will be outlined by SED in the Fall 2014. Gymnastics standards have been recommended by the NYSPHSAA.
- Coaching Certification: All Competitive Cheerleading coaches will have to have the following to be certified coaches for the 2014-15 winter 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 more than 5 days during the season will also have to apply for a temporary coaching certificate.**
 - First Aid and CPR/AED
 - Fingerprinted
 - Child Abuse Course
 - Violence Prevention Course
 - Concussion Management Course
 - DASA Training (if applying for a temporary coaching license)
 - AACCA Safety Course (this is being recommended by the cheerleading committee and will be voted upon by the Executive Committee in October)
 - All non-PE coaches will have to begin to take the three required courses (Philosophy and Principles of Coaching (first year), Theories and Techniques (by 3rd year) and Health Science (by 3rd year).

NYSPPHSAA General Eligibility:

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

- Fall Cheerleading and Winter Cheerleading: The Cheerleading Committee is recommending ~~that~~ students/teams be allowed to compete in both seasons because of well-established league and sectional events. The NYSPPHSAA Championship events would be held only in the winter season. The Executive Committee will vote on this recommendation in October.
- 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.

NYSPPHSAA Competition Standards:

Sections should be prepared to vote on the following Competition Standards for the sport of competitive cheerleading at the October Executive Committee meeting.

- Minimum Practice Requirement: 10 team/8 individual
- Representation: minimum of 2 required competitions before post season. Note: *The 2014-2015 NYSPPHSAA Invitational(s) will not be considered 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 – 2 minutes and 30 seconds must include Cheer and Dance
- Judges: Minimum of 3 judges and 1 safety judge per competition
- NYSPPHSAA Divisions and Classes: 2 Divisions (I/II), small class and large class in each division. 1 co-ed division.

NYSPPHSAA 2014-2015 Cheerleading Invitational:

The NYSPPHSAA will host three invitational events during the winter 2014-2015 season. These events are considered regular season events and not post season events.

- February 21, 2015 – Albany (Section 2) area (tentative)
- February 28, 2015 – Long Island (Section 8/11) area (tentative)
- March 7, 2015 – Rochester Institute of Technology (Section 5) – Confirmed

NYSPPHSAA 2015-2016 Cheerleading Championship:

The Cheerleading Committee is recommending a NYSPPHSAA Championship Event of the Winter 2015-2016 school year. Teams would qualify for the championship event through a process established by the Section. The Cheerleading Committee is recommending the following qualifying process and championship format:

- *Qualifying Process: Each Section would send the winner of each class to the Championship event. A maximum of 10% of the teams competing in each class would qualify for the championship event. A Section could be more restrictive and only send the winner of each class to the championship event.*
- *Format: Each class would have a preliminary and finals round at the championship event. Final format will be recommended by the Cheerleading Committee and sent to the Championship Advisory Committee.*

Sections should be prepared to vote on the following items at the October 23, 2014 Executive Committee meeting:

- **NYSPPHSAA Traditional vs. Competitive definition**
- **AACCA Safety Course required for all Competitive Cheer coaches**
- **Participation in both Fall Cheerleading and Winter Cheerleading**
- **All NYSPPHSAA Competitive Cheer Standards (see above)**
- **NYSPPHSAA Invitational events for 2014-2015**
- **NYSPPHSAA Championship Event for 2015-2016**
- **Qualifying process for Championship Event**

NYSPPHSAA Cheerleading Committee:

Section 1: Marsha Tessler
Section 2: Joe Scalise and Patty Palmer
Section 3: Nina Baker
Section 4: Josh Gannon
Section 5: Joanne Small
Section 6: Michelle Ziegler
Section 7: Vicki Nephew
Section 8: Jonathon Bloom
Section 9: Cherie Ramsey
Section 10: Lori Brewer
Section 11: Amy Agnesini

Special Liason: Lucille Mankowich, Gail Vern, Nancy VanHoughton (LICCA)