



## **GHSA SPECIAL RULES MODIFICATIONS FOR HOSTING/ATTENDING CHEERLEADING COMPETITIONS**

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment during practice and competition.

### **1. Host school responsibility (considerations)**

The host school should:

- Provide hand sanitizer for all teams attending.
- Limit the number of teams allowed to compete in each session.
- Enforce social distancing requirements in spectator areas. (this is facilitated by limiting the number of teams per session)
- Sanitize the mats or athlete's shoes in each warm up area and main competitive floor after each team exits.
- Sanitize all officials' tables between sessions.

### **2. Player equipment**

- Face masks/coverings are recommended in the warm up areas and/or the main competitive floor for all athletes.
- Athletes use their own water bottles during warm ups and after the competition.
- Team members should arrive dressed and ready for competition. Dressing rooms should not be available.
- All staff working the warm up areas should wear masks.

### **3. Signing in**

- Upon arrival, masks are recommended for teams entering the building.
- Masks or plastic barriers are recommended for hosts checking the teams in.
- Teams will be taken to the cafeteria or individual classrooms for holding and waiting for warmups. In either scenario, the area must be sanitized before new teams are allowed to enter at the beginning of the next session. (teams could be asked to stay on or near their bus, if the host school chooses)

### **4. Main competition floor**

- Host schools should provide an area for all teams to put their water bottle while they are competing.
- Team huddles before taking the floor are not recommended.
- "On deck" and "in the hole" areas should be spaced as far apart as possible to maintain social distancing regulations.
- Coaches' chairs must be sanitized at the completion of each routine.
- Wearing masks for officials is recommended.
- Wearing masks for athletes is also recommended.
- DJ's are encouraged to wear face masks/coverings/gloves.
- All coaches and athletes should use hand sanitizer before and after routine.

### **5. Awards**

- Teams should stay separated from other teams while awards are being announced. One athlete or coach with recommended face covering/mask should pick up the trophy.

- Teams should leave the host school as soon as their session has ended.
6. Concessions/hospitality rooms
- Food at concession stands should be packaged.
  - Boxed lunches should be available rather than open food for hospitality rooms.
  - Multiple hand sanitizer bottles should be available at both places.
  - Masks for workers in the concession stands and in hospitality areas are highly recommended.

### **Updated deadlines for this year**

- June 1: deadline to request a sanctioned event/tournament
- September 1: last day to allow outside camps/choreography
- September 5: deadline to have your team's competition schedule set
- ~~October 1~~ December 1 (or when football is over for your school): date for all uniforms to follow uniform rules listed in Constitution and By Laws.

*For games and competitions, if orders have not been received, cheerleading teams may alter their uniforms with the following: (~~until Oct. 1~~)*

- a. matching T-shirts/tank and shorts*
- b. similar uniforms that are not completely matching (different skirt or top)*
- c. Matching skirt or practice skirt with tank or T shirt. (for competition, shirts must not be unsafe- may need to be tucked in)*

**Note: Leggings or tights cannot be worn as a uniform at any time during a game or competition unless they are worn under a skirt or shorts.**