

## **COVID-19 Updates for Cheerleading 2020-21**

### **These changes are for this year only:**

~~May 1:~~ June 1: Deadline to request a regular season sanctioned event/tournament.

Aug. 1: First date for practice

- Cheerleading teams are allowed to attend camp after the last day of school up until ~~August 1~~ September 1
- No camps or clinics are allowed after ~~August 1~~ September 1

~~August 3:~~ **September 3:** Deadline to register for regular season competitions.

~~August 10:~~ **September 10:** Cancellations forms should be submitted to the GHSA office and all entering schools notified.

~~August 21:~~ **September 11:** Confirmation of tournaments should be submitted to the GHSA office. Coaches should go online and list all teams attending the competition.

October 1: Deadline to declare COED or All-girl

November 7: Region winners determined.

Coed and A Private/Public Sectional winners determined.

November 13-14: GHSA State Cheerleading Sectionals and Finals.

Dec. 1: (or the end of your football season) Uniform restrictions go into effect (see

### **Updates sent on June 15:**

Since Cheerleading teams do not scrimmage, let me clarify a few things that seem to be confusing coaches.

1. GHSA teams are not allowed to stunt at this time.
2. GHSA teams are not allowed to have choreography camps for competition or camps for sideline cheerleading since there is no way to guarantee that individuals can practice social distancing. This ruling includes training at at All Star gym, as well.
3. Tumbling on mats is allowed as long as the mats are sanitized after each conditioning session.

Please see the documents that were sent out at the end of the week last week. (attached)

Below you will find the link to a course offered by USA Cheer.

This is a comprehensive, 4-part course that covers Rules 1, 2, and 3 of the NFHS Spirit Rules Book for cheerleading. Each section consists of instruction, photos, and video, along with a short exam covering that section. Note that USA Cheer offers a “New Rules Only” course. As this is the first year offering the rules course to Georgia coaches, this year’s recommendation is for all coaches to complete the comprehensive course.

The cost of the course is \$15. I encourage you to take this course when you can! New coaches, as well as veteran coaches, would definitely benefit from taking this course.

<https://www.usacheer.org/courses/ghsarules>

There will be a short required online clinic available Aug 1-14 covering GHSA rules.

### **Updates sent out on June 18:**

Good morning,

With the new updates sent out yesterday, please understand the following:

1. Mats may be used for tumbling and conditioning. They must be sanitized between sessions.
2. Conditioning may include learning band dances and cheers/chants as long as social distancing is followed.
3. The guidelines originally sent out should still be followed. (Please see attachments- they have been updated)
4. Camps are still not allowed unless you can guarantee that you can follow all guidelines (social distancing).
5. Stunting is still not allowed. Chorography for competitive routines is still not allowed. Social distancing guidelines are still in effect.

Unfortunately, I do not know what the guidelines will be after dead week; therefore, I will not be able to answer questions on whether or not to cancel choreography camps or sideline camps.

Hopefully, soon we will all be able to enjoy normalcy as we prepare for fall sports and activities.

### **Updates sent on July 1:**

- **Competition teams may have choreography at your school, masks recommended.**
- Stunting is allowed, masks recommended.
- Sideline teams may continue learning material and following the guidelines.

### **Updates sent on July 8:**

- No changes, schools are asked to report any cases or students screened out.

**July 13:**

Cheerleading rules and modifications for hosting/attending competitions were emailed to coaches.

**Updates sent on July 15:**

Teams may go to outside gyms (All-Star or cheerleading gyms) for choreography/learning sideline material as long as the following conditions are met:

1. Overnight camps are not allowed.
2. Your team must be the only team in the gym.
3. You are following all of the guidelines still in place by GHSA for all sports (including no more than 50)