GHSA RULES CLINIC

2013

GHSA State Cheerleading Coordinator:

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Cheerleading Manuals, forms, scoring guides and rubrics may be downloaded from the following sites:

- GHSA Website – www.ghsa.net
- www.ghsacheerleading.com
- www.georgiacheer.com

All coaches should download a copy of the manuals that govern their program and study all details of the program. A copy should be maintained by all coaches and officials.

The National Federation of State High School Associations has led the development of education-based interscholastic sports and activities that help students succeed in their lives.

- Rules provide direction.
- Rules build awareness.
- Rules support activities.
- Rules improve activities.
- Rules establish a consistent standard.
» All provisions of this rules book shall be in effect for all spirit team activities and covers all cheerleading teams (spirit, competitive, support, etc.)
  > Practices
  > Games – Sideline and Halftime Performances
  > Competitions
  > Exhibitions & Performances

GHSA AND NFHS RULES JURISDICTION

» It is the professional integrity of our coaches that we need to rely on to make sure all rules are followed.

» The Legal Duties of a Coach:
  > Coaches should properly plan all activities.
  > Coaches should be knowledgeable.
  > Coaches should provide correct and proper instruction.
  > Coaches should provide a safe physical environment and safe and appropriate equipment.
  > Coaches should be conscious of each athlete's ability and skill level.
  > Coaches should be able to evaluate injuries.
  > Coaches should know basic first aid and CPR.
  > Coaches should supervise all activities closely.
  > Coaches should warn athletes and parents of inherent risk.

Coaching Liability

» The NFHS Spirit Rules Book may be ordered from the

GHSA High School Association
P.O. Box 271
Thomaston, GA 30286

NFHS SPIRIT RULES BOOK

Remember:

All coaches should read and study all sections of the NFHS Spirit Rules Book and be familiar with the definitions, the general safety rules, situations, and the Points of Emphasis. It is the responsibility of the Coach to know the rules, understand the rules, and use the rules to guide their program.

Knowledge is the foundation for professionalism!
There are two parts of the NFHS Book that every coach should read prior to studying the rules and teaching stunts.

1. The Points of Emphasis
2. Comments on rules

+ These discuss and clarify coaching responsibilities and guides.
  - The primary objective of all cheer programs is to minimize risk for all participants.
  - When following “progressions” coaches must remember that the ability of the team as a whole is key to the skill level they will be allowed to execute.
  - Coaches have to prepare the team through a good conditioning program and appropriate training.

Changes in 2013 include:
- Bracer
- Cradle
- Downward Inversion
- Extended Stunt / position
- Loading Position / Load
- Log Roll
- Release Transition / Release Pyramid Transition
- Suspended Roll / flip

Definitions:
If you don’t know “what it is”, how can you read or understand the rule?

Before reading the rule check the definition to make sure you are looking at the right rule! The definitions address items in the NFHS Spirit Rules Book only!

Look closely at the definition of:
1. Cradle – The top person should be caught below shoulder height and land in an open pike position. A cradle cannot land in a flat body position.
2. Downward Inversion – A stunt or pyramid in which an inverted top person’s center of gravity moves toward the performing surface. This will impact several rules. Remember that “inverted” is defined as shoulders below the waist.
3. Extended Stunt/Position – Any stunt in which the supporting hand(s) is/are above the head.

Definitions impact the interpretation of a rule.

Release Transition/Release Pyramid Transition
A top person changes from one stunt to another (including a loading position) during a temporary loss of physical contact with his/her base.
Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

Rule: 2-1-15 (New)
Check with the GHSA when you feel you have special circumstances or a need to make changes or accommodations to your program because of an individual.

REMEMBER: Georgia has exceptions to some rules. Know the exceptions.

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

Key Facts to Remember:
- All provisions of the spirit rules book apply to all spirit team activities!

Key Facts to Remember:
- Practice
- Performances
- Games
- Competitions

Rules to Remember: Apparel/Accessories
(NOTE: The following rules apply to all cheerleaders.)
- 2-3-1: Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- 2-3-2: Fingernails, including artificial nails, must be kept short, near the end of the fingers.
- 2-3-3: The hair must be worn in a manner that is appropriate for the activity involved. Hair devices must be secure.
- 2-3-4: Apparel and accessories must be appropriate for the activity involved.
- 2-3-6: When standing at attention, apparel must cover the midriff.

Rule 2-6-2:
Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.

**Also refer to rule 2-8-9 to address twist during the release which must be executed on a mat or grass (real or artificial) or a mat.

No tosses of any kind can be executed on the basketball court.

General Safety
Remember:
Rule 2-8-9 B:
A twist to cradle is permitted on grass (real or artificial) or a mat.
No twist to cradle of any kind may be executed on the basketball court.

All coaches remember

Rule 2 - Section Two
» Covers participants, coaches, substitutes, trainers, community coaches, and other team attendants.
» No unsporting acts!

Disrespect of officials
» Verbal
» Gestures
Profane Language
» Verbal
» Gestures
» Music
Baiting or taunting
» Any action meant to embarrass, ridicule, demean others.

Did you know!

The National Federation of High Schools has an online course for Sportsmanship. You can order the course to help educate your athletes and your parents.

Uniform Guide

GHSA RULE: No glitter – at all!

Deductions for:
» Untied shoes
» Improper uniforms
» Unsafe hair devices
» Loss of shoe, hair device, or hair piece
Jewelry

2-3-1 (2012 NFHS Rule)
Jewelry of any kind is prohibited except for the following:
A religious medal without a chain is allowed and must be taped or worn under the uniform. A medical-alert medal must be taped and may be visible.

CLEAR all medical and religious medals with the Head Judge prior to competing.

Partial list of items considered jewelry:
- Watches
- bracelets/necklaces
- Rings (in any location)
- post earrings covered with tape
- Fish line or spacers through a piercing
- A religious medal on a chain
- Hair ties on the wrist or ankles

NEW – Addition to the rule:
Are Dermal Piercings considered legal?
ANSWER: NO, they are illegal. Will be added to the situations for rule 2-3-1.

Issues to consider:
1. Can our team where rhinestones or sequins glued to their hair bow or uniform? No
2. Can our team wear glittery threads/material? YES, if the glitter is sewn into and/or a part of the original material.
3. Can a team member cover her studs or earrings with tape? NO
4. Can a team wear glittery body lotion? NO

EXAMPLES OF DERMAL PIERCINGS!

PLEASE REMEMBER:
When selecting team uniforms please remember that you are coaching high school cheerleading. This is not an All Start sport. It is not professional cheerleading. You are not coaching the dance team, the drama club, or hosting a costume party. Please treat cheerleading as a sport and demonstrate the respect that it has taken years to build.

All team members must be dressed in the appropriate school-adopted school uniform that displays the school identification (i.e., letter, monogram, mascot, symbol, etc.). The mascot is exempt from the uniform rule. (GHSA Constitution and By-Laws)
We ask you to stop and think:

1. Is the uniform appropriate for high school athletics?
2. Does the uniform embarrass any particular athlete?
3. Is the uniform appropriate for the type skill you are executing?
4. Does the uniform represent the athletic sport that cheerleading is?

When making decisions such as whether to put team names on the uniform please determine if it is safe for the athlete and what the repercussions of wearing this could be.

Use your brain!

Athletes first!
Safety is a vital part of every program! Good common sense can make a great program.

NFHS Spirit Rules

Stunting Rules Changes for 2013

» A base must not:
  > A. Assume a back-bend, headstand or handstand position.
  > B. Hold objects in a hand that is supporting the top person.

Can a base hold a pom in the hand that is not supporting the top person? The answer would be “YES”.

NFHS Rule 2-4-1
» A bracer must not provide primary support.

(Change in wording – took out “may assist/stabilize a top person during the execution of a partner stunt, pyramid or transition”. Made the definition simple and to the point.)

NFHS Rule 2-4-3

» A spotter is required for all stunts in which the supporting hand(s) of the base(s) are above the head except the following:
  > A – H remain the same
  > NEW: Extended triple-base straddle sit provided the top person has both hands in contact with a post.

NFHS Rule 2-4-7

» This rule has been revised to make it easier to read:
  > Article 1: Unless allowed under the rules in this section, a top person must not be in an inverted position.
    + (NOTE: This would be the call on an inverted basket toss or when a bracer leans to far down to pull a flyer off the floor into a stunt.)
  > Article 2: (Picture) A top person may be inverted in partner stunts in which the base of support remains below an extended position provided that:
    + A. In a \textit{DOWNWARD INVERSION}:
      1. Two bases (original or new) are in a position to protect the head/neck/shoulder area of the top person.
      2. These bases must maintain contact with the top person's upper body (Waist or above, including arms) until the top person is no longer inverted.
      3. The top person cannot go to an inverted position on the ground from a prep position.
    + B. When a top person is inverted at or passing through shoulder level:
      1. At least one base must in a position to protect the head/neck/shoulder area of the top person.
      2. This base must maintain contact with the top person’s upper body (waist or above, including arms) until the top person is no longer inverted.
      3. An additional spotter must in a position to protect the head/neck/shoulder area of the top person. This person must assist but is not required to maintain constant contact.

(See videos on the ghscheerleading site – page 4)

NFHS Rule 2-5

> Article 2:
  + B. When a top person is inverted at or passing through shoulder level:
    1. At least one base must in a position to protect the head/neck/shoulder area of the top person.
    2. This base must maintain contact with the top person’s upper body (waist or above, including arms) until the top person is no longer inverted.
    3. An additional spotter must in a position to protect the head/neck/shoulder area of the top person. This person must assist but is not required to maintain constant contact.

(See video on page 7, Top left)
Article 2

C. In all other inversions, including those coming from the performing surface:

1. At least one base or spotter is in a position to protect the head/neck/shoulder area of the top person.

2. This base or spotter must maintain contact with the top person’s upper body (waist or above, including arms) until the top person is no longer inverted.

Article 3: Suspended forward and backward rolls/flips are permitted provided the following conditions are met:

A. The top person begins on the performing surface or in a stunt shoulder height or below.

B. Two bases or two posts control the top person in the suspended forward or back rolls with continuous hand-to-hand/arm contact to a stunt, two person cradle, loading position or the performing surface.

EXCEPTION: One base or post may control the top person in a suspended forward roll/flip with continuous hand-to-hand contact to a two person cradle.

C. During the roll/flip, the feet of the top person must be released.

Article 4: Braced forward and backward flips in a pyramid are allowed provided all the following conditions are met:

A. The top person begins in a multi-base loading position, stunt, cradle or on the performing surface.

B. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side. The bracers are in preps with a spotter (no shoulder stands, shoulder sits, or thigh stand bracers). The top person is between or in front of the bracers.

C. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt, or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.

D. The top person ends in a non-inverted position.

E. The top person does not perform more than one and a one quarter (1 ¼) flipping rotations and does not twist.

F. The bases/catchers remain stationary except as necessary for safety adjustments.
» NON-RELEASE STUNTS:
RULE: A top person may be moved from a vertical position to a face-up or face-down horizontal position (straight body or cradle) provided the following conditions are met.
   ➢ A. The top person maintains contact with at least one original base or spotter. (No change)
   ➢ B. At least two catchers and or bases catch the **UPPER BODY** of the top person. (No change)
   ➢ The catchers must be to the side or front of the person(s) moving the top person. (New)
   ➢ When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.
   ➢ When catchers are not the original bases and the top person begins or passes through an extended overhead position, three catchers are required.

» RELEASE STUNTS:
➢ The top person must braced or cradled except in quick tosses to log rolls.

See the Rationale for this change. Other items will be renumbered.

» A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in another stunt
   ➢ In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
   ➢ Item "C" was deleted
   ➢ The top person may now land in a face-up or face-down position. The new part is the "Face-down". Also the number of catchers is now defined as "four" or more.

» Release transitions are legal provided all of the following conditions are met throughout the transition:
   ➢ 2-7-7b – Change:
     + Exception: A multi-base non-braced (free standing) tick tock that begins at should level is permitted.

     + (See Stunts – Page 7 Top right – this stunt now becomes legal.)
Rule was eliminated. It is no longer necessary. Previous rules changes addressed the release of a flyer to a horizontal position. See 2-7-7

NEW

A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.

**NFHS Rule 2-7-10**

NEW WORDING:

Dismounts to the performing surface from shoulder height or above that involve a skill (e.g., Toe Touch, Twist, etc.) require assistance from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person.

**NFHS Rule 2-7-10**

In cradle dismounts where a bracer is involved after the bases release the top person, all of the following conditions must be met:

A – F remain the same

G (NEW) Bases and bracers remain in place during the dismount.

**NFHS Rule 2-9-3**

**NFHS Rule 2-9-10**
Tumbling while holding props is illegal except for a forward roll, backward roll or holding pom(s) in the free hand during a one-hand cartwheel.

GFHS Rule 2-10-2

Remember when coaching any cheerleading team:
2-1-5: Performance surfaces and areas must be suitable for spirit activities.
(a) Surfaces and areas must be reasonably free from objects and/or impediments.
(b) Stunts and tumbling must be modified to the surface and/or and in relation to other participants.
(c) When discarding props that are made of hard material or have corners or sharp edges team members must gently toss or place the props.

Common Sense!

GHSA RULES TO KNOW

Review for Spirit Cheerleading
Reminders for a safe season!
Keys to sportsmanship!

As the coach you are responsible for:
> Determining if the team is ready to perform specific skills or stunts.
> Determining if the performing surface is appropriate for the performance of specific skills including jumps, tumbling, or stunts.
> Determining if there is space to execute specific skills including jumps, tumbling, or stunts.
> Determining if all circumstances allow for the performance.

Consideration should be given to:
- The type of performing surface.
- The lighting.
- The weather.
- The space allowed for the activity.
(See the situations for 2-5-1 located in the NFHS Spirit Rules Book.)

Common Sense!
» 2-1-7: Participants must not chew gum or have hard candy in their mouths during practice or performances.

» 2-1-8: Participants must not stunt or tumble during a basketball or volleyball game when the ball is in play, including free throws in basketball and just prior to the serve in volleyball.

» 2-1-9: Participants must remain outside the playing area during a 30 second or less time-out in a basketball game.

Apparel/Accessories Rules for all Cheerleading including basketball cheerleading

- 2-3-1: **Jewelry of any kind is prohibited** except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- 2-3-2: Fingernails, including artificial nails, must be kept short, near the end of the finger tips.
- 2-3-3: The hair must be worn in a manner that is appropriate for the activity. Hair devices must be secure.
- 2-3-4: Apparel and Accessories must be appropriate for the activity involved.
- 2-3-6: When standing at attention, apparel must cover the midriff.

Sportsmanship

- 2-2-1 A participant, coach, substitute, trainer or other attendant must not commit an unsporting act. (See Section Two of the NFHS Spirit Rules Book for further details.)

  **Unsporting could acts include:**
  - Disrespect of an official,
  - Using profane language,
  - Inappropriate language,
  - Inappropriate music, motions, or dance
  - Inappropriate gestures
  - Baiting
  - Taunting

Sportsmanship

» 2-1-11: Artificial noisemakers must not be used at indoor athletic contest except during pregame or halftime performances. (Exception: Megaphones appropriately used by spirit participants on the sidelines, floor, or court, are permitted, if allowed by contest officials.)

(As a Coach you may want to check with your Athletic Director and Basketball Coaches to clear the use of megaphones at any time during the game and the use of other artificial noisemakers prior to the game or at halftime. Basketball coaches want their players to be able to concentrate and to communicate!)
The Georgia High School Association wishes you a safe and successful cheerleading season!

Please remember Three Great Guidelines to a successful program:
1. Use good common sense!
2. Understand the rules! Know the Rules! Follow the rules!
3. Demonstrate good sportsmanship!