



**2011 - 2012**

# **COMPETITIVE CHEER MANUAL**

**South Carolina High School League**

**P. O. Box 211575**

**Columbia, S. C. 29221**

**803-798-0120**

**fax - 803-731-9679**

**[www.schsl.org](http://www.schsl.org)**

**E-mail: [drunix@schsl.org](mailto:drunix@schsl.org)**

# GENERAL

---

First Date for Practice .....	July 29
First Date for Competition .....	August 29
Number of Contests Permitted .....	Eight (8) per school (6 JV)
Deadline for Notification of Entry .....	October 21
Required minimum number of contests.....	<b>Two</b>
Qualifying .....	November 7-10
State Competition .....	November 19
Eligibility Due.....	7 days before first competition
Spring Practice/Team Selection .....	15 days permitted (April 5 - May 31)

Competitive season ends when a team is eliminated from a qualifier or the state competition. The High School League Executive Committee must approve any exceptions.

The National Federation Spirit Rule Book and the High School League Competitive Cheerleading Manual will be used for all High School League competitions.

The High School League strongly recommends that all competitive cheer coaches take the American Association of Cheerleading Coaches and Advisors safety certification course.

## SQUAD RESTRICTIONS

The maximum number of participating squad members are as follows:

AAAA	- 24
AAA	- 24
AA	- 20
A	- 20

## COMPETITIVE AREA

A matted surface with a 38' x 38' minimum will serve as the competitive area. The routine must be performed within the boundaries of the competitive area.

Only SCHSL pass holding coaches, competitors, and officials are permitted in the competitive area. **(which includes playing music, parade of teams and any warm-up areas).**

## UNIFORMS

All team members must be dressed in the adopted school uniform. Mascots will not be a part of the judged routine. 5 points will be deducted per uniform violation (10 point maximum).

## INJURY

The host school is responsible for the availability of medical services. First aid and medical supplies should be made available in case of injury. The tournament director is responsible for emergency medical telephone numbers such as paramedics. Ideally, a physician should be present or on call.

If an injury occurs during the routine, the head coach, judge or SCHSL official may stop the competition until the injured person is removed from the competitive area. A team with an injured person may be given the opportunity to perform the entire routine at the end of their classification competition.

Using the professional judgment of the medical personnel at the site, the head judge will not allow an unconscious or apparently unconscious player to return to competition without written authorization from a physician.

Contestants, who are bleeding, have an open wound, or an excessive amount of blood on the uniform may not participate in any event until appropriate treatment has been administered.

## **PROCEDURES**

Teams will be called to the competitive area by the announcer prior to their performance. Three teams will be announced each time - "Performing", "On-Deck", and "In the Hole."

A practice/warm-up area should be made available. Schools should furnish their own equipment and music for use in the practice/warm-up area.

## **IMPORTANT INFORMATION**

Please see the SCHSL handbook for the important information on the following:

- Academic Eligibility of Athletes
- Scouting
- Sportsmanship
- Mandatory Competitive Cheer Clinics for Coaches
- Scholar Athletes for Competitive Cheerleaders
- Out of Season Practice

# NFHS Spirit Rule Changes 2011-2012

## 2011-12 Spirit Rules Changes

**2-4-9d; 3-3-5c:** Add d.

- d. Hold objects in her/his hand(s).

**Rationale:** If a spotter's hands are not free, the ability to spot safely is greatly diminished.

**2-5-5g:** Delete (c)

Delete last phrase in (g) ..... "therefore, all full pendulums require two bases."

**Rationale:** Eliminating (c) will allow the top person to land on her/his side. Removing the last phrase of (g) will allow a single-base full pendulum in which the top person drops to the side. These allowances do not present a greater risk than dropping face up or face down.

**2-5-13c:** Add **EXCEPTION:** A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.

**Rationale:** This stunt presents minimal risk to participants if adequate restrictions are in place.

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

**Rationale:** Prohibiting these tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-6-4c:** Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.

- a. same
- b. same

c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.

**Rationale:** Prohibiting airborne twists during quick/load-in tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-7-7c:** Add c. and add Note

- c. The top person begins from a cradle or the performing surface.

Note: A slight downward swing to prepare for an upward swing is permitted.

**Rationale:** Allowing a downward swing from a stunt higher than a cradle presents increased risk to the top person.

**2-8-9b:** A twist to a cradle is permitted only on grass (real or artificial) or a mat.

**Rationale:** Prohibiting all twisting cradle dismounts from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-9-5:** Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.

**Rationale:** Prohibiting twisting tumbling skills from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-14:** Remove rule pertaining to vaults.

**Rationale:** Rules pertaining to vaults are now covered in the Non-Release Stunts Section.

## **Support Cheerleaders** (found on page A-27 of the Constitution of the SCHSL)

It is necessary to regulate certain activities of cheerleading squads when they are performing at League events. This is to better insure the safety of the athletes and the officials as well as the cheerleaders themselves.

**It is the responsibility of the school administration to enforce these regulations.**

### **1. FOOTBALL**

If cheerleaders are allowed along the sidelines, a parallel line five yards from the sidelines must restrict their movement toward the field. Jewelry will not be worn at any time.

### **2. BASKETBALL**

Cheerleaders must be in the bleachers except during full time-outs, end of quarters and half time. Mascots are considered cheerleaders. Megaphones for vocal cheering will be used only by cheerleaders. Jewelry will not be worn at any time.

### **3. ALL SPORTS**

When building pyramids, no cheerleader may stand or sit on another cheerleader who does not have at least one foot or knee on the floor. Jewelry will not be worn at any time.

**\*\*The following are not allowed: the first two are printed in black because they have been previously restricted. The ones in red have been added as a result of the 2011 NFHS rule changes.**

- Basket Tosses
- Double-Twist to a cradle
- Single-Twist to a cradle
- Any Twisting Dismounts
- Elevator Tosses or Similar Multi-Base Tosses
- Any Airborne Twisting Tumbling Skills

**\*\*It is recommended that cheerleaders and cheerleader coaches/advisors follow the Spirit Rules Book published by the National Federation of State High School Associations. These guides may be obtained from the League Office.**

# STATE

---

## QUALIFYING

### All Classes      Qualifying Regulations

Twelve schools will qualify for the state championship competition. The number of schools that qualify from the upper and the lower state qualifiers will be proportional to the number of schools who compete in the upper and the lower competitions.

**NOTE:** For example, if 15 schools enter the upper state qualifier and 5 schools enter the lower qualifier, then 15/20 or 9 slots will be given to the upper and 3 slots to the lower.

The High School League will adjust the number of team qualifiers from the upper and lower competitions if the proportional relationships do not clearly determine the number of qualifiers. This will be done with the best interest of the student athletes in mind.

**NOTE:** For example, if 10 schools enter from the upper qualifier and 12 schools enter the lower qualifier, the 10/22 or 5.5 slots will have been earned by the upper and 12/22 or 6.5 slots will have been earned by the lower. In this situation, the HSL will be empowered to award 6 to the upper qualifier and 7 to the lower qualifier.

## ORDER OF COMPETITION

The SCHSL will conduct a random draw to determine the order of competition at the state finals for Classes AAAA & AA.

The Class AAA order of competition at the state finals will be based on results of the upper & lower qualifiers. The order will be reversed. (Example: The top finisher from each qualifier will be placed 11<sup>th</sup> & 12<sup>th</sup> in the order of competition at the state finals.)

The High School League will determine the order of competition for the qualifiers and the state finals.

## TEAMS

Each school may enter one team. **Members of the competitive team must have been a member of a support cheerleading squad during the year.** All participants must be listed and properly certified on an eligibility report to the High School League. The performing cheerleaders may be anyone certified on the eligibility report. Substitutions may be made at any time. Spotters that help within the confines of the routine must be team members. Safety spotters will be provided. Any team having more than one male will be considered a coed team. A state championship for coed cheer will be provided if 16 or more schools enter state competition.

## AWARDS

Region              Each region will determine the awards to be given.

State                Trophies - 1<sup>st</sup> and 2<sup>nd</sup> place team trophies will be awarded in each classification in the state finals.

Medals - Individual medals will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place team members and coach in each classification.

# JUDGES

---

## REQUIREMENTS

Judges must be registered and certified with the S. C. High School League.

Judges will use the National Federation Spirit Rule Book as the official rules of competitive cheer.

The High School League Office will assign Judges for the Qualifiers and the State Finals.

All decisions of the judges are final.

Regular Season: A minimum of three judges is recommended for regular season and invitational tournaments.

State Finals: Five judges will evaluate performances at the state finals. High & low scores will be dropped.

### Fees: Judges

1 to 15 teams ..... \$54.00 per judge plus mileage

16 - above ..... \$81.00 per judge plus mileage

Mileage is 45 cents per mile.

## REMINDER

### ALL CLASSES

**Notification of Entry form is due OCTOBER 21, 2011**

This form can be found on the League website under AD Notebook.

[www.schsl.org](http://www.schsl.org)

## **AACCA Safety Workshops and Test**

May 7, 2011	Butler Terrace Clubhouse, Mauldin	9:00 am - 1:30 pm
June 25, 2011	SCHSL, Columbia	10:00 am - 3:00 pm
July 26, 2011	SCACA Clinic, Greenville	9:00 am - 1:30 pm
Sept. 10, 2011	SCHSL, Columbia	10:00 am - 3:00 pm

**Register on line [www.aacca.org](http://www.aacca.org)**

Contact: Elaine Elliott 803-359-9488 or [elainelliott@aol.com](mailto:elainelliott@aol.com)

## **CHEER JUDGE TRAINING**

August 13, 2011 10:00 am League Office

Contact: Elaine Elliott 803-359-9488 or [elainelliott@aol.com](mailto:elainelliott@aol.com)





## South Carolina High School League

PO Box 211575

Columbia, SC 29221-6575

803-798-0120

Fax: 803-731-9679

[www.schsl.org](http://www.schsl.org)

### NOTIFICATION OF ENTRY FOR COMPETITIVE CHEER

(Due on or before **OCTOBER 21, 2011**)

SCHOOL \_\_\_\_\_

Please indicate below whether or not you will be competing for the State Competitive Cheer Championship.

We will compete for the State Competitive Cheer Championship.

Name of Cheer Coach: \_\_\_\_\_

Cheer Coach E-mail: \_\_\_\_\_

Person completing this report: \_\_\_\_\_

Date: \_\_\_\_\_

**This form can be found on the League web site,  
[www.schsl.org](http://www.schsl.org), under AD Notebook.**

# COMPETITIVE CHEER 2011-2012 YEAR OUTLINE

---

April 5 - May 31 ..... Spring Practice/Team Selection (15 days for total program)

June 1 - July 23..... Can practice or attend camp as much as you like.

July 24 - 28..... DEAD PERIOD  
Cannot practice or attend team camp.  
Cannot practice during the dead period for a camp  
beginning on/or after July 25.

July 29 ..... First Practice

August 29 ..... First Competition

October 21 ..... Deadline for Notification of Entry (All Classes)

## Qualifiers

November 7-10..... November 7 - Northwestern HS Class AAAA Upper

November 8 - White Knoll HS Class AAAA Lower

November 9 - Dorman HS Classes AA & AAA Upper

November 10 – Lower Richland HS Classes AA & AAA Lower

## **Season is over if you do not qualify for State.**

November 19..... Bi-Lo Center, Greenville  
Time: 11:00 am (Class AA)

November 21 - April 4, 2012 ..... No competitive cheer practice  
(Can work on skills with two athletes per day)