

Competitive Cheer and Cheerleading

August 3, 2009 1st Practice Date

August 17 (or before 1st competition) ... File Certificate of Eligibility for Competitive Cheer Squads

November 7, 2009 State Championship

January 4, 2010 Competitive season ends

Rules:

1. National Federation Rules shall be the official rules unless SCISA has an otherwise stated policy. In addition, UCA Rules and competition guidelines will apply to the SCISA competition.
2. SCISA acknowledges that two types of cheerleader squads exist: A. a Competition Squad and B. a spirit/support Group. Some members/squads may fill both roles.
3. All competition squads must abide by all SCISA Eligibility Rules. It is recommended that spirit squads abide by all SCISA Eligibility Rules.
4. All schools must have a Heat and Athletic Participation Policy. This policy will provide coaches with the types of conditions caused by athletic participation during times of heat and heat related stress. It will provide warning signs, treatment and a guideline to scale back or cancel athletic activities.
5. Coaches must adhere to your school's and/or SCISA lightning policy.
6. SCISA requires that all cheer coaches take the American Association of Cheerleading Coaches and Advisors safety certification course. Only teams with an AACCA certified coach will be eligible to participate in a competition.
7. Basket Tosses - are permitted but SCISA requires that the squad: 1. adheres to the NF rules permitting basket tosses only on appropriate surfaces; 2. the coach has confirmed with school administration that basket tosses are within school policy and school insurance coverage; 3. head coach is AACCA certified.

State Rules Clinics: Each school must be represented at a State Rules Clinic. There is a \$100 fine for failure to attend and the school is prohibited from fielding a cheer squad.

2009 STATE RULE CLINICS: Friday, June 12th at 8:30 AM - Presbyterian College, Clinton
Saturday, August 1st at 10:00 AM - SCISA Office, Orangeburg

Practice:

1. Spring Practice/Try-outs may be established by the school.
2. Teams are allowed 12 work-outs from May 31 - July 24, 2010 with the following Closed Periods (July 4-10, July 16 & 17). Sessions are limited to 1 1/2 hours, no more than two times weekly. Camps during this period are the exception to the weekly restrictions but each day count against the total number of work-outs.

Levels of Competition: (Note- Students must also meet all other SCISA eligibility standards)

Varsity Teams: Eligible students in grades **6-12** may participate in varsity cheer. *Note: To address player safety, coaches and parents must carefully evaluate the skill level, social & maturity level, and physical competitiveness of students below the 9th grade before permitting participation on any varsity teams.*

Junior Varsity Teams: Eligible students in grades **5-10** may participate in junior varsity cheerleading.

Note: To address player safety, coaches and parents must carefully evaluate the skill level, social & maturity level, and physical competitiveness of students below the 8th grade before permitting participation on any junior varsity team.

B-Teams: Eligible students in grades **5- 8** may participate in B-Teams basketball.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 7th grade before permitting participation on any B-Team.

State Competition Information:

- Date: Saturday, November 7, 2009
- Site: Heathwood Hall, Columbia, SC
- Entry Fee: \$160 per team

Each school may enter one team. All participants must be submitted on an eligibility report to SCISA. 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 4 or more schools enter the state competition.

A team must compete in at least one competition prior to the state competition.

SCISA State Championship Competition Divisions:

- 1A - 20 or under participants
- 2A - 20 or under participants
- 3A - 24 or under participants
- Non-dance (20 or under participants)

Note: A team may not have more than one (1) male participant

SCISA JV Invitational Championship: *Same competition division as listed above.*

** Note: JV are not competing for a state championship, but rather the "Invitational" championship.*

State Competition General Information:

- 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 coaches, competitors, and officials are permitted in the competitive area.

- Warm-up area in adjacent facility

Sport Specific Restrictions:

Football:

1. All squads must be behind the play on the "back-field" side of the ball and at least at least 10 feet from the playing field during play. No team may be below the 20-yard line within the restraining fence/rope/device
2. No squad may perform any activity more than one person high during live-ball play or within 5 yards of a fence or permanent structure.
3. Cheerleading Squads must stay clear of the end zone area during live-ball play.

Basketball:

1. All squads must be off of the floor and in the bleachers during live-ball play. The officials have the authority to assign a different area for cheer squads in the event the gym is at or exceeding capacity, after consultation with the designated representatives and game management.

Note: Home management (football & basketball) can designate an area where the visiting squad may cheer in accordance with their school policy and liability concerns.

Coaching Notes:

1. Sportsmanship: What you permit, you promote! Coaches must emphasize and promote good sportsmanship.
2. Coaching requirement: the head coach must be CPR certified.
3. Cheerleading is an activity that builds self-confidence, leadership and communication skills and involves more than stunts and tumbling. The stunts and tumbling involved in cheerleading should aid the squad in generating excitement and participation by the fans. Performing difficult stunts only for the sake of athleticism should be avoided at games and reserved for competition venues with professional spotters and mats. Safety begins with leadership. Safety must be a priority.