

*2011-2012*

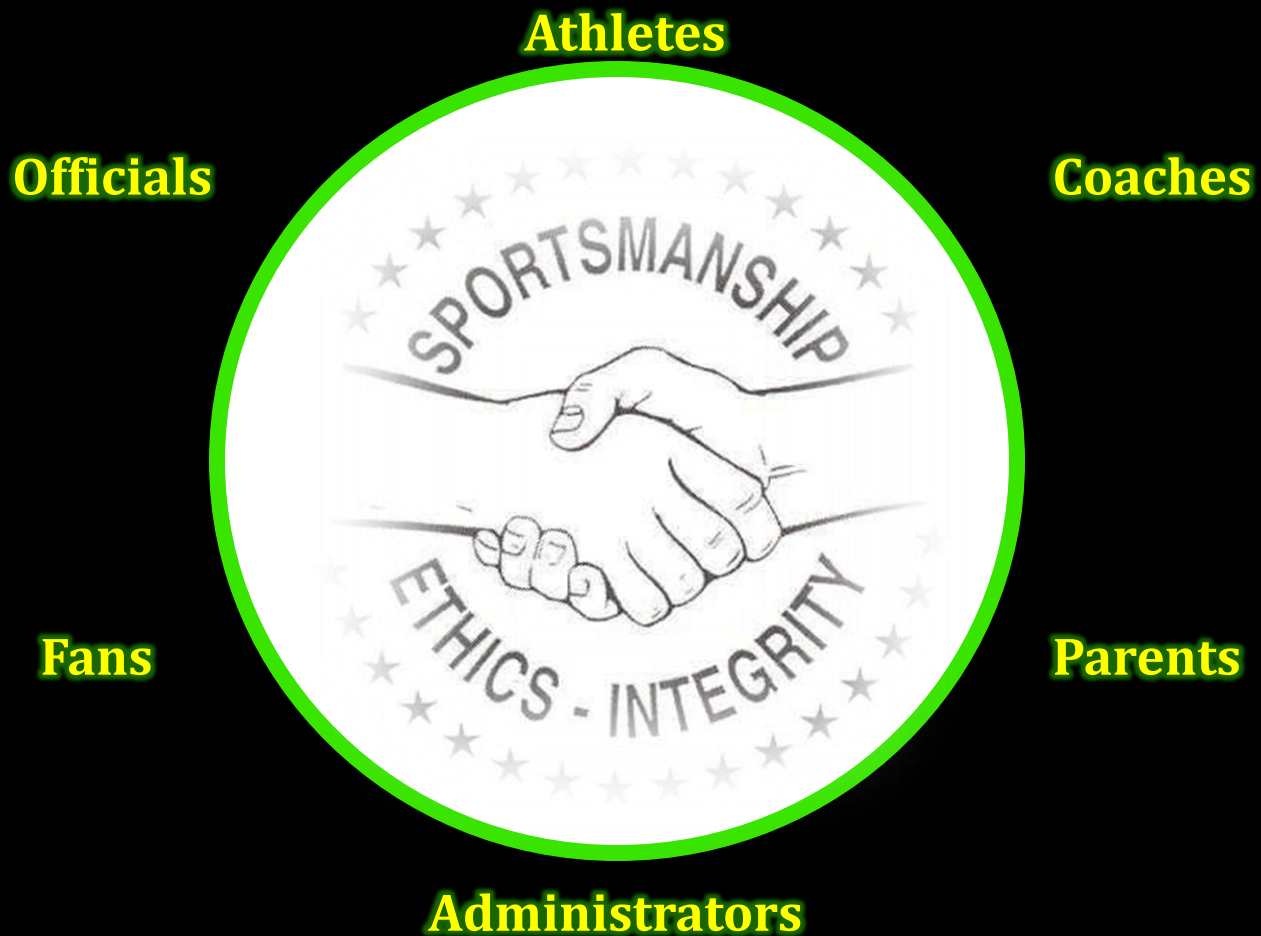
WVSSAC  
CHEER RULES CLINIC

# NOTES

- WVSSAC Rules and Regulations Handbook
- WV Cheer Manual – online
- The Interscholastic – online
- [www.wvssac.org](http://www.wvssac.org)
- Please put e-mail on card
- Mark judge on top of card
- Please SILENCE cell phone



# *Sportsmanship Everyone's Concern*



# PACKETS ONLINE

www.wvssac.org

ACADEMIC
BAND
EVENTS
OFFICIALS
SPORTS AND SCHEDULES
SPORTSMANSHIP
SCHOOL DIRECTORY
COACHES EDUCATION
RULES AND REGULATIONS
THE INTERSCHOLASTIC
RULES CLINICS
STATE CHAMPIONSHIP HISTORY
CLASSIFICATIONS
FORMS
LINKS
SPORTS MEDICINE



**Coaches click here then select sport**



**Clinic dates, location, times**



**Key medical information relating to sports**

# SEASON DATES

High School



Starts  
August 1



Ends  
Elim GBSK or BBSK

Middle School



Starts  
August 8



Ends  
February 25

Regional Outline Due October 5  
Regional Entry Form Due October 5 - \$50.00 fine

REGIONALS – NOVEMBER 5

STATE – DECEMBER 10

# COACHING



## Coaching Authorization

- Form 39 every year



## Out of Season Coaching



If schools play contest  
without eligibility  
submitted, forfeit  
contest – fine \$25.00



# SANCTIONS



All cheer competitions must be sanctioned



NO competition will be sanctioned if a spring floor is used. (Article 7 – page 19 NFHS Rule Book)

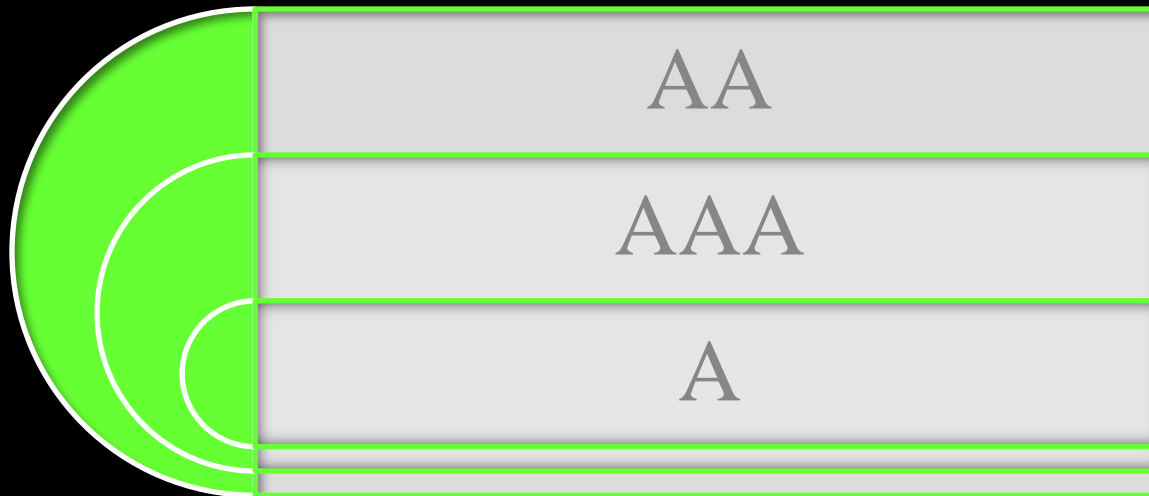


Approved WVSSAC judges must be used - Minimum of 1 safety judge required



Refer to website

# *Order of Performance*



**Regional & State Competition**

**2 contracted coaches only**

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

# **WV Cheer Judges Clinic**

**Required attendance to judge  
Must pass National Federation Spirit Test**



**August 21  
4:00 – 8:00**

**Parkersburg –  
WVSSAC Office**

**Please mark your card if you are a judge and/or coach**

# *Point of Emphasis*

- Cheer packet online
- End of the year injury survey
- Safety
- Cover try out cheer program information to parents and students (1 hr)
- 727-2-10 Non-School Participation Rule
- Release date November 5 or December 10
- No tobacco, policy 2422



# *Point of Emphasis*

- Coaches Education
- Concussion
- Basketball – 30 second time-out
  - Not on court (NFHS Article 10 pg.14)
- No stunting during foul shots (NFHS Article 8 pg. 14)
- 70% participation rule

# *Sport Specific Enhancement*

- NFHS Courses are available for Sport Specific Enhancement for Soccer, Wrestling, Cheer and Dance, Football, Volleyball, AACCA Spirit Certification, and Softball
- If interested, go to: [www.nfhslearn.com](http://www.nfhslearn.com) – for more information on online courses

# *Sport Specific Enhancement*

- Elective Courses:
  - Engaging Effectively With Parents – NCAA Eligibility – Teaching Sports Skills – Teaching and Modeling Behavior – Coaching Sports In Middle School
- Free Courses:
  - Concussion In Sports – What You Need To Know – The Role Of The Parent In Sports – Sportsmanship
- If interested, go to: [www.nfhslearn.com](http://www.nfhslearn.com) – for more information on online courses

# **Return To Play (RTP) Protocol**

An athlete removed from a contest that shows signs/symptoms of a concussion shall be immediately evaluated by an appropriate health care professional. If no appropriate health care professional is available, the athlete shall not be allowed to RTP.

# **Return To Play (RTP) Protocol**

Appropriate Health Care Professional

Medical Doctor (MD)

Doctor of Osteopathy (DO)

Doctor of Chiropractic (DC)

Advanced Registered Nurse Practitioner (ARNP)

Physician Assistant (PA-C)

Registered Certified Athletic Trainers (ATC/R)

If you think you've had a  
**CONCUSSION...**

Don't hide it.  
Report it.  
Take time to recover.

- HEADACHE
- NAUSEA
- BALANCE PROBLEMS OR DIZZINESS
- DOUBLE OR FUZZY VISION
- SENSITIVITY TO LIGHT OR NOISE
- FEELING SLUGGISH
- FEELING FOGGY OR GROGGY
- CONCENTRATION OR MEMORY PROBLEMS
- CONFUSION



It's better to miss one game than the whole season.



**TRAUMATIC BRAIN INJURY SERVICES**  
**877-724-8244**

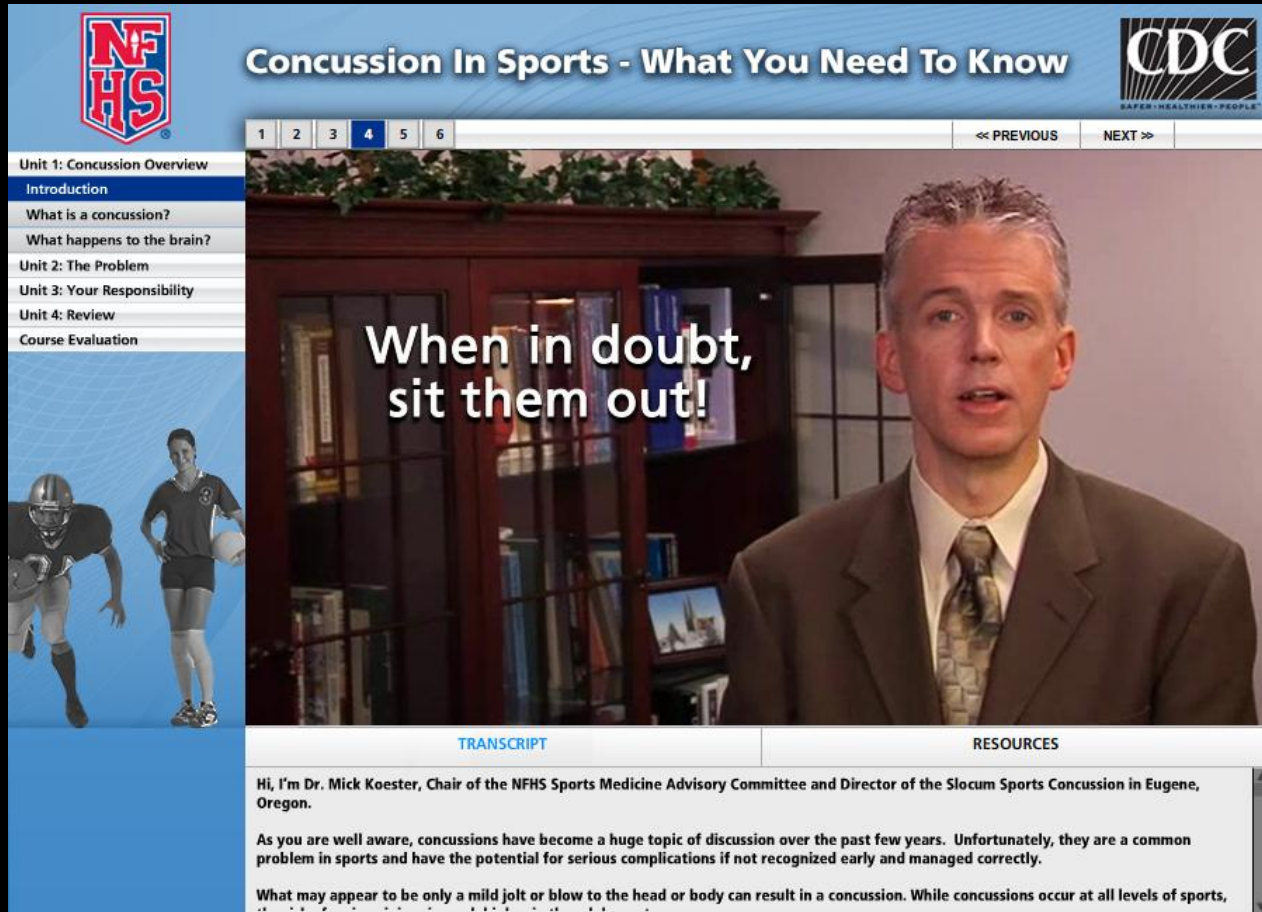


May 2010

All printed materials are available in braille, electronic format, cassette tape and large print. WVU is an Affirmative Action/Equal Opportunity Institution.

# Concussion in Sports

## www.nfhslearn.com



**NFHS**

**Concussion In Sports - What You Need To Know**

**CDC**  
SAFER • HEALTHIER • PEOPLE™

1 2 3 **4** 5 6

<< PREVIOUS    NEXT >>

**Unit 1: Concussion Overview**  
Introduction  
What is a concussion?  
What happens to the brain?

**Unit 2: The Problem**

**Unit 3: Your Responsibility**

Unit 4: Review  
Course Evaluation

**When in doubt,  
sit them out!**

**TRANSCRIPT**

**RESOURCES**

Hi, I'm Dr. Mick Koester, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,

# GENERAL RULES

**ALL** rules from the NF Spirit rules book & the *WV Cheer Manual* must be followed during all **PRACTICES, PERFORMANCES, and COMPETIONS**

# **RULE 1**

## **Definitions (p.12-15)**

### New Terms

- 1-1-1 “Flyer” is now “Top Person”
- 1-3-5 “Deadman” is now “Flatback”
- 1-4-8 “Load-in Toss” is now “Quick toss”
- 1-7-1 Tumbling– Add WV Modification–  
Split = Tumbling in Technical Cheer

# **Rule 1**

## **Definitions (cont'd)**

### New/Changed Definitions

- 1-3-1 Non-Release Stunt
- 1-3-7 Leap Frog
- 1-3-9 Non-Release Transition
- 1-4-3 Elevator Toss
- 1-4-6 Pitch
- 1-8-4 Prone

# 2-3-(1-10) Apparel/Accessories

- All midriffs and torsos must be covered
- Body suits must not be flesh toned
- No permanent cast permitted in tumbling/stunts
- No jewelry
- Length of fingernails
- Appropriate hair/ribbons
- **Cheer shoes must be worn at all times**

# 2-4-(4-10) Spotting

- ALL SPOTTERS
  - No tip toes (one foot must be flat on surface)
  - Attentive at all times
  - Not under torso of top person
  - Hand(s) not under foot of top person
  - **Cannot hold signs**

# CM (V.C.) p.12 Free Standing Spotter

- Arms fully extended upward toward the top person until completion of stunt
- Not touching anyone
- Appropriate location/within half circle
- Within arms length of stunt
- May not help build or dismount stunt
- Must maintain visual contact with top person
- HS basket tosses require free standing spotter

# 2-5-5 Pendulum

A pendulum is legal provided all the following conditions are met:

a.- f.

**g. The base(s) has/have constant visual contact with the catchers**

## **2-5-13 Non-release Stunts p.20-21**

In non-release transitions in which the top person is moved to new base(s), all the following conditions must be met throughout the transition:

**c. EXCEPTION: a backward leapfrog to a prone position is permitted provided...**

**WV Modification: All transitions of top person in the extended position must have a hands-on back spotter. Ref: p. 57—make note**

## **2-6-2 Situation p.31**

A rubberized track is no longer approved for basket tosses, elevator tosses, twist cradles, or full twist tumbling

## **2-6-4 (c) & (d) Quick load tosses**

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:

- c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat**
- d. Tosses to a position in which the top person's weight is supported under the legs in a split or straddle position shoulder height or above are illegal**

# 2-6-6 Log Roll

## CM p.11 Log Roll Variation Rule

- Toss to a single or double log roll (from the performing surface) is legal provided the following conditions are met:
- The toss must be initiated by two bases
- The toss is limited to two bases
- As the top person is standing on the performing surface, the toss can only be initiated from the top person's thigh, rear, and/or waist (ie. **No feet**)
- The top person must be caught in a double base cradle with a hands-on head & shoulder back spot

# 2-7-2, CM p. 11 Forward Suspended Roll

## MODIFICATION:

- Requires top person on both single and double base suspended rolls to maintain **hand-to-hand** contact with the **two bases or two posts** during the top person's dismount to a cradle or the performing surface
- Arms of the posting bases or additional posts must be fully extended during the initiation of the forward roll
- Top person must not invert during the initiation of the forward roll
- FSR may only be initiated from the **prep (shoulder) level**

## **2-7-7 (c) Swinging Stunts**

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

***NOTE: a slight downward swing to prepare for an upward swing is permitted***

## **2-8-(1-12) Dismounts**

- Double-downs (twist cradles) are illegal **WV Modification**
- **2-8-9 Single twist cradle dismounts are permitted only on grass (real or artificial) or mats**
- Must have assisted landing
- Cradles from multi-based stunts or pyramids must have a separate, hands-on, head and shoulder spotter

## 2-9-5 Tumbling

**NEW: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat except for round-offs and aerial cartwheels.**

# CM (V.C.) p.11

## Fly Away Dismounts

**Fly Away** dismount is legal provided the following restrictions are followed:

- A stunt is performed prior to the toss to dismount
- Restricted to two bases
- Bases may not interlock hands
- Sponge to toss from shoulder height may not go below waist level
- Sponge to toss from extension height may not go below shoulder level
- **Required** hands-on back spotter must have hands on ankles to knees or waist only
- May use front spotter who may either be free standing or hands-on. Either must follow CM guidelines p.12.
- Stunts that do not include inversions are allowed during the toss (toe touch, ball out, pencil, etc.) Single twists are allowed following **NF 10-2-1**

# Jr./MS/9<sup>th</sup> Grade

- **Basket tosses are not permitted.**
- **Double downs are not permitted.**
- **Spotters**
  - Additional, required until skill mastered
  - All single leg extended stunts must have a hands-on spotter **and** a free standing spotter
  - Freestanding spotter must have arms fully extended until flyer is cradled and cannot assist in building the stunt.
  - All extended stunts and dismounts from them require a free standing spotter.
  - All backward and cradled dismounts require a free standing spotter

# CM changes Competition

- Multiple twist dismounts **p.11**
- Cheer Outline and Cover Sheet **p.17**
- Competition Rules
  - Technical **p.18 - Requirements - New word rule- #3**  
**& Prohibitions - New word rule - #3**
  - Open **p.19 - Prohibitions - New word rule #1**  
**& New twist rule #2**

# CM changes to Judging p.26

## Degree of Difficulty Levels & Points

### Gymnastics

- 5 levels (1-5 points)
- Bonus points

### Partner Stunts

- 4 levels (2-5 points)
- Bonus points

# COMPETITION -- Outlines

- Include cover sheet **Form C2A**, p.6
- Follow format CMF p.3. **Include the words to the technical cheer**
- Use terminology found in Rule 1 of NF Rule book and Cheer Manual
- **Send videos to PAT not Kelly**
- **MUST MEET DEADLINE**

# PENALTIES

- **Violation of ANY rule from the NF Spirit rule book or WV Cheer Manual = 20 point deduction**
  - Pom/Hair piece rule [**CM - V.E. p.13**] **EXCEPTION**
  - Incidental Touch rule [**CM – V.F. p.13**] **EXCEPTION**
  - Stunt or Tumbling Bobble 1-5
  - Stunt or Tumbling Falls 6-10

# WVSSAC

- Mention of past honors/awards either audible or visually for the entire routine is prohibited.
- Dance moves that involve repetitive pelvic thrusts are prohibited.
- **Entering/exiting the performance area during any part of the performance of other squads is prohibited**

**FORMS DUE BY  
THE DEADLINE  
ARE**

<b>HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE</b>
---

School:	Region:	Class:
Coach:	Fax: ( )	
Phone: (W)	(H)	(Cell)

A **TYPED** outline must be submitted. Each sequence of the outline must be numbered. (See sample outline page 3 in Cheer Forms.) Responsibility of the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge (s) will determine the final interpretation and ruling (s) during the safety check and competition.

<b>I. TECHNICAL</b>
Jump One:
Jump Two:
Time: (must be between 30 and 40 seconds)
<b>II. OPEN</b>
Time: (must be no longer than 2 minutes and 30 seconds)
Coach's Signature: _____ Date: _____

Mail this form along with the typed outline to:  
**KELLY GEDDIS**  
 WVSSAC  
 2875 STAUNTON TURNPIKE - PARKERSBURG, WV 26104

Mail a COPY of this form, the typed outline and any tapes to:  
**PAT GROSS**  
 145 West High Street - Waynesburg, PA 15370  
 Email: [patricia\\_m\\_gross@yahoo.com](mailto:patricia_m_gross@yahoo.com)



<b>THIS FORM AND THE OUTLINE MUST BE POSTMARKED BY THE DATE POSTED IN THE INTERSCHOLASTIC</b>
---

White copy - WVSSAC  
 Yellow copy - SCHOOL

**HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE**

**School:**

Type words to technical:

Open Outline:

<b>WVSSAC HIGH SCHOOL COMPETITIVE CHEERING REGIONAL/STATE ENTRY FORM</b>
--

School:	Region:	Class:
Coach:	Fax: ( )	
Phone: (W)	(H)	(Cell)
Email:		
School Colors:		
Mascot:		

I certify that the following students are eligible under current eligibility rules of the WVSSAC to represent this high school in the regional competition.

CHEERLEADERS		
Last Name	First Name	Year In School
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
ALTERNATES:		
1.		
2.		
3.		
Principal's Signature:		Date:

FORWARD ORIGINAL TO THE WVSSAC BY 10/5/11  
 ATTN: HEATHER ENOCH - WVSSAC - 2875 STAUNTON TURNPIKE, PARKERSBURG WV 26104

White copy - WVSSAC  
 Yellow copy - SCHOOL

**WVSSAC SAFETY JUDGE ROUTINE/TEAM CHECKLIST**  
 (give yellow copy to cheer coach at completion of safety check)

Performance Order \_\_\_\_\_

General Information

School:		Region:	
Class:		Number of Cheerleaders:	
Coach:			
Assistant Contracted Coach:			
Hair/Bows:	Nails:	Ribbons (must be above eyebrow):	Glitter:

Coach's Signature:

(By signing above you are verifying legality of team apparel and appearance)

TECHNICAL CHEER

Jumps: \_\_\_\_\_ No Touching/Bracing \_\_\_\_\_

OPEN ROUTINE

Stunts

#1

#2

#3

#4

#5

#6

#7

Coach's Signature:

(By signing above, you are verifying and acknowledging any violations/warnings by Safety Judge)

# Questions about **SAFETY??**

Call or email **PAT**

Phone/FAX (724) 627-9190

patricia\_m\_gross@yahoo.com