2021 General Rules for the Competition

- Each squad will be provided with 5 minutes of mat time on a full mat for warm-ups and 5 minutes of tumbling time on a flat mat.

- Each squad will have 2 ½ minutes to perform their routine. The music portion may not exceed 1 ½ minutes.

- Please bring copy of your music. – Music should be emailed to E-squared

- All routines will be performed on a flat cheer floor 54’ x 42’ mat (9 rolls)

- We will adhere to the National Federation of State High School Spirit Rules / USA CHEER

- There will be deductions for rule infractions or illegal stunts.

- We will be using UCA score & deduction sheets for ALL teams.

- CYO is not responsible for lost or stolen items

- CYO is not responsible for any injury to participants.

- Spectator fees are TBD, children under 5 free.

- Coaches must wear masks at all times.

- Cheerleaders while not actively cheering need to wear a mask and maintain social distancing rules.

- Must maintain social distances rules set forth by the CDC. 6 feet apart.

- You will receive your score sheets from each of the judges at the end of the competition.

- Safety Rules can be found [https://www nfhs org/activities-sports/spirit/](https://www nfhs org/activities-sports/spirit/) or [https://www usacheer org](https://www usacheer org)
General Return to play by USA CHEER

USA Cheer supports the return of cheer and STUNT activities while keeping the health and safety of the athletes as the priority.

The following document provides guidance and recommendations for resuming athletic activity in cheer. This is a living document, which may be updated as new information and recommendations become available.

USA Cheer recommends following federal, state, and local guidelines, as well as those of your governing athletics/activities association.

The CDC has recommended taking everyday preventive actions, using physical distancing, and wearing face coverings to reduce the spread of COVID-19.

Preventive Actions

- The primary consideration is to begin any activity, practice, etc. with a clean space.
- Clean/sanitize surfaces with cleaner/accepted methods listed on the Environmental Protection Agency’s list of disinfectants for use against SARS-CoV-2 as directed by the CDC, or as may be reasonably necessary. See the Resources Section.
- Mats should be cleaned at least each day of activity or as needed according to current guidelines. If different groups are meeting in the same space at different times, mats should be cleaned between groups.
- Temperature checks and health assessment questionnaires should be completed at check-in and records maintained. See the Resources Section.
- Any athlete that feels ill during activity should be isolated and picked up by parents/guardians as soon as possible.
- Provide access to handwashing areas and wash hands during breaks or as reasonably necessary, with particular attention after participating in stunts.
- Athletes, coaches, and support staff who are a member of a high-risk group or live at home with a member of a high-risk group should consider attending training sessions virtually.
- Athletes and parents should be made aware of current best practices for minimizing the spread. Athletes should be sure to wash their hands thoroughly and/or use hand sanitizer before, during, and after practice and should avoid touching their face.
- Athletes should maintain their equipment themselves and there should be no other shared equipment, including, but not limited to the following:
  - Water bottles
  - Poms
  - Megaphones
Physical Distancing

- Use proper physical distancing to minimize contact.
- Limit contact between groups at exits and entrances by staggering arrival/departure times between cohort groups (individual stunt groups, teams, etc.) and designating separate entrances and exits when possible.
- Avoid congregating before, during, and after practice.
- Contact and physical distancing should follow all local health directives.
- Stunting should only occur when local directives allow contact in sports.
- Keep stunt groups together in their cohort. Refrain from mixing and matching bases and tops from different groups.
- Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting.

The type of contact found in cheer can vary greatly and can be adjusted to meet local distancing guidelines.

<table>
<thead>
<tr>
<th>No Contact</th>
<th>Greater Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual exercise and practice drills at home.</td>
<td>Participating in all skills including pyramids. Allowing stunt groups to mix.</td>
</tr>
<tr>
<td>Group conditioning and non-contact skills such as jumps and tumbling, physically distanced.</td>
<td>Partner stunts in set units/group pods, physically distanced from other stunt units. No mixing of stunt personnel between groups.</td>
</tr>
</tbody>
</table>

Physical contact with other teams: Participation in cheer and STUNT does not involve physical interaction with other teams. In this regard, contact during games and competition is similar to that found in volleyball or tennis. Contact sports that involve direct contact with the opposing team include football, basketball, wrestling, baseball/softball, field hockey, and soccer.

Face Coverings
Local state athletics/activities associations and other local governing bodies may have varying rules regarding face coverings. We recommend following federal, state, and local health department guidelines as well as those of your governing athletics/activities association.

USA Cheer recommends allowing face coverings with the following guidelines:

- Face coverings should be snug-fitting.
- Face coverings should not impede vision or movement.
- Face coverings should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter.
- Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.

Use these examples when considering face coverings.

- Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
- Full head coverings.
- Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight.

Physical Readiness
Due to shutdowns and general isolation, many athletes have not participated in an activity in several months. Even with individual conditioning and practicing jumps and tumbling, athletes will need a period of acclimatization to prepare for physical activity.

This return to activity includes proper conditioning and strength building that is specific to cheer and STUNT skills and demands. It also includes a steady and measured skill progression in all areas. Coaches, working with their athletic trainers and other medical staff, should evaluate the level of strength and conditioning so that they are commensurate with the skills being performed. Return to activity should be individualized for each athlete until the entire team is back to a normal activity level.

In all of these areas, coaches and athletes should exercise patience and a change in expectations. Development will not be at the pace it has been in the past when returning from summer break, etc.
RETURN TO PLAY FOR CHEER AND DANCE TEAMS

We acknowledge that Phases for each state and county may not coincide with this ‘Return to Play’ policy. For each phase, state/local guidelines take precedence if they are more restrictive than this phased approach. We acknowledge that some Regions, Leagues or Associations will be allowed by their State/Local guidelines to progress to Stage 4 more rapidly than others.

For all Phases: If Sick or Cough Stay Home: If a child has had flu symptoms (fever > 100° F, cough, chills, sore throat, body aches, tiredness, difficulty breathing, loss of taste/smell, etc.), they should not attend and a parent should contact their healthcare provider.

Phase 1:
Virtual Training - Stay at Home Order
Individual training sessions in own home using own equipment.

- Seek a Safe training Area; Appropriate Surface, free of obstructions.
- Coaching would only occur virtually.
- No athletes work or train together unless they are living in same home
- Focus on individual development and skills: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance

Phase 2:
Socially Distanced Training, Stay at Home Orders Are Relaxed, Group Activities are Limited to 10 or Fewer People
Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.

Quadrant Style Practices

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Sit in car – Drop-Off – Pick-Up Only).
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Take shower and wash all clothing after each practice
- Sanitize any surfaces – bleachers, chairs, etc. – after each practice
- Athletes Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participant brings own snacks, if necessary.
- Participants’ gear to be kept in separate areas from other participants
• Wash Hands before Attending; Avoid touching eyes nose mouth.
• Outdoors Safe Training Area: Appropriate surface/environment for the Activity, free of obstructions.
• Team broken down into 10 total or fewer team members includes Coach.
• Participants cannot leave area/session until coaches issue a rotation or end of practice.
• Athletes 6 feet apart, wearing mask as per State or local guidelines.
• Provide alcohol based hand sanitizer stations.
• Creative Greetings without contact, Discourage High Fives, handshakes, hugs, bring it in/Huddles, etc.
• Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, NO stunting, spotting, partner work, no hands on correction.

Phase 3: Practice
Mitigating Efforts are Lifted and Training Facilities are Open, Group Sizes are increased to 25 or more

Practices with contact:
• Check in and Check out procedures (Stay in car until time of practice).
• Parents / Spectators away from area (Drop-Off – Pick-Up only).
  • If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area.
  • If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
• Separate Entry and Exit Locations
• Attendance Taken on Entry.
• Masks for Coaches, Officials, Spectators/Parents.
• Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
• Athletes: Tie Hair back slick and away from face, leave personal items in bag.
• Bring Water Bottle Clearly Marked with Name.
• Bring Towel Clearly Marked with Name.
• Participant brings own snacks, if necessary.
• Wash Hands Before Attending; Avoid touching eyes nose mouth.
• Athletes 6 feet apart, wearing mask when necessary.
• One team to 9 Panels Matted Surface at a time.
• Each athlete on a line or middle of strip.
• Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
• Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Stunting, spotting, partner work
• Recommendations to Review with Indoor Facility:
  • Mats vacuumed after use, increased schedule of sanitizing mats.
  • Disinfect high touch point sanitizing at end of day.
  • Door handles, benches, light switches.
  • Provide alcohol based hand sanitizer stations
  • Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.
Phase 4:  
Return to Normal  
Return to Normal Large and Small Group Training Sessions; Mixing of Teams and Players Can Occur Normally

Return to Normal

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Drop Off – Pick Up Only).
  - If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area.
  - If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Athletes Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Marked with Name.
- Bring Towel Marked with Name.
- Participant brings own snacks, if necessary.
- Participants’ gear to be kept in separate areas from other participants
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing mask when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete on a line or middle of strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Tumbling, Stunting, Spotting, Partner Work, Pyramids and Running Routines

- Recommendations to Review with Indoor Facility:
  - Mats vacuumed after use, increased schedule of sanitizing mats.
  - Disinfect high touch point sanitizing at end of day.
  - Door handles, benches, light switches.
  - Provide alcohol based hand sanitizer stations.
  - Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.

CDC Recommendations
• Advise Sick Individuals of Home Isolation Criteria
  o Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC’s criteria to discontinue home isolation.

• Isolate and Transport Those Who are Sick
  o Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

  o Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.

  o Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

• Clean and Disinfect
  o Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).

  o Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.
• **Notify Health Officials and Close Contacts**

  o In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.

  o Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.

  o Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

• **Those with a high-risk for severe illness should defer activity until Stage 3**