

2019 SCYCA-NFHS RULES ADDITIONS/CLARIFICATIONS

Rule 2 General Risk Management

1. If you are not participating in PE, you should not participate in cheerleading. (SCYCA-Rule)
2. Any type of prescribed brace must be approved by the SCYCA membership, accompanied with a doctor's note. (SCYCA-Rule)
3. A participant who is bleeding, or has an open wound, will be directed to leave the cheer mat. They can return when the bleeding has stopped or is covered. (NFHS-Section 1 Art-13)
4. If a coach commits an unsportsmanlike act, they will be barred from coaching for 1 year. (SCYCA-Rule)
5. Any cheerleader committing unsportsmanlike conduct will be removed from the competition floor and will be required to sit with a parent/guardian/coordinator. The team will forfeit any awards. (SCYCA-Rule)
6. Performing 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 be appropriate for the surface and/or area and in relation to other participants (NFHS – Section 2-1 Art-5)

*****See NFHS for additional clarification/rules for general risk management*****

Rule 3 Cheerleading Risk Management

Section One Cheerleader Apparel/Accessories

1. Jewelry is not permitted. (NFHS-Section1-Art-1)
2. Fingernails must be kept short (NFHS-Section 1-Art-2)
3. Hair longer than chin length must be secured and worn away from the face. All hair accessories must be secure. (SCYCA-Rule) and (NFHS-Section 1-Art-3)
4. Cheerleaders must have tied sneakers when stunting, tumbling, jumping. (SCYCA-Rule)
5. Apparel must cover midriff. (NFHS-Section 1-Art-6)
6. No hard casts of any kind are permitted. (SCYCA-Rule)
7. Cheerleader should maintain an All-American look. (age appropriate make-up allowed) (SCYCA -Rule)
8. All eyeglasses must be secured with eyeglass strap (SCYCA-Rule)

*****See NFHS for additional clarification/rules for Cheerleading Risk Management*****

Section 2 Stunting Personal

ART. 1....A base must not:

- a. Assume a back-bend, headstand or handstand position

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b. Hold objects in a hand that is supporting a top person.

ART. 2.....Base(s) of extended stunts must have both feet in direct weight bearing contact with the performing surface.

ART. 3.....A bracer must not provide primary support for a top person.

ART. 4.....A spotter may help control the building of or dismounting from a partner stunt, pyramid or toss but must not provide primary support for the top person.

ART. 5.....In stunts that require a spotter, a spotter must:

- a. Be in the proper location with the appropriate body position to help minimize risk to the top person
- b. Remain visually focused on the head, neck and shoulders of the top person, except when it is necessary to briefly check other stunts and/or personnel.

ART. 6.....In stunts that require a spotter, a spotter must not:

- a. Grasp the sole of the top persons foot
- b. Grasp the bases hand(s) under the top persons foot
- c. Place his/her torso underneath the stunt
- d. Hold objects in his/her hand(s)
- e. Stand with hands behind his/her back

ART. 7.....A spotter is required for extended stunts or transitions that stop in an extended position except for the following:

- a. Chair
- b. Russian lift
- c. Double Base split catch
- d. Double Base vertical T-lift
- e. Triple base stunts in which the top person is horizontal
- f. Triple base suspended splits
- g. Triple base straddle sit provided the top person has both hands in contact with a post

ART. 8.....A spotter is required for single base prep level stunts in which the foot/feet of the top person are in the hands of the base.

Section 3 Inversions

See NFHS Spirit Rules Pages 18-20

Section 4 Non-Release Stunts

See NFHS Spirit Rules Pages 22-26

Section 5 Release Stunts/Tosses

See NFHS Spirit Rules Pages 24-26

Section 6 Suspended Stunts

See NFHS Spirit Rules Pages 27-28

Section 7 Dismounts

See NFHS Spirit Rules Pages 28-30

Section 8 Tumbling

See NFHS Spirit Rules Page 30 (ART. 2B)

Section 9 Drops

See NFHS Spirit Rules Page 31

Section 10 Props as Bases

See NFHS Spirit Rules Page 32