SCYCA- NFHS Rules Clarifications

7-17-24

NFHS Rule 1 Definitions

NFHS Rule 2 General Risk Management NFHS pgs 11-15

Section 1 GENERAL

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 Art17)

4. 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)

5. Jewelry is not permitted (SCYCA) except for the following. A religious medal w/o chain taped to the body. A medical alert meal taped and visible. (NFHS)

6. Fingernails must be kept short, near the end of the finger

7. Hair must be worn in a manner that is appropriate for the activity involved. Hair longer than chin length must be secured and worn away from the face. All hair accessories must be secure. (SCYCA) (NFHS Section 1 Art 5)

8. 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-7)

SECTION 2 SPORTSMANSHIP

1. If a coach commits an unsportsmanlike act, they will be barred from coaching for 1 year. (SCYCA-Rule)

2. 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)

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

RULE 3 CHEER

SECTION 1: CHEERLEADER APPAREL/ACCESSSORIES

1. Apparel must cover midriff when standing at attention (NFHS-Section 1-Art-4)
2. Cheerleaders must wear athletic shoes.
   a. MUST have tied sneakers when stunting, tumbling, jumping. (SCYCA-Rule)

3. Cheerleader should maintain an All-American look. (age appropriate make-up allowed) (SCYCA -Rule)

4. All eyeglasses must be secured with eyeglass strap (SCYCA-Rule)

5. No hard casts of any kind are permitted. (SCYCA-Rule)

*****See NFHS for additional clarification/rules******

SECTION 2: STUNTING PERSONNEL

ART. 1….

ART. 2……

ART. 3……

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 person's foot

b. Grasp the bases hand(s) under the top person's 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

PLEASE REFER TO SCYCA AGE RULES FOR REQUIRED SPOTTERS … IN ADDITION TO…

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 is in the hands of the base and for tosses to single base shoulder stands

NOTES: