

***CHEERLEADING
AD HOC
COMMITTEE***



***FINAL REPORT
FEBRUARY 2011***

CHEERLEADING AD HOC COMMITTEE FINAL REPORT

February 2011

PURPOSE

In August of 2009, the NYSPHSAA President, Patrick Pizzarelli, responded to a number of concerns expressed by the membership regarding the activity of cheerleading. For the first time, the NYSPHSAA established an Ad Hoc Committee to study the activity/sport of cheerleading to determine if sport status should be recommended. The mission of the committee was to review and make recommendations to the NYSPHSAA Executive Committee.

The Committee was led by former NYSPHSAA Executive Committee representative and Baldwinsville Central Schools Athletic Administrator, Bruce Quimby from Section III. The Committee consisted of the following representatives: Marsha Tessler (Section I), Liz Hemstead (Section II), Bruce Quimby (Section III), Josh Gannon (Section IV), Joanne Small (Section V), Michele Ziegler (Section VI), Vicki Nephew (Section VII), Laura Orticelle (Section VIII), Cherie Ramsey (Section IX), Lori Brewer (Section X), Mary Lou Assante (Section XI), Len Kies (Sections VIII and XI), Executive Directors - Timm Slade (VI) and Todd Heimer (VIII) and NYSPHSAA Staff - Todd Nelson and Nina Van Erk.

The committee met seven times during the 2009-2010 and 2010-2011 school years to deliberate, study and discuss the activity/sport of cheer. The first meeting was held in the NYSPHSAA office on February 2, 2010 and the second meeting was held in conjunction with the Cheerleading Clinic on May 20, 2010 in Fishkill. The subsequent meetings on June 14, 2010, June 23, 2010, June 28, 2010, November 22, 2010 and February 10, 2011 were held through telephone conference or Go To Meetings technology.

A sub-committee, led by Assistant Director Todd Nelson, worked to define the standards for competitive cheer. Participating on the sub-committee were Mary Lou Assante, Jim Wright, Joanne Small, Marsha Tessler, Michele Ziegler, Colleen Nilsen and Cheri Ramsey. The sub-committee met four times on December 21, 2010, January 5, 2011, January 13, 2011 and January 18, 2011.

The committee is pleased to make the following recommendations to the NYSPHSAA Executive and Central Committees.

RECOMMENDATIONS

Traditional Cheer – The committee recommends that schools and cheerleading squads not lose sight of the initial purpose and mission of traditional cheerleading. Traditional cheerleading squads have important roles and are responsible to foster school spirit, promote positive sportsmanship and work with the local community through community service projects. Member schools are encouraged to maintain a balance between competitive cheerleading and traditional cheerleading.

Competitive Cheer – The committee has acknowledged the evolution of cheerleading over the last two decades. Recognizing the athleticism involved in competitive cheer, the committee recommends to the NYSPHSAA and NYSED that Competitive Cheer be recognized as a sport.

Coaching Requirements – The committee had made the following recommendation to the NYSPHSAA Executive Committee at their December 2010 meeting: All coaches/advisors of Cheer (sideline, spirit, competitive) shall be required to complete the following courses prior to coaching: First Aid for coaches, CPR and the AACCA Safety Course.

Executive Committee approved the following motion: **Beginning in 2011-2012, the NYSPHSAA recommends all coaches/advisors of Cheer (sideline, spirit, competitive) complete the following courses prior to coaching: First Aid for coaches, CPR and the AACCA Safety Course.**

Cheerleading By-Laws and Eligibility Standards - The committee recommends that By-Laws and Eligibility Standards be established for Cheerleading.

The existing NYSPHSAA By-Laws and Eligibility Standards, as outlined in the 2010-2012 NYSPHSAA Handbook would be used for cheerleading. Cheerleading would be further defined by the addition of the following criteria. The committee recommends approval of the following NYSPHSAA By-Laws and Eligibility Standards.

Amateur	Existing NYSPHSAA regulation
Assumed Name	Existing NYSPHSAA regulation
College	Existing NYSPHSAA regulation
Foreign Exchange/International Student	Existing NYSPHSAA regulation
Penalties	Existing NYSPHSAA regulation
Outside Agency	Existing NYSPHSAA regulation
Practice	15/13 Stunt or Tumble and 10/8 Ground Activities
Professional Tryouts	Existing NYSPHSAA regulation
Recruitment & Undue Influence	Existing NYSPHSAA regulation
Representation	2 competitions would be required for Sectionals
Scrimmage	Future Evaluation as the sport evolves
Interstate Contests	Existing NYSPHSAA regulation
National Olympic Team	Existing NYSPHSAA regulation
Senior All Star Contests	Future Evaluation as the sport evolves
Sportsmanship	Existing NYSPHSAA regulation
Transfer	Existing NYSPHSAA regulation
Jewelry Rule	NFHS Rule will be enforced

Competitive Cheer Sport Standards - The committee recommends that Sport Standards be established Competitive Cheer.

Competitive Cheer would be further defined by the addition of the following criteria. The committee recommends approval of the following NYSPHSAA Sport Standards.

Number of Contests	Team & Individual Maximum Number of Contests - 12
Nights Rest	One night rest
Spirit Standards	NFHS Rules
Limitations Per Day	One (1) Competitive and One (1) Traditional Event Per Day
Competition Standards	Routine Length - 2 minutes and 30 seconds. Must include both Cheer and Dance
Judges and Officials	Minimum of three (3) Judges and one (1) Safety Judge
Classes and Divisions	Three Classes would be established based on school size. Within each class, there would be two divisions based on squad size (Large Squad 20-35 performers) Small Squad 5-19 performers). Sections would be represented by one squad in each of the six (6) classifications/divisions.
State Championships	Winter Season

Commissioner's Regulations

The committee recommends the NYSPHSAA staff communicate and collaborate with the New York State Department of Education to incorporate cheerleading, both competitive cheer and traditional cheer, where appropriate, into Part 135.4 of Commissioner's Regulations.

Cheerleading would be further defined by the addition of the following criteria. The committee recommends approval of the following changes to NYSED regulations.

Age and Grade	Existing NYSED regulation
Bona Fide Student	Existing NYSED regulation
Duration of Competition	Existing NYSED regulation
Health Exam	Existing NYSED regulation
Mixed Competition	Permit Males & Females to Compete Together, Not a Panel Approved Sport
Selection Classification	Gymnastics Test - Add the 1.5 mile run (Varsity 15:00, JV 15:30 and 9 th 15:45)
Length of Season	Fall Season (15 weeks) and Winter Season (22 weeks)
Coaching Certification	Certified coach, AACCA Safety Course and NFHS Bronze Level



Appendix

AD HOC COMMITTEE

on

CHEERLEADING

Meeting Minutes

CHEERLEADING

GENERAL ELIGIBILITY

RULE or REGULATION	GOVERNANCE	NYSPHSAA & NYSED RECOMMENDATIONS
Amateur	NYSPHSAA	Existing NYSPHSAA regulation
Assumed Name	NYSPHSAA	Existing NYSPHSAA regulation
College	NYSPHSAA	Existing NYSPHSAA regulation
Foreign Exchange/Int Student	NYSPHSAA	Existing NYSPHSAA regulation
Penalties	NYSPHSAA	Existing NYSPHSAA regulation
Outside Agency	NYSPHSAA	Existing NYSPHSAA regulation
Practice	NYSPHSAA	15/13 Stunt or Tumble and 10/8 Ground Activities
Professional Tryouts	NYSPHSAA	Existing NYSPHSAA regulation
Recruitment & Undue Influence	NYSPHSAA	Existing NYSPHSAA regulation
Representation	NYSPHSAA	2 competitions would be required for Sectionals
Scrimmage	Not applicable at this time	Future Evaluation as the sport evolves
Interstate Contests	NYSPHSAA	Existing NYSPHSAA regulation
National Olympic Team	NYSPHSAA	Existing NYSPHSAA regulation
Senior All Star Contests	Not applicable at this time	Future Evaluation as the sport evolves
Sportsmanship	NYSPHSAA	Existing NYSPHSAA regulation
Transfer	NYSPHSAA	Existing NYSPHSAA regulation
Jewelry Rule	NYSPHSAA	NFHS Rule will be enforced

CHEERLEADING

COMPETITION STANDARDS

RULE or REGULATION	GOVERNANCE	NYSPHSAA & NYSED RECOMMENDATIONS
Number of Contests	NYSPHSAA	Team & Individual Maximum Number of Contests - 12
Nights Rest	NYSPHSAA	One night rest
Spirit Standards	NYSPHSAA	NFHS Rules
Limitations Per Day	NYSPHSAA	One (1) Competitive and One (1) Traditional Event Per Day
Competition Standards	NYSPHSAA	Routine Length - 2 minutes and 30 seconds. Must include both Cheer and Dance
Judges and Officials	NYSPHSAA	Minimum of three (3) Judges and one (1) Safety Judge
Classes and Divisions	NYSPHSAA	Three Classes would be established based on school size. Within each class, there would be two divisions based on squad size (Large Squad 20-35 performers) Small Squad 5-19 performers). Sections would be represented by one squad in each of the six (6) classifications/divisions.
State Championships		Winter Season

NYSED REGULATIONS

RULE or REGULATION	GOVERNANCE	NYSPHSAA & NYSED RECOMMENDATIONS
Age and Grade	NYSED	Existing NYSED regulation
Bona Fide Student	NYSED	Existing NYSED regulation
Duration of Competition	NYSED	Existing NYSED regulation
Health Exam	NYSED	Existing NYSED regulation
Mixed Competition	NYSED	Permit Males & Females to Compete Together, Not a Panel Approved Sport
Selection Classification	NYSED	Gymnastics Test - Add the 1.5 mile run (Varsity 15:00, JV 15:30 and 9 th 15:45)
Length of Season	NYSED	Fall Season (15 weeks) and Winter Season (22 weeks)
Coaching Certification	NYSED	Certified coach, AACCA Safety Course and NFHS Bronze Level

**Cheerleading Ad Hoc Committee Meeting
February 2, 2010
NYSPHSAA Office**



ATTENDANCE: Marsha Tessler (1), Liz Hemstead (2), Bruce Quimby (3)-Chairperson, Joanne Small (5), Michele Ziegler (6), Timm Slade, Ex. Director (6), Todd Heimer (8), Cherie Ramsey (9), Lori Brewer (10), Len Kies (11), Todd Nelson, Nina Van Erk. Josh Gannon (4) connected by way of conference call.

INTRODUCTIONS: Each committee member introduced themselves to the committee. Bruce Quimby outlined the role and purpose of the committee which is to make recommendations for the activity/sport of cheerleading to the NYSPHSAA Executive Committee. Each committee member was asked to provide a brief summary of cheerleading in their Section. The responses were:

- Section 10 There are about 4 or 5 schools that have squads that attend competitions but most are sideline cheer squads. The bigger schools have cheerleaders for the football teams. The Section requires coaches to complete the National Cheerleading Association Safety certification along with First Aid and CPR. If the coach is not certified the squads are ground bound during the season.
- Section 2 The larger schools attend competitions. There are some students in elite programs outside of school. Cheer has become very athletic. Recently HVCC had competition for the schools in the area. Schools determine the credentials coaches need but believes that most schools require First Aid and CPR to coach. Asked if there should be limitations on the season?
- Section 11 Cheerleading in Suffolk County is huge. Coaches complete CPR, First Aid and courses that are put on by the Long Island Cheerleading Association. Under LICA rules the Safety Clinic is mandatory or teams are not permitted to compete. Rocky Point HS hosted the LICA regionals where 2000 people attended. Many squads go to Florida for competitions. Squads participate in strength conditioning, choreography, etc., participating on a higher level than sideline cheer.
- Section 6 Teams in the Section range from ground bound to elite. There are stunting squads and teams that attend competitions year round. Some districts limit competition or the length of season, therefore there is a need to level playing field.
- Section 8 Cheerleading is not as big in Section 8 as it is in Section 11 but many have schools have competitive cheerleading teams. Section 8 contributes to LICA.
- Section 9 Some AD's are supportive, paying for travel and competition. Some schools consider cheerleading a sport. Credentialing and education is needed. The NYSPHSAA Cheer Clinic was a great start. There are about 6-7 colleges recognize

cheer as a sport. The sport of cheer needs to be understood. The strength and skill of men/women is outstanding. In the Section she tries to educate coaches about stunting and choreography.

- Section 5 Section treats cheer very well. There are two seasons with start dates for each. In the fall, 65 schools participate and in the winter there are 100 schools. The Section hosts Sectional competition where there are three judges watching for safety. All-Star teams are not too big in Rochester area. She expressed worry about First Aid/CPR and believes they should be required to be certified coach. She puts on clinics and was working with the other cheerleading organization which is now merged with AACCA.
- Section 1 Four years ago the Section decided to tackle the issue of cheerleading by approving the requirement of First Aid, CPR and initial AACCA Safety course. The Section also adopted the NFHS Spirit rules and requires all NYSPHSAA eligibility rules to be followed. Schools may not use the Selection Classification process. The courses associated with mandatory interpretation meetings. Mats are needed. Some teams go to national competitions but events within Section need to be sanctioned under the Outside Agency process. There are competitions within the Conference. Out of the 60 cheerleading teams – 85% think it should be a sport. Question: Should there be a start date and try out date? However, the elite teams do not want to conform. Schools can go to Nationals as long as it is in season. The Section also promotes the AACCA Partner Student Level 1 and Partner Student Level 2.
- Section 4 Cheerleading is very popular in the Section. The STAC league holds two competitions, one in each season, fall & winter at Binghamton Event Center. There is a wide range of ability. All schools in conference require CPR, First Aid, and Safety Clinic. Mats are required when tosses or tumbling are performed. Most schools treat as sport designating when teams can start and finish. Selection Classification is not permitted. Some schools have middle school club teams. There are squads that cheer at Football games and during the winter season teams cheer at an even amount of boys and girls events.
- Section 3 Over the last 3 ½ years the Schools in the Section have begun to recognize cheer as a sport. The sport and the athletes deserve to showcase their abilities. They modeled their Cheerleading Handbook after Section 5. There is a Sectional Championship in fall and winter. Some schools sponsor events but when doing so all participants must be all school teams. The League made money from championship which permitted the eliminated of league dues. The original nay-sayers are now looking at cheerleading differently. It is believed that injuries have been reduced. School teams participate during the season and outside of the season it is the non-school sponsored squad.

SUMMARY OF SECTION REPORTS

Bruce summarized the common points which included:

1. School teams participate in school only events
2. First Aid and CPR are required by most schools
3. Many require a Cheerleading Safety Course - AACCA
4. Eligibility standards should be followed
5. Standards need to be established for:
 - o Length of season
 - o Practices
6. Control over the safety of participants and the sport
7. Judge for contests

DISCUSSION

There was a lengthy discussion over a variety of issues. The following points were raised by committee members.

- There might be less pressure to travel “out of state” if there was a State competition.
The experience would be good for the participants and the sport.
- Insurance – this would be added to policy when needed – Sections 1 & 5 already have coverage.
- Asked about time of the outside club season, there may be a conflict because Clubs rent space in off season
- Wants to keep kids in their programs not in All-Star teams
- UCA Finals are right around finals for Basketball – need to govern – goal to be “get to States”
- Events generate money – schools get the money?
- The sanctioning process was defined.
- Outside Agencies - There was much discussion and questions on what would be controlled and how it would be accomplished.
- Spirit competitions
- Certification should be required for all spirit or competition just like any other sport.
- Reviewed the AACCA Spirit Safety Certification – NFHLEARN.com
- Announced a Cheerleading Clinic will be held at the Holiday Inn in Fishkill on May 21, 2010. A safety course will be held at the clinic the night before.
- Concerned over too much required certification. Look at Safety and Coaching Certification.

RECOMMENDATIONS

The committee makes the following recommendations:

- All coaches/advisors of Cheer (sideline, spirit, competitive) are required to complete the following courses prior to coaching:
 - First Aid for coaches
 - CPR
 - AACCA Safety Course
- By the completion of the third year, complete the following:
 - SED Philosophy & Principles Course
 - Supplement with NFHS Spirit Coaches Bronze Level, Theories & Tech, Health Science

Rationale: This enables candidates to be eligible to coach other sports.

Each committee member will receive a copy of the NFHS Spirit Rules Book with the minutes of the meeting.

NEXT MEETING - Thursday, May 20, 2010 at 5:30PM at the Holiday Inn - Fishkill

The committee will be meeting in conjunction with the NYSPHSAA Cheer Clinic. This will permit the members of the committee to audit the AACCA Safety Course that is being taught at the clinic.

Respectfully submitted,

Nina Van Erk
Executive Director

**Ad Hoc Committee on Cheerleading Meeting
May 20, 2010
Holiday Inn, Fishkill**

ATTENDANCE: Marsha Tessler (1), Jen Simmons (1), Liz Hemstead (2), Josh Gannon (4), Joanne Small (5), Michele Ziegler (6), Vicki Nephew (7), Laura Orticelle (8), Cherie Ramsey (9), Len Kies (11), Bruce Quimby (3)-Chairperson, Todd Nelson, Nina Van Erk. Absent with notification: Lori Brewer

INTRODUCTIONS: The group welcomed Vickie Nephew as the Section VII representative.

REVIEW OF FEBRUARY MINUTES:

Nina reviewed the minutes from the February 2, 2010 meeting. One change was noticed. The use of the NFHS Sport Guide was also recommended. Nina reviewed the presentation and response from the NYSPHSAA Executive Committee meeting. The Executive Committee want to gauge the statewide support for two issues: designating cheerleading as a sport and the certification requirements. Each Section representative was asked to share the feedback from their respective Section.

SUMMARY OF SECTION FEEDBACK

Section 1

- Cheerleading has been a sport for the past 3 years.
- First Aid, CPR, Fingerprinting are required for all coaches.
- AACCA and the NFHS Stunt #1 courses are also required.
- The Section designated season start and end dates, as well as designating when try-outs could be held to provide for equity across all the sports.
- One current issue the Section is dealing with is whether or not to require the completion of certain stunts in routines.
- Any eligibility violations are sent to Jen Simmons, who addresses the concern and notifies the Superintendent. Sanctions are imposed when appropriate.

Section 2

- Generally, the Section membership did not show support for cheerleading becoming a sport.
- One league does provide for the activity.
- The additional expense of training/certification is a concern of the athletic administrators in the Section.

Section 3

- Most schools and leagues want to consider cheer a sport. One school voiced a no vote and two schools were against certification.
- Cheerleading has helped league budgets – competitions are held in the fall and winter seasons. The fall season can be used for spirit squads for those schools who do not want to be involved in cheer competitions.

- Some schools don't want the competition aspect.
- The Section 3 Cheer Committee is very excited about the possibility of a State Championship.

Section 4

- The school representatives are lukewarm to the idea of cheerleading becoming a sport.
- Many asked the question - What would cheerleading look like if it was designated as a sport? Could an athlete participate in two sports in the same season?
- Most schools require coaching certification and treat cheerleading like other sports. Schools also require First Aid, CPR, etc.

Section 5

- In the Section there are many standards and regulations in place – but cheerleading has not been designated “a sport”. The Section determines start and end dates for the seasons and holds Sectional championships at conclusion of both seasons
- The Class D schools are very involved
- Many Athletic Administrators want the cheerleading coaches to be certified.

Section 6

- Michele attended an Athletic Directors meeting to report on the progress of the committee. Many were in support of the AACCA Course and consideration of cheerleading as a sport.

Section 7

- The Section has many small schools and has only two leagues. The skill level varies greatly from school to school. Some are at a high level and others have support cheer.
- In order for cheerleading to be successful, schools would need to combine spirit and competitive cheer.
- Coaches need AACCA certification, First Aid and CPR.

Section 8

- The support for cheerleading to become a sport was described as, very cold at best – school representatives were not interested maybe because a detailed outline was not presented. The committee would need to show the schools what cheerleading would look like. Specifics are needed.
- Most advisors/coaches have First Aid, CPR, etc.
- Concern was voiced about the discrepancy in the stipend between an advisor of a club and coach of a sport.

Section 9

- Cheri stated only a handful of athletic administrators were in support but felt that it was because more information was needed. Many had concerns over budget.
- Generally speaking, about 1/3 were in favor and 2/3 were opposed to cheerleading as a sport. Some were not interested in requiring coaching certification.

- Most school districts require Fingerprinting, CPR, First Aid, some AACCA
- A Sectional Championship is held and the season dates are the same as football and basketball

Section 10

- Nina reported on behalf of Section 10. The Section is in favor of moving the question forward for both coaching certification and consideration of cheerleading to become a sport.

Section 11

- The athletic administrators voted in the Section. There was a very close vote, 27 to 26 in favor on considering cheerleading a sport and requiring coaching certification.
- Len is now curious about budget revenue that is gained by cheerleading competitions.

OTHER COMMENTS:

Nina sought the advice of Trish Kocialski to determine the steps that the NYSPHSAA would need to take to have the NYSED regulate cheerleading. If the NYSPHSAA made the recommendation, she did not see many hurdles standing in the way. Gaining the support of the NYSAAA and other groups would also be helpful.

Bruce indicated that the Section 3 Cheerleading Committee as similar in structure to all other sport committees in the Section. Section 5 is structured the same with a website, SectionV.org, clinics, rules, policies and Requirements for Sectionals, etc.

Michele is concerned about safety in the sport before competition. Competition will drive the athletes to be pushed to limits beyond their skill level. The committee needs to address risk minimization.

REGULATION and RULE REVIEW:

Nina went through the rules and regulations that pertain to all sports. She provided the committee with a brief summary of the rule to determine if there is a potential issue with cheerleading.

RULES, REGULATIONS, ISSUES	CONFLICT – FUTURE WORK	NYSED
Age and Grade	NO	YES
Amateur	NO	
Assumed Name	NO	
Bona Fide Student	NO	YES
College	NO	
Duration of Competition	NO	YES
Foreign Exchange/International Student	NO	
Health Exam	NO	YES
Scrimmage	Clinics	

RULES, REGULATIONS, ISSUES	CONFLICT – FUTURE WORK	NYSED
Interstate Contests	Needs More Conversation	
Mixed Competition	Needs More Conversation	YES
Penalties	NO	
National Olympic Team	Needs More Conversation	
Outside Agency	NO	
Practice	NO	
Professional Tryouts	NO	
Recruitment and Undue Influence	NO	
Representation	Needs More Conversation	
Senior All Star Contests	Needs More Conversation	
Sportsmanship	NO	
Transfer	NO	
Selection Classification	Needs More Conversation	YES
Jewelry Rule	Needs More Conversation	
Title IX Compliance	Needs More Conversation	
Length of Season	Needs More Conversation	YES
Number of Contests	Needs More Conversation	
Nights Rest	Needs More Conversation	
Spirit Standards	Needs More Conversation	
Competition Standards	Needs More Conversation	
Judges and Officials	Needs More Conversation	
Classes, Divisions or Levels	Needs More Conversation	

The committee will meet again through “Go to Meetings” to continue to outline the regulations that cheerleading would follow if designated a sport.

Bruce thanked the members of the committee for their efforts and contributions. Most of the committee members observed the AACCA Safety Course held as part of the coaching clinic.

Next Meeting
“Go To Meetings”
Monday June 14, 2010
8:30AM



Ad Hoc Committee on Cheerleading Meeting

June 14, 2010

Conference Call

ATTENDANCE: Marsha Tessler (1), Liz Hemstead (2), Josh Gannon (4), Joanne Small (5), Michele Ziegler (6), Vicki Nephew (7), Laura Orticelle (8), Cherie Ramsey (9), Bruce Quimby (3) Chairperson. NYSPHSAA Staff: Todd Nelson and Nina Van Erk. Absent Lori Brewer and Len Kies

REVIEW OF MAY MINUTES:

Nina asked if there were any other changes needed to be made to the May minutes. The official minutes will be shared with the committee

SUMMARY OF DISCUSSION and ACTION:

The committee reviewed the seasons for Cheerleading in their respective Section. The following is a summary of when competitions begin and conclude.

SECTION	FALL SEASON	WINTER SEASON
1	November 6th or 13th	November - March
2		November - March
3	October	November - March
4	November	November - March
5	Middle of October	November - March
6	Middle of October	November - March
7	No Fall Competition	January - March
8		
9	Middle of October	November – End of February
10		
11		

REGULATION and RULE REVIEW:

The committee began its discussion to develop rules and regulations for the sport of Cheerleading. The following recommendations received support from the committee.

RULES, REGULATIONS, ISSUES

RULE

RECOMMENDATION

Outside Agency	NYSPHSAA RULE	
Practice	NYSPHSAA RULE	15/13 Stunt or Tumble 10/8 Ground Bound Activities
Representation	NYSPHSAA RULE	1 Competition or 3 Games
Jewelry Rule	NYSPHSAA RULE	NFHS Spirit Rules
Limitations Per Day	NYSPHSAA RULE	1 Competition and 1 Ground Bound event
Nights Rest	NYSPHSAA RULE	1 nights rest
Spirit Standards	NYSPHSAA RULE	NFHS Spirit Guide

During the Executive Directors conference call it was suggested that the Cheerleading Ad Hoc Committee define the different types of cheerleading during their next meeting. The request came forth because of the need for common language and clarity.

The committee will meet again through "Go to Meetings" to continue to outline the regulations that cheerleading would follow if designated a sport.

Next Meeting
"Go To Meetings"
Wednesday June 23, 2010
8:30AM



Ad Hoc Committee on Cheerleading Meeting

June 23, 2010

GoToMeeting Conference Call

ATTENDANCE: Marsha Tessler (1), Bruce Quimby - Chairperson (3), Josh Gannon (4), Joanne Small (5), Michele Ziegler (6), Vicki Nephew (7), Laura Orticelle (8), Cherie Ramsey (9), Lori Brewer (10), Mary Lou Assante (11),. NYSPHSAA Staff: Todd Nelson and Nina Van Erk. Absent with notification, Liz Hemstead (2)

REGULATION and RULE REVIEW:

The committee continued its discussion to develop rules and regulations for the sport of Cheerleading. During the discussion, it was suggested to survey the other state associations to determine how the following issues are handled:

- 1. States that consider cheerleading a sport
 - a. Season of Competition
 - b. Number of competitions permitted
- 2. Interstate Competition
- 3. Mixed Competition
- 4. How teams are classified
 - a. How many divisions or classifications
 - b. Limitations on size of teams
- 5. How are teams separated when males are participating

It was also suggested to consider the spring as the season for competition.

The following recommendations received support from the committee.

RULES, REGULATIONS, ISSUES	RULE	RECOMMENDATION
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Age and Grade	NYSPHSAA/NYSED RULE	
Duration of Competition	NYSPHSAA/NYSED RULE	
Health Examination	NYSPHSAA/NYSED RULE	
Scrimmage	Not Applicable	
Senior All Star Contest	Not Applicable	
Selection Classification	NYSED REGULATION	Gymnastics Test – Add the 1.5 Mile Run Varsity – 15:00 JV – 15:30 9 th – 15:45
Length of Season	NYSPHSAA/NYSED	Link with Football Fall – 15 wks. Winter - 22 wks.

Included with the minutes is the spread sheet (work in progress) outlining the progress made on the development of the rules and regulations for cheerleading.

The committee will meet again through “Go to Meetings” to continue to outline the regulations that cheerleading would follow if designated a sport.

Next Meeting
“GoToMeetings”
Monday June 28, 2010
8:30AM



**Ad Hoc Committee on Cheerleading Meeting
June 28, 2010
GoToMeeting Conference Call**

ATTENDANCE: Marsha Tessler (1), Bruce Quimby - Chairperson (3), Joanne Small (5), Michele Ziegler (6), Vicki Nephew (7), Laura Orticelle (8), Lori Brewer (10), Mary Lou Assante (11). NYSPHSAA Staff: Todd Nelson and Nina Van Erk.

REGULATION and RULE REVIEW:

The committee continued its discussion to develop rules and regulations for the sport of Cheerleading. The need to define the difference between competitive cheer and sideline cheer was discussed. Most thought that it should be a school choice and standards and guidelines should be developed for both.

The Sections were polled to see how many competitions schools attended during the fall and winter seasons. The results were as follows:

Section	Fall Season	Winter Season	Total Competitions
1	6 (+ Conf/Sectional)	12 (+ Conf/Sectional)	18+
3	5	6-7	11-12
5	5	6-7	11- 12
6	3-4	5-6	8-10
7	0	4-5	5
11	0	Every Weekend	8

At this point in time, the committee has finalized its recommendations. The recommendations are included in an Excel Spreadsheet.

Bruce will be collecting information regarding the competitions held in each of the 11 Sections. Nina and Todd will be surveying other State Associations to gather Cheerleading competition information.

Bruce Quimby will be providing a report to the NYSPHSAA Central Committee at their meeting in August. The members of the Cheerleading Ad Hoc Committee will be meeting at a future date to review the information collected and discuss the feedback from the Central Committee.

**Next Meeting To Be Determined
Pending Discussion at the NYSPHSAA Central Committee Meeting**

Ad Hoc Committee on Cheerleading Meeting
November 22, 2010
Conference Call

ATTENDANCE: Marsha Tessler (1), Liz Hempstead (2), Bruce Quimby - Chairperson (3), Josh Gannon (4), Michele Ziegler (6), Vicki Nephew (7), Cheri Ramsey (9), Lori Brewer (10), Mary Lou Assante (11).
NYSPPHSAA Staff: Todd Nelson and Nina Van Erk.

DISCUSSION: The committee discussed and reviewed the requirements that Sections and Leagues have imposed on cheerleading in their respective Sections. The committee, once again, makes the following recommendation.

- All coaches/advisors of Cheer (sideline, spirit, competitive) are required to complete the following courses prior to coaching:
 - First Aid for coaches
 - CPR
 - AACCA Safety Course

The committee will review the following in the future:

- By the completion of the third year, complete the following:
 - SED Philosophy & Principles Course
 - Supplement with NFHS Spirit Coaches Bronze Level, Theories & Tech, Health Science

Rationale: This enables candidates to be eligible to coach other sports.

REGULATION and RULE REVIEW:

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3	5	6-7	11-12
5	5	6-7	11- 12
6	3-4	5-6	8-10
7	0	4-5	5
11	0	Every Weekend	8

At this point in time, the committee has finalized its recommendations. The recommendations are included in an Excel Spreadsheet.

Bruce will be collecting information regarding the competitions held in each of the 11 Sections. Nina and Todd will be surveying other State Associations to gather Cheerleading competition information.

Bruce Quimby will be providing a report to the NYSPHSAA Central Committee at their meeting in August. The members of the Cheerleading Ad Hoc Committee will be meeting at a future date to review the information collected and discuss the feedback from the Central Committee.

**Next Meeting To Be Determined
Pending Discussion at the NYSPHSAA Central Committee Meeting**



**Cheerleading Sub-Committee
Minutes – January 13, 2011**

Attendance: Mary Lou Assante, Joanne Small, Marsha Tessler, Michelle Ziegler, Colleen Nilsen and Todd Nelson.

The committee reviewed the recommendations from the last meeting.

The committee decided to reopen the discussion on the sport seasons. The discussion focused on the fact all of our schools are allowed to have one competitive season during the school year.

The committee feels very strongly that limiting the competitive season to just one season would be detrimental to the sport and to the schools and sections. Most of our schools and sections currently have competitive cheerleading in both the fall and winter seasons. The sub-committee feels that going from two seasons to one will have a negative effect both from a participation stand point and a financial aspect.

The recommendation was made to allow schools and sections to have a competitive season in the fall and the winter if they wish to do so. The State Championship would only be held in the winter season. If a school or section elects to have competitive cheerleading only in the fall season, then their representatives could participate in the State Championship in the winter.



Cheerleading Sub-Committee

Summary of January 5th and 13th meetings

The cheerleading sub-committee has met twice and will be meeting one more time this month. The following is a brief synopsis of the discussion that has taken place.

Season of competition/Championship: The committee is recommending two competitive cheerleading seasons. One in the fall with some type of state competition (regional/state championship). The other competitive season would be in the winter with a state competition.

Minimum and maximum number of contest for competitive cheerleading:

The recommendation for the minimum number of competition for post season eligibility is **3 competitions**. The recommendation for the maximum number of competitions in the regular season is **12 competitions**.

Classifications/Size of squads:

Schools will be divided up based on the BEDS numbers for the school. The recommendation is a minimum of 3 classes or a maximum of 5 classes. Further discussion will take place. The committee is recommending that each class be divided into two divisions (small and large). The committee is recommending that the small division consist of a minimum number of 5 athletes and a maximum number of 19 athletes. The committee is recommending that the large division consist of a minimum of 20 athletes and a maximum number of 35 athletes on the mat for competition.

Judges:

The committee is recommending that the NFHS Spirit Rule Book be the official rule book for cheerleading. The committee is recommending a minimum of 3 judges plus 1 safety judge for all competitions. The committee is recommending that all judges must complete a course based on the NFHS Spirit Rule Book. The committee recommends that a list of approved courses would come from the Cheerleading Committee.

Time for routine:

The committee is recommending that the maximum time allowed for a routine would be 2 minutes and 30 seconds. The committee is recommending that each routine have a portion of cheer and dance.

Qualifying for State Competition:

The committee is recommending a regional competition followed by a state championship. The committee is recommending a four region set-up with a certain number of teams qualifying for the state championship. The committee would have to have further discussion on how many schools would qualify for regional and state competition.

The committee will be discussing score sheets and judging rubrics at the next meeting.



Cheerleading Sub-Committee

Minutes – 1/18/11

Attendance: Jim Wright (filling in for Mary Lou), Marsha Tessler, Joann Small, Colleen Nilsen, Cherie Ramsay, Michelle Ziegler and Todd Nelson.

The committee discussed the qualifying for the state tournament and the format of the state championship.

The committee is recommending that the state championship be contested in three classifications (A, B, C) with two divisions in each class. The divisions would be broken down into small (5-19 athletes) and large (20 – 35 athletes). Each section would send one representative in each class for each division. That would make the maximum number of teams participating in the state championship at 66 teams.

The committee is also recommending that the State Championship Competition be a single event and not include a regional competition.

To: Executive Committee
From: Cheerleading Sub-Committee
Re: Recommendations to Cheerleading Committee
Date: January 25, 2011



This document is a synopsis of the recommendations that are going to the Cheerleading Committee. These recommendations will be presented to the full Cheerleading Committee at the next meeting and a final recommendation will be presented to the Executive Committee. The Cheerleading Sub-Committee has met four times from December 21, 2010 to January 18, 2011.

Sport Specific Rule Book – The sub-committee is recommending the NFHS Spirit Rule Book be the sport specific rule book for competitive cheerleading.

Competitive Season/Championship – The sub-committee is recommending a fall competitive season and a winter competitive season with a State Championship Competition at the end of the winter season. A team would have to compete in the winter season to be eligible for the State Championship Competition, unless the section elected to participate only in the Fall season.

Minimum/Maximum number of contests for competitive cheerleading – The recommendation is for teams to participate in a minimum of 3 competitions during the regular season to be eligible for post season competition. The sub-committee also recommends that a maximum of 12 competitions during the regular season be allowed for each team.

Classifications/Size of Squads – The subcommittee recommends that the sport of cheerleading be classified into three classifications, with the cut-off numbers being established based on the number of programs participating in the sport. The committee also recommends that each class be divided up into two divisions. The small division would consist of 5 to 19 athletes. The large division would consist of 20 to 35 athletes.

Qualifying for State Competition – The subcommittee recommends that each section would be allowed to send one representative from their section in each class and in each division to a single State Championship Competition. The maximum number of teams involved in the State Competition would be 66 teams.

Judges – The sub-committee recommends that judges complete a training course that is based on the NFHS Spirit Rule Book. A list of acceptable courses would be approved by the NYSPPHSAA Executive Committee based on a recommendation from the Cheerleading Committee. The sub-committee also recommends that for all regular season competition, a minimum of 3 judges plus 1 safety judge be used by all member schools. A common score sheet and rubric would be established for all competitions.

Time of Routine – The sub-committee recommends that all routines are a maximum of 2 minutes and 30 seconds with a portion of cheer and dance included in the routine.



**Ad Hoc Committee on Cheerleading Meeting
February 10, 2011
Conference Call**

ATTENDANCE: Liz Hempstead (2), Bruce Quimby - Chairperson (3), Josh Gannon (4), Michele Ziegler (6), Vicki Nephew (7), Cheri Ramsey (9), Lori Brewer (10). NYSPPHSAA Staff: Todd Nelson and Nina Van Erk.

REVIEW: The purpose of this meeting was to report on the work of the sub-committee. The committee met five (5) times to define competitive cheer. Specifically, their task was to address the questions and concerns raised by Athletic Administrators and NYSPPHSAA Executive Committee representatives.

Todd Nelson reported on the work of the sub-committee by reviewing the summary presented to the NYSPPHSAA Executive Committee. The recommendations included:

- **Sport Specific Rule Book** – The NFHS Spirit Rule Book be the sport specific rule book for competitive cheer.
- **Competitive Season/Championship** – Competitions could be held in both the fall and winter season. The State Championship Competition would be contested in winter season. To be eligible for the State Championship, teams would have to compete in the winter season, unless the section elected to participate only in the fall season.
- **Minimum/Maximum number of contests for competitive cheer** – To be eligible for post season competition, a minimum of 3 competitions during the regular season would be required. The sub-committee also recommends that a maximum of 12 competitions during the regular season be allowed for each team.
- **Classifications/Size of Squads** – The sport of competitive cheer be classified into three classifications, with the cut-off numbers being established based on the number of programs participating in the sport. Each class would be divided up into two divisions. The small division would consist of 5 to 19 athletes. The large division would consist of 20 to 35 athletes.
- **Qualifying for State Competition** – Each section would send one representative from their section in each class and in each division to a single State Championship Competition. The maximum number of teams involved in the State Competition would be 66 teams.
- **Judges** – Judges complete a training course that is based on the NFHS Spirit Rule Book. A list of acceptable courses would be approved by the NYSPPHSAA Executive Committee based on a recommendation from the Cheerleading Committee. For all regular season competition, a minimum of 3 judges plus 1 safety judge be used by all member schools. A common score sheet and rubric would be established for all competitions.
- **Time of Routine** – All routines be a maximum of 2 minutes and 30 seconds with a portion of cheer and dance included in the routine.

DISCUSSION: The committee discussed each item in detail. After lengthy discussion agreed to move forward with the recommendations listed above with the following exception:

Representation - To be eligible for post season competition, a minimum of TWO (2) competitions during the regular season would be required.

The committee will need to further define the requirements for such issues as co-ed teams and amount of music in routines. The committee also recommended acknowledging the difference and importance of traditional and competitive cheer in the final report.

COMMITTEE RESPONSIBILITY

Committee representatives should work with their Section Executive Director to present the work of the Ad Hoc Committee on Cheerleading to the Athletic Administrators in their respective Sections. Nina Van Erk will incorporate the recommendations of the committee in her presentation at the NYSAAA Conference in March.

Bruce Quimby will be presenting the final report to the NYSPHSAA Executive Committee at their May 6-7, 2011 meeting at the Holiday Inn, Liverpool.

**Next Meeting To Be Determined
Pending Discussion/Action of the NYSPHSAA Executive/Central Committee**