

SIDELINE CHEER

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SIDELINE CHEER

IMPORTANT DATES AND DEADLINES

	Day/Week	2018-2019	2019-2020	2020-2021
First Date Early Team Selection (5 days total- does not need to be consecutive)	Monday, Wk. 38	March 19, 2018	March 18, 2019	March 23, 2020
Last Date Early Team Selection	Saturday, Wk. 45	May 12, 2018	May 11, 2019	May 16, 2020
*Final Team Selection/First Practice	Monday, Wk. 5	July 30	August 5	August 3

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the **Sportsmanship Section of the SDHSAA Athletic Handbook** for policies and statements concerning the following items:

- | | |
|--|----------------------------------|
| General Sports Objectives and Coaching Responsibility | Athletic Code of Ethics |
| Fundamentals of Sportsmanship | Code of Sport Ethics for Coaches |
| Racial Harassment, Violence and Taunting (See General Section) | |

2018-2019 Spirit Rules Changes

1-Definitions (NEW)	<u>Head Spring - A tumbling skill in which a person places both hands and their head on the performing surface, pushes off with the hands while flipping the legs overhead and landing on their feet.</u>
1-Definitions (NEW)	<u>Head Spin - A skill in which a person balances on their head while rotating on the performing surface.</u>
1-Definitions (NEW)	<u>Headstand - A skill in which a person balances on their head on the performing surface.</u>
1-Definitions	Non-release Stunt – A stunt in which contact is maintained between a top person and base(s) a person on the performing surface.
1-Definitions	Swedish Fall – An extended stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulders of a base while her lower body is supported by another base's extended arms.
1-Definitions	Suspended Roll: A stunt in which upright base(s) or post(s) hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.
1-Definitions	Assisted Inverted Floor Skill – An inverted participant on the performing surface that is partially supported by non inverted participant(s) who is/are also on the performing surface.
1-Definitions-	Tension Drop – A partner stunt (e.g. shoulder stand) in which the base leans forward until the top person dismounts to the performing surface without assistance. 3.7.11 Tension drops are not permitted.
1-Definitions (NEW)	Shoulder stand - A top person stands on a base's shoulders.
1-Definitions	Release Transition/Release Pyramid Transition – A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with his/her base(s). <u>all personnel on the performing surface.</u>
3-1-11 (NEW); 4-1-11 (NEW)	Apparel / Accessories: <u>ART. 11 ... For religious reasons, in the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other participant and which is attached in such a way it is unlikely to come off during performance.</u>
3-2-8 and 4-2-8	Stunting Personnel: (p)ART. 8 ... A spotter is required for tosses to single base shoulder stands and single base prep-level stunts in which the foot/feet of the top person are in the hands of the base.
3-3-5b(NEW); 3-3-5g(NEW)	ART. 5... Braced flips in a pyramid are permitted provided all the following conditions are met: ... b. The top person shall have at least three people involved who were the original bases or spotters. There must be three people involved in the toss and catch of the top person either as a base or spotter. g. When the catchers are not the original bases, the new catchers are in place when the flip is initiated, remain close to the original bases and are not part of any other skill.
3-3-6a	(1) ART. 6... In all other inversions: a. Inversions may release to the following provided there is a

	spotter: 1. <u>Non-inverted</u> dismounts with no more than a ½ turn.
3-3-6b(1) and 4-3-6b(1)	ART. 6... In all other inversions: ... b. In inversions where the base of support begins and remains below prep level at least one person shall be in a position to protect the head/neck of the top person and shall maintain contact with the top person upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.
3-3-6c and 4-3-6c; 3-3-6c(2) Exceptions 1,2	ART. 6... In all other inversions: ... c. Inversions where the base of support begins at or passes through prep level: 1. Require two bases or a base and a spotter. 2. <u>Requires</u> at least two people on the performing surface must be to be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position. EXCEPTIONS: 1. A foldover that begins at or below prep level and does not stop in an extended position is allowed. <u>When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.</u> 2. In a single-base suspended roll, there must be continuous hands-to-hands contact between the base and the top person.
3-5-5f	ART. 5 ... Release transitions are permitted provided all of the following conditions are met throughout the transition: ... f. The top person is caught by original base(s). <u>When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.</u>
3-7-2 and 4-7-2, 3-7-3 and 4-7-3; 3-7-2 and 4-7-2 (NEW)	ART. 2 ... Dismounts to the performing surface from prep level or above require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. ART. 3 ... Dismounts to the performing surface from prep level or above that involve a skill (e.g., toe touch, twist, etc.) require two bases or a base and a spotter. Assistance is required from at least one base or spotter. This assistance must be sufficient to slow the momentum of the top person. ART. 2 ... Dismounts to the performing surface from prep level or above are permitted provided the following conditions are met: a. Assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person. b. If the dismount involves a skill (e.g., toe touch, twist, etc) two bases or a base and a spotter is required, and the assistance must be sufficient to slow the momentum of the top person.
4-8-2b	(p) ART. 2 ... Tumbling while holding props is not permitted except for the following: ... b. holding pom(s) or props during airborne or non-airborne tumbling skills in which hand(s) are not being used for support. <u>The props shall not be made of hard material, have corners, or sharp edges.</u>
4-8-8 (NEW)	Tumbling: ... ART. 8 ... <u>Headstands, head spins and head springs in which the hands are not used for support are prohibited.</u>

South Dakota Reminders

1. Limit the number of sideline basketball cheerleaders per level to a maximum of eight.
2. Wrestling cheerleaders at state tournament will only be allowed on the floor to cheer during the championship match in which their team is involved.

South Dakota Modifications

No basket tosses allowed in sideline cheer.

A. GENERAL

1. **MANDATED TEAM PRACTICE.** No member school shall participate in an athletic contest, in any sport, unless the team has had two full weeks of practice. This regulation does not apply to individuals.
NOTE: Two full weeks of practice is interpreted to mean ten practice days counting Monday through Saturday prior to the first contest. One full week of practice is interpreted to mean five practice days counting Monday through Friday prior to the first contest.
2. **Definition of Sideline Cheer.** Sideline Cheer is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA. The competitive cheer coach may coach/advise a sideline cheer squad/team; however, the squad/team may NOT compete at any level against any SDHSAA competitive cheer team.
*All In-season/Out-of-season rules apply to sideline cheer.
3. **Safety Guidelines.** Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if

each school follows the prescribed safety guidelines, the possibility of such injuries will be largely decreased. Responsibility for safety of all cheerleaders rests with each member school. Each school's cheerleader coach/advisor should modify the safety guidelines to reflect the age, training, experience and athletic ability of the students under his/her charge.

4. **Catastrophic Insurance Coverage.** All cheerleaders are insured for any catastrophic injury that might occur as a result of their cheerleading activities. Member schools must annually report to the SDHSAA the number of cheerleaders from their school who did NOT participate in interscholastic sports. This can easily be done by completing the question that is included on the SDHSAA Annual Report Form that is located in the "Eligibility Reports" section of the SDHSAA Athletic Handbook. This information is needed to determine each member school's total catastrophic insurance premium for the ensuing school year. The Annual Report Form is to be completed at the conclusion of each school year.

B. THE SPIRIT RULE BOOK

Member schools may purchase the National Federation's Spirit Rule Book from the SDHSAA. Please refer to the FORMS TAB on the SDHSAA website, then Rule Book Orders.

PRENOTE: NFHS Rules are the minimum guideline set for spirit teams. Each state association has the option to enforce stricter guidelines as deemed necessary. SDHSAA requires all cheer and dance coaches/advisors to be AACCA certified. Therefore, when AACCA guidelines are more restrictive than the ones set by NFHS, they are the ones to be followed. If you have questions regarding any rule or situation, please do not hesitate to contact the SDHSAA.

C. ONLINE RULES MEETING

Sideline cheer coaches shall view the sideline cheer rules meeting which can be found on the SDHSAA website on the Sideline Cheer page. **Sideline coaches are asked to view the meeting prior to the start of your coaching assignment.** Sideline cheer coaches will no longer be fined for missing the deadline. However, it will be each coach's responsibility to view the meeting and understand the rules and regulation set forth by the SDHSAA and NFHS.

All rules meetings will be available online on the SDHSAA website: www.sdhsaa.com, then sideline cheer, then SDHSAA rules meeting.

Special Considerations for Stunting Squads:

1. If a school changes cheer coaches for each season and its teams include tumbling, partner stunts and pyramids in its routines, each coach must have completed The AACCA Safety Certification course. This course may be found online at www.nfhslearn.com.
1. If an assistant coach has not completed the AACCA Safety Certification course, he/she still may supervise the cheer team at practice, as well as at events, provided the head coach has instructed the assistant in proper coaching procedures for stunting teams. This instruction should be documented and the school administration shall have this documentation on file.
2. If a qualified cheer coach and/or school approved supervisor is NOT in attendance at an activity, that cheer team WILL NOT be allowed to perform stunts.
3. A reminder to schools/coaches: If a cheer team performs stunts without qualified supervision, schools increase their liability should an accident occur.

Schools must monitor/check the educational requirements of their cheer coach(es) which are the same as for other sport coaches.

All head coaches must view the on-line rule prior to the start of their coaching season, however, there is no longer a penalty for missing the requirement.

The rules meeting will be posted on the Sideline Cheer page for viewing by August 1.

D. COACHES MUST MEET SDHSAA EDUCATIONAL REQUIREMENTS

All athletic coaches in member schools must meet the education requirements set forth by the SDHSAA. **NOTE:** See Coaches Education Program tab in the Athletic Handbook for SDHSAA Coaches Education Program.

E. GENERAL RISK MANAGEMENT

1. Participation in spirit team activities during interscholastic contests and spirit competitions must be limited to bona fide students of the school who are designated as members of the school's spirit team(s). Only those students may participate in spirit team activities on the sidelines, court, field, or contest area during an interscholastic event, except when exhibitions during a pre-game, half time, or post-game period are authorized by the host school administration. A bona fide student is one who has not graduated and is eligible to participate with and compete for a designated school according to the rules of that state's high school association and/or the local board of education.
2. Practice sessions shall be held in a location suitable for spirit activities, i.e. appropriate matting, reasonably free of obstructions and excessive noise, etc.
3. Performing surfaces must be suitable and free from objects. When discarding props (signs, etc.) that are made of solid material, or have corners or sharp edges, team members must gently toss or place the props.
4. Stunts (mounts, pyramids, tosses and tumbling) shall be modified to be appropriate to the performing surface/area.

5. An adequate warm-up including stretching shall precede all activities.
6. Use of mini-tramps, spring boards or any apparatus used to propel a participant is illegal.
7. Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is illegal for use during performances/competitions.
8. Stunts shall not be performed during a basketball or volleyball game when the ball is in play, including free throws in basketball and just prior to the serve in volleyball.
9. Spirit participants must not warm-up stunts on the court or sideline area during player warm-up if an alternate area is available. If no appropriate alternate area is available, the coach must take reasonable precautions to minimize the risk to participants. Note: See suggestions under Coaches Responsibilities of the NFHS Spirit Rule Book.
10. Participants are not permitted to chew gum or have candy in their mouths during practice or performance.
11. Cheerleaders must not stand behind the free throw lane extended.
12. Spirit participants must remain outside the playing area during a 30-second time-out in a basketball game.
13. Artificial noisemakers shall not be used at indoor athletic contests except during pregame or halftime performances. EXCEPTION: Megaphones, appropriately used by spirit participants on the sidelines, floor or court, are permitted.
14. When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant shall stop performing to receive proper treatment.
15. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.
16. Coaches are not to serve as spotters during a performance/game setting. If there are not enough cheerleaders to serve in this capacity, the cheer team should not be stunting.

F. PARTICIPANT APPAREL/ACCESSORIES

Note: These regulations apply for regular season, region, Round of 16 and state contests.

1. Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
SD SITUATION: At a wrestling match, cheerleaders have safety pins: (a) on their skirts; (b) on seat cushions/pillows; (c) on the floor near them.
RULING: All are illegal. COMMENT: Safety pins used for decorative purposes or awards are considered jewelry, and are, therefore, illegal.
2. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation and to minimize risk for the participants. The appropriate length for all members of a stunting team means the nails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
3. Hair devices and accessories shall be safe and secure. Hair must be worn in a manner that is appropriate for the activity.
COMMENT: Hair must be worn in a manner that does not interfere with the safe execution of a stunt or tumbling. Long hair that is not secured during partner stunts, pyramids, tosses and airborne tumbling presents significant risk. To minimize risk, hair should be kept up and away from the face and off the shoulders. This includes stunting and non-stunting teams.
Note: A coach shall not permit a team member to participate if, in his/her judgment, items such as participant's fingernails or hair style may constitute a safety concern.
4. Apparel/accessories must be appropriate for the activity involved and to minimize risk for the participants. A participant in full head-and-body costume shall not spot or stunt, except for a forward roll or cartwheel. Cheer team members must wear athletic shoes.
5. Glitter that does not readily adhere on the face, uniform, costume or the body is illegal. Glitter may be used on signs, props or backdrops if laminated or sealed. Glitter hairspray is illegal. (SD Rule 2009-10)
6. Supports, braces, soft casts, etc. that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts, pyramids, or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, or tosses.
7. *SITUATION: A team is stunting at an outdoor event in temperatures of: (a) 40 degree; (b) 20 degrees; (c) 60 degrees. RULING: Appropriate apparel and modification of stunts to fit the weather are the determining factors at outdoor events.*
7. Each State Association may authorize the use of artificial limbs.
8. A single partial/whole manufacturer's logo/ trademark (no more than 2 1/4 square inches with no dimension exceeding 2 1/4 inches).
9. An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the uniform top.

10. A coach shall not permit a team member to participate if, in the judgment of the coach, the participant's hairstyle or fingernails do not conform to NFHS rules, or if the provisions for jewelry or glitter rules are not met, or if support or brace is not legal.

G. COMMENTS ON THE RULES

1. **When standing at attention, apparel must cover the midriff.**
2. Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms consisting of a shell top/sweater and skirt, for ALL indoor sports during the regular season, sub-state and state events. (Exception: in the DakotaDome at football play-offs.) No camp wear is acceptable.
3. **IN SOUTH DAKOTA, BASKET TOSSES ARE NOT PERMITTED TO BE PERFORMED REGARDLESS OF THE COMPOSITION OF THE PERFORMING SURFACE.**
Rationale: All spirit stunts should be learned according to accepted progressions which means from lower to higher and from easy to more complex.
4. The wearing of self adhesive spirit tattoos is permitted. Face paint, stickers that peel off, or any type of sticker that can fall off and/or be deemed as a safety violation or one that questions good sportsmanship is NOT permitted.
5. Glitter hairspray is prohibited.
6. If a qualified cheer coach and/or school approved supervisor is NOT in attendance at an activity, cheer teams WILL NOT be allowed to perform stunts.
7. **Progressions.** As with any athletic activity, the coach is responsible for enforcing general risk management rules, recognizing a team's particular ability level, and ensuring that team members follow progressions. Only those skills mastered in practice by being consistently executed safely and correctly should be performed in public. Coaches are accountable for approving and documenting mastery of skills before allowing participants to progress to the next level or to perform skills in public. Elite-level stunts can be performed safely when appropriate progressions are followed and team members are properly trained and prepared.
Rationale: All spirit stunts should be learned according to accepted progressions which means from lower to higher and from easy to more complex.

Partner Stunt Progressions

- Step-up drills
- Double-base thigh stand
- Double-base shoulder stand
- Single-base shoulder stand
- Extension prep, step off dismount
- Cradle drills
- Extension prep, cradle dismount
- Press extension, return to shoulders, cradle dismount
- Press extension, cradle dismount
- A full extension step-up liberty
- Ground-up liberty
- Braced liberty tick-tock
- Skills to cradles (i.e. toe touches and twists)

NOTE: No partner stunt should be attempted until each individual skill in the progression is mastered.

Coaches must recognize a team's particular ability level and limit its activities accordingly. "Ability level" refers to the team's talents as a whole, and to individuals who should not be pressed to perform specific activities nor be limited by the ability level of the team.

8. **Height Limitations** – All partner stunts and/or pyramids are limited to two levels high, meaning that the top person(s) receive(s) primary support from one or more bases who is/are in direct, weight-bearing contact with the performing surface.
9. **Jewelry (Rule 3-1-1)** - While religious medals may be worn, they must be taped to the body under the apparel. All other jewelry must be removed. A medical alert medal must be taped and may be visible.
10. **Fingernails (Rule 3-1-2)** - Long fingernails present a safety hazard to all members of the spirit team. The appropriate length for nails for all members of stunting and non-stunting teams means the nails are not visible beyond the end of the fingers when viewed from palm side of the hands.
11. **Hair (Rule 3-1-3)** – Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. **It is the coach's responsibility to be certain hair is worn in a manner that will be safe for all participants.**
12. **Glitter (3-1-7)** – Glitter that does not readily adhere on the face, uniform, costume or the body is illegal. Glitter may be used on signs, props or backdrops if laminated or sealed. This relaxes the rule to permit shimmery creams, lotions, etc. to be used. No glitter hairspray may be used. (South Dakota Rule-09-10)
13. **Spotters** - The primary responsibility of a spotter is to watch for safety hazards and be prepared to protect the top person/flyer's head, neck and back area in case of a fall.

14. **In South Dakota, all cheerleaders must be in grades 7-12. Sixth grade or below shall not participate with high school spirit teams.**
15. Coaches must recognize a team's particular ability level and limit its activities accordingly. "Ability level" refers to the team's talents as a whole, and to individuals who should not be pressed to perform specific activities nor be limited by the ability level of the team.

2018-2019 AACCA School Cheer Safety Rules

Rule changes are in bold type and underlined. For the current version and rule interpretations, visit <http://www.cheerrules.com>

The following rules are written for all elementary, middle school, junior high, and high school cheerleading teams as a minimum standard. Note that elementary, middle school, and junior high programs have a specific set of restricted skills under "F. Tosses".

A. Glossary

Base: A person who is in direct contact with the performing surface and is supporting another person's weight.

Basket Toss: A stunt in which a top person is tossed by bases whose hands are interlocked.

Bracer: A top person who is connected to another top person.

Braced Flip: A pyramid in which the top person performs a hip-over-head rotation while not in contact with anyone on the ground.

Braced Inversion: A pyramid where a braced top person is in an inverted position, but the hips are not passing over the head.

Braced Roll: A pyramid in which the top person performs a hip-over-head rotation while in contact with at least one person on the ground.

Cradle: A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a cradle position.

Cradle Position: A face-up open-pike position.

Cupie/Awesome: A stunt in which both feet of the top person are in one hand of a base.

Dive Roll: A forward roll where the feet leave the ground before the hands reach the ground.

Drop: Landing on the performance surface from an airborne position.

Elevator/Sponge Toss: A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

Extended Stunt: A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.

Flatback: A stunt in which a top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.

Foldover Stunt: An inverted stunt in which the top person bends forward at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g., yo-yo, pancake, etc.)

Hanging Pyramid: A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.

Helicopter: A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

Inverted: A body position where the shoulders are below the waist.

Loading Position: Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

Log Roll: A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.

Pyramid: Connected partner stunts.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Prep: A stunt in which one or more bases hold a standing top person at approximately shoulder height.

Prep Level: When a top person's base of support is at approximately shoulder height.

Prop: Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

Quick Toss/Partner Toss: A toss technique where the top person begins the toss with both feet on the ground.

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

Release Stunt: A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

Stunt/Partner Stunt: One or more persons supporting one or more top persons off of the ground.

Swing Roll Down: A stunt in which the top person's hands/arms and feet/legs are held while swinging forward and facedown into a roll where the head passes under the hips.

Switch Liberty: A stunt in which the top person begins with one foot in a load position, is released from the bases, and then lands in a Liberty on the other foot.

Tension Drop: A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.

Tick-Tock: A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

Top Person: A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

Toss: A release stunt in which the base(s) begin underneath the top person's foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers. Note: This term applies when at least one base is under one or both feet of the top person. For other types of tosses, see "Quick Toss/Partner Toss".

Tumbling: Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

B. General

1. These rules are to be in effect for all practices, games, competitions and other performances.
2. Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach.
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
4. Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
6. Professional training in proper spotting techniques should be mandatory for all squads.
7. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
8. An appropriate warm-up routine should precede all cheerleading activities.
9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
10. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
11. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
12. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half

inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids or tosses.

13. Squad members must wear athletic shoes (no gymnastic slippers).

14. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.

15. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach trained in their use.

16. Cheerleaders must stand outside the free throw lane lines extended toward the sidelines throughout a basketball game.

17. Spirit participants must remain outside of the playing area during a 30-second or less time-out during a basketball game.

18. When standing at attention, apparel must cover the midriff extended around the body.

C. Partner Stunts

1. A spotter is required for extended stunts where the top person's weight is being borne by the base(s). Example: "Show and Go" stunts, where the top person is not in an extended static position, do not require a spotter.

2. A spotter is required for tosses **to single base shoulder stands and** single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)

3. In stunts requiring a spotter, a spotter:

a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.

b. Must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts this is behind or beside the top person.

c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.

d. May not have their hands behind their back.

e. May not support under the heel or sole of the top person's foot in a single based extended stunt. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.

f. May not hold any objects in their hands.

4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.

5. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.

6. Bases may not: a. Hold any objects in a hand that is supporting the top person. b. Assume a backbend, handstand or headstand position.

7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.

8. The total number of twists in a dismount or release from a stunt cannot be greater than 1 1/4 rotations.

9. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.

10. In all dismounts to catchers who are not the original bases, the following conditions must be met:

a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.

b. The new catchers must remain close to the original bases.

c. The new catchers must be in place and not involved in any other skill when the release is initiated.

d. The top person may not perform any skill (twist, toe touch, etc.) following the release.

11. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.

12. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.

a. Helicopters are allowed provided all of the following conditions are met:

1) The top person makes no more than a 180 degree rotation (half-turn).

2) Four bases must be in position during the entire release.

3) There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.

4) The bases are not allowed to change positions during the release.

5) The top person must begin and end in a face up position.

6) The top person cannot perform a twisting skill.

- b. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.
 - 1) In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 - 2) In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
 - c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided the top person remains vertical, and the top person performs no more than 1 ¼ twisting rotations. **Vertical releases from an extended position to an extended position may not perform more than a ¼ twisting rotation. ***
 - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
 - e. Legal inversion releases under Rule D.
13. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
- a. The top person must have both hands in continuous contact with a post or with both bases' hands or,
 - b. When transitioning to the split without continuous hand-to-hand contact:
 - 1) There are a total of three bases that support the top person.
 - 2) At least two of the bases must support under the legs of the top person. The third base may support under the legs or make contact with the hands of the top person.
 - 3) The top person must have both hands in contact with bases during the split portion of the transition.
14. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
15. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single- Based Flatback, etc.)
16. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
- a. The top person maintains contact with at least one original base or spotter.
 - b. At least two catchers and/or bases catch the upper body of the top person.
 - c. The catchers must be to the side or front of the person(s) moving the top person.
 - d. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.
 - e. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three catchers are required.
17. A single-base may not be the only primary support for two extended top persons. EXCEPTION: Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
18. Dismounts to the performing surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g. toe touch, twist, etc.) there must be an additional spotter who may, but is not required to, provide assistance.
19. A swinging stunt is legal provided all the following conditions are met:
- a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.
20. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
21. Single-based split catches are prohibited.
22. Tension drops are prohibited.

D. Inversions

Note: Inversions are partner stunts, pyramids, or tosses in which the top person has her or his shoulders below the waist. In addition to the following rules, all persons involved in an inversion must follow all rules from the Partner Stunt and Pyramid sections.

- 1. Unless allowed under the rules in this section, a top person must not be in an inverted position. Example: Basket toss flips are not allowed under this section, and are therefore prohibited.

2. An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.
3. Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:
 - a. The inverted top person must have two bases or a base and a spotter.
 - b. If the top person is released from the base(s), all of the released pyramid transition rule E-7 must be met.
4. Braced rolls in a pyramid are allowed provided the following condition is met:
 - a. The bracer(s) must have two bases or a base and spotter (Exception: shoulder sits and thigh stands).
5. Braced flips in a pyramid are allowed provided all of the following conditions are met:
 - a. The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.
 - b. The top person maintains continuous hand-to-hand/arm contact with two bracers who are in double base preps with a spotter. Each arm of the top person must be connected to a bracer.
 - c. The top person is not behind the bracers.
 - d. There must be three people involved in the toss and catch of the top person either as a base or spotter. **Any new catchers/spotters must be in place when the flip is initiated, remain close to the original bases and are not part of any other skill.**
 - e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
 - f. The top person ends in a non-inverted position.
 - g. The top person does not perform more than one and one quarter (1¼) flipping rotations and no more than one half (½) twist.
 - h. The bases/catchers remain stationary except as necessary for safety adjustments.
6. In all other inversions:
 - a. Inversions may be released to the following provided there is a spotter:
 - 1) **Non-inverted** dismounts with no more than a ½ turn.
 - 2) Loading positions below prep level with no more than a ½ turn.
 - 3) Non-inverted stunts at prep level or below. Twists not allowed.
 - b. In inversions where the base of support begins and remains below prep level, at least one person shall maintain contact with the top person until the top person is no longer inverted or his/her hands are on the performing surface.
 - c. Inversions where the base of support begins at or passes through prep level require two people on the performing surface to be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.
EXCEPTION: A foldover that begins at or below prep level and does not stop in an extended position is allowed without continuous upper body contact.
 - 1) If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
 - 2) The top person must not go directly to an inverted position on the performance surface from a prep or higher.
 - d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
7. An inverted top person must not hold objects (poms, signs, etc.) in his/her hands. EXCEPTION: During a transition from an inverted position on the performing surface to a non-inverted stunt, a top person can hold objects.
8. A Swing Roll Down stunt is not permitted.

E. Pyramids

Note: In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.

3. In pyramids where one extended stunt braces another extended stunt, the connection must not be hand/arm to leg/foot.
4. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
7. In a Released Pyramid Transition the following rules apply:
 - a. The skills before and after the release must be legal, including the required spotters.
 - b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - c. The bracer(s) are at prep level or below. The bracer(s) must have two bases or a base and spotter (Exception: shoulder sits and thigh stands).
 - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - e. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that they pause during the transition.
 - f. **When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.**

For braced inversion pyramids, see Rule D.

F. Tosses

The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, toe pitch tosses.

1. All tosses in this section are prohibited for Elementary, Middle School, and Junior High cheerleading teams.
2. In all tosses:
 - a. No more than four tossers are allowed.
 - b. Must be caught in a cradle.
 - 1) The cradle must include at least three of the original tossers.
 - 2) One of the catchers must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
 - d. The top person must not land in an inverted position.
 - e. The top person may not hold any objects (poms, signs, etc.) during the toss.
 - f. The top person cannot travel over or under another person or through a prop.
 - g. The total number of twists cannot be greater than one and one quarter rotations.

EXCEPTION: Switch Liberties (also called Giddy Up or Tick Up) are allowed.

G. Tumbling and Jumps

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Tumbling over, onto, or under a stunt, person or prop is illegal. Rebounding over a stunt, person or prop is illegal.

EXCEPTIONS:

- a) Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed.)
 - b) Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are still prohibited.)
6. A flip that lands in a partner stunt or cradle is prohibited. (Example : A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.)
 7. Landings for all jumps must bear weight on at least one foot. (Example : A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
 8. Knee drops are prohibited without first bearing weight on the hands.

9. Drops to a prone position (i.e. pushup) on the performing surface are illegal.
10. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

H. Specific Surface Restrictions

1. The following skills are only allowed on a mat, grass or rubberized track surface.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-base tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person.
 - c. Twisting tumbling skills (Arabians, full twisting layouts, etc.).

EXCEPTION: Cartwheels, roundoffs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult coach. Cheerleading jumps, gymnastics and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For more information, visit AACCA.org.

Summary of Changes

Glossary change: The term “Suspended Roll” has been removed from the glossary. The term is no longer used in the rules, and suspended rolls are covered by the inversion rules based on where the base of support is. A typical suspended roll with a standing base or bases is considered to be a “prep level or above inversion”, so it requires two people, one of whom must be in contact with the top person. In a suspended roll where the base is laying on the ground, the base of support is considered to be “below prep level”, so the one person is sufficient and an additional spotter is not required.

C2. A spotter is already required for single based stands where the top person’s feet are being held. We added toss to shoulders to this rule to require a spotter during a single based toss that lands on the shoulders. Once the top person has safely landed on the shoulders, the spotter is no longer necessary and may leave. If the top person lands in the hands, the spotter is required for as long as the top person is in the hands.

C12c. A top person in a vertical stunt may be released to a vertical stunt from shoulder level or above. The new allowance for initiating the release from above shoulder level will allow extended “high to high” release skills such as a tick-tock as well as “high to low” or “high to load”. However, if the release is from extended back to extended, the top person may not twist more than ¼ rotation. This would allow a lib, release to arabesque, but not a high to high release full around.

D5d. In braced flips, we removed the requirement that the catchers must be the original tossers. This will allow any combination of three people to be under the throw and the catch. It could be one or two new people or an entirely new set of three. However, these new catchers must be in place when the flip is initiated.

D6a1. The term “non-inverted” was added to clarify that an inversion cannot release to an inverted dismount. D6b. In low level inversions, we removed the requirement that the base had to be in contact with the upper body. In low inversions, the top person is very low to the ground, and body contact in general is sufficient since the top can put their hands down to the floor easily.

E7f. Braced releases can now go to other catchers, or have new catchers involved in the catch. Any new catchers must be in position when the release is initiated. They can still go no further than ¼ turn around the bracer.

For further interpretation, videos of skills will be uploaded throughout the year at cheerrules.com

SUBSTATE AND STATE TOURNAMENTS

A. ROSTERS MUST BE POSTED ON THE SDHSAA WEB SITE.

1. Cheer teams for football, girls' basketball, boys' basketball, and wrestling must be listed on the final roster posted on the SDHSAA website. Cheerleaders not listed will not be allowed to cheer in post season (region, Round of 16 and state) events. This includes mascot.
2. Substitutions may be made for injury, illness, or school disciplinary action.
3. Due dates for listing of cheerleaders on the SDHSAA web site:
 - Football – **October 15**
 - Basketball and Wrestling – **February 15**
 - If cheerleaders and mascot are not listed by the above dates, the school is not to have cheerleaders for substate and state events.

B. SUPERVISION FORMS REQUIRED.

Forms with contact numbers for individuals responsible for cheerleaders will be required for all basketball and wrestling state tournaments. If these supervision forms are not turned in by deadline, cheer passes for the event will not be provided.

C. CHEER REGULATIONS AT ALL POST-SEASON FOOTBALL PLAY-OFFS

1. Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms during all football play-offs. No camp wear is acceptable.
2. All cheer teams must be supervised by a school sponsored/appointed cheer coach at all state events. SDHSAA state events should take precedence over regular and/or sub-state events.
3. Cheer team members, including mascot, must be listed on the football team's final roster posted on the SDHSAA website. Cheerleaders not listed by October 15 will not be allowed to cheer at sub-state or state events.
4. Only varsity cheerleaders in uniform shall be admitted free at all First Round, Quarter-Final and Semi-Final games. It is not necessary to issue cheerleader passes at these three levels of Play-Off competition. For the final games at the DakotaDome, a maximum of eight passes will be issued to varsity cheerleaders as listed on the Team Roster and School Information Form on the SDHSAA website. Cheer coaches will receive a maximum of two passes as listed on the same form.

D. CHEER REGULATIONS AT SUBSTATE AND STATE WRESTLING TOURNAMENT

1. At State Wrestling due to space limitations, wrestling cheerleaders will not be allowed to cheer on the main floor until the championship match of their team's wrestler on Saturday evening.
2. Wrestling cheer squads should be no larger than six members.
3. Stunting is not allowed at all sub-state wrestling tournaments, as well as at the State A/B Wrestling Tournament.
4. Placement of cheerleaders: When teams cheer at the State Wrestling Tournament, they should be ten feet from the edge of the wrestling mat, unless the facility does not permit.
The mat area should be free of spectators, photographers, and cheerleaders. It should be maintained as an open space around the mat so that everyone can have a full view of the wrestling area.
5. Many times, wrestling action will cause the wrestlers to leave the mat itself. It is felt that by having this area clear, it will be a much safer environment for the wrestlers and cheerleaders.
6. During many of the tournaments where more than one mat is being used, space may be limited. If it is not possible to have the 10 foot area around the mat clear, an effort needs to be made to keep cheerleaders, etc. back away from the mat as much as possible.
7. All cheerleaders are to refrain from beating the mat or floor while wrestling is in progress. Any time there is a hand slapping the mat it simulates the same sound as that of the official when he is calling a pin. This would include not only the wrestling on the mat where the cheerleaders are located but also while any wrestling may be occurring on another mat during a tournament situation.
8. Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms consisting of a shell top/sweater and skirt, for ALL indoor sports during the regular season, sub-state and state events. No camp wear is acceptable.
9. All cheer teams must be supervised by a school sponsored/appointed cheer coach at all state events. SDHSAA state events should take precedence over regular and/or sub-state events.

E. CHEER REGULATIONS AT STATE BASKETBALL TOURNAMENTS

1. Basketball cheerleaders are limited to 8 varsity cheerleaders for any given contest.
2. In some instances cheerleaders remain too close to the playing floor during play. Cheerleaders, for the protection of all, shall take a position that will not interfere with the game as played.
3. Only varsity basketball cheerleaders will be permitted on the playing floor at the state tournaments. This means that "B" team cheerleaders will not be allowed to assist in leading cheers at any state tournament game.
4. Spirit or yell leaders will be allowed provided they are so designated by their school and appear in a school approved uniform.
5. Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms consisting of a shell top/sweater and skirt, for ALL indoor sports during the regular season, sub-state and state events. No camp wear is acceptable.
6. All cheer teams must be supervised by a school sponsored/appointed cheer coach at all state events. SDHSAA state events should take precedence over regular and/or sub-state events.

7. Cheer team members (including mascot) must be listed on the basketball team's final roster posted on the SDHSAA website. Cheerleaders not listed will not be allowed to cheer in post season (region, Round of 16 and state) events.
8. A maximum of eight passes will be issued to varsity cheerleaders as listed on the Team Roster and School Information Form on the SDHSAA website. Cheer coaches will receive a maximum of two passes as listed on the same form.

F. EXPENSE REIMBURSEMENT

Expense reimbursement is now included with the specific team reimbursement. SDHSAA will reserve up to 12 rooms for each state qualifying team (to include cheerleaders) for the state event provided hotel has accommodations.

G. RECOMMENDED CHEER COACH UNIFORM RULE

The SDHSAA reminds all coaches of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the importance of the game. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride, and respect. **Coaches are asked to dress appropriately (comfortable, but not sloppy; NO hats, t-shirts, denim jeans, or sweat pants). Coaches are in the spotlight, not a fan in the stands. BOD action: April 2008.**

CHEERLEADING QUESTIONS AND ANSWERS

1. What SDHSAA eligibility rules are applicable to cheerleaders? None
2. Do transfer rules apply to cheerleaders? No
3. Are there any special rules for sideline cheerleaders going to competitions established by the SDHSAA? The SDHSAA does not sponsor, regulate, or support sideline cheerleaders entering competitions. The SDHSAA sanctions a competitive cheer program designed for cheer competition and encourages schools to adopt competitive cheer if the school supports competition. Schools that do not adopt a competitive cheer program may compete against other sideline cheer programs. NFHS rules must be followed.
4. Can schools count sideline cheerleading as one of the sport offerings for girls? No. Schools may only count a school board adopted competitive cheer program as a sport.
5. Do cheerleaders have to pass a physical examination as required for athletes? Yes
6. Should member schools adopt local rules, regulations, code of conduct, etc., that is expected of their cheerleaders? Such a practice is highly recommended.
7. Are cheerleaders covered by the SDHSAA Catastrophic Insurance program? Yes.
8. If a team does not stunt, do they need to have a physical? Yes, under the guidelines, all cheerleaders must have a physical prior to cheering.
9. Does the 10 day practice rule apply to cheerleaders? Yes, cheerleaders must have 10 days of practice the same as any sport activity. The 10 days applies to the team as a whole, not each individual participant.
10. Do sideline cheerleaders/coaches for various sports need to follow out of season rules? Yes, coaches are limited to 4 competitive contacts during the summer out of season time period.
11. When can sideline cheerleaders begin practice? Sideline cheer can begin practice on the first allowable date that competitive cheer practice may begin.

ACADEMIC ACHIEVEMENT TEAM AWARD

In an attempt to recognize the academic excellence of the athletic teams and fine arts groups in each school, the SDHSAA created the "Academic Achievement Team Award". The "Academic Achievement Team Award" is designed to recognize "varsity" level "teams" that achieve a combined GPA of 3.0 or higher. For additional information about the "Academic Achievement Team Award", refer to the "Academic Achievement Team Award" section of either the ATHLETIC or FINE ARTS HANDBOOK.

PARTICIPANTS' RESPONSIBILITIES

GENERAL:

1. Spirit team members should be present at all games to which they are assigned, and initiate positive crowd involvement.
2. Spirit teams should be in their assigned places throughout contest.
3. As representatives of the school, proper and positive behavior should be required at all times.
4. Spirit teams should be required to arrive in a sufficient amount of time before games begin. Their duties should include: (a) meeting and greeting the visiting teams and making them feel welcome; (b) assisting visiting teams with questions such as where they are to be located during the contest, where they can change, etc; (c) allowing adequate time for their warm-up period.
5. Prior to the start of a game, a plan between the home and visiting cheerleaders, pep bands and other spirit groups should be devised whereby all groups have the opportunity to cheer/perform during non-injury time-outs and intermissions. This will help eliminate confusion and prevent delays in the game while the officials wait for the spirit teams to get off the field or floor.
6. At games away from home, spirit teams should arrive as a group and meet the host teams.
7. Participants should know the game rules and officials' signals to the extent of understanding when and what type of cheers are appropriate. Spirit team members should always pay attention to the game or contest.

8. When the official signals for the game to begin after a time-out, the spirit teams should leave the floor immediately. Spirit teams shall stay clear of the playing area prior to and during the contest so as not to interfere with the players or officials or increase the possibility of injury.
9. Spirit teams should accept the decisions of officials and discourage disagreement of fans by initiating positive chants or cheers.
10. Spirit teams should realize the importance of actively influencing the positive conduct of the spectators.
11. Spirit teams should adapt their routines to the environmental conditions and playing surfaces for which stunts, pyramids and routines are used (i.e. mounts, pyramids or gymnastics shall not be permitted during rain, strong wind, or extreme cold, on slippery or uneven surfaces, or where there is not enough space. Hot and humid weather also may present problems.)
12. After performing or cheering, spirit team members should clear the playing area of any materials that could hinder play, i.e. pom fragments, signs, hair bows, apparel or props.
13. Spirit team members should use appropriate and positive language throughout all practices, games, performances and competition.

SPORTSMANSHIP:

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations, and graceful acceptance of results. School spirit is a reflection of these attitudes and behavior. If a school is to succeed in one of its prime functions, that of developing good citizenship, it is necessary that student groups radiate proper sportsmanlike conduct. Sportsmanship is good citizenship in action. The promotion of sportsmanship is a primary responsibility of spirit groups.

1. Spirit teams always should cheer in a positive manner. It is inappropriate to cheer against the other team or to cheer in response to an opposing player's mistake. Initiating response cheers between home and opposing spirit teams or fans is strongly discouraged.
2. Cheers and chants with suggestive words and/or motions (ex. pointing at opposing teams or fans) shall not be used because in many situations they bring about an inappropriate response.
3. Spirit leaders should call attention to the importance of sportsmanship at all pep rallies. When permitted, placing sportsmanship posters promoting good sportsmanship on the wall of the gym or throughout the school is helpful.
4. Spirit leaders should discourage their followers from yelling or cheering while an opponent is shooting free throws. Intimidation of opponents has no place in high school athletics.
5. Spirit leaders are in a position to preview spirit signs that will be posted for their school's contests (when permitted). Prohibiting inappropriate signs from ever being posted can greatly assist the administration and helps students or school personnel understand the importance for positive signage which is to create and maintain a positive crowd atmosphere.
6. Obnoxious behavior should not be encouraged nor permitted under the guise of school spirit. Opposing players, officials and fans should be treated with respect and dignity. If inappropriate crowd behavior exists, assistance should be obtained from a school administrator or game management.

TECHNIQUES FOR LEADING CHEERS:

1. Stimulate and control crowd response.
2. Choose the right cheers at the right time.
3. Be certain that words used in a cheer do not suggest, inflame, or taunt an audience.
4. For indoor event, do not use artificial noisemakers or noise enhancers, including, but not limited to cowbells, sirens, clackers, cans with marbles or rocks inside, air horns, or any other noisemaking apparatus. Megaphones may be used only by cheerleaders, directed only toward one's own fans.
5. Divert the crowd's attention by starting a crowd cheer when booing develops.
6. Cheerleaders should get the crowd to respond to their lead by preparing them during pregame warm-ups.
7. It is important that the cheerleaders make eye contact with the crowd while leading a cheer; his/her facial expressions are very important in generating enthusiasm and a strong response.
8. Emphasize each word so that each is distinct and the cheer may be understood and followed easily.

WHEN TO CHEER:

1. As your team comes on the floor or field.
2. When your team or a player makes an exceptional play.
3. When a substitution is made on your team. When appropriate, cheer outgoing player and incoming player.
4. As encouragement and tribute to an injured player when that player leaves the game.
5. When an opponent, who has played spectacularly, leaves the game.
6. As encouragement to own team in its drive for a score.
7. As encouragement to own team in defense of its goal.

WHEN NOT TO CHEER:

1. When an opposing player makes a mistake or the opposing team is being penalized.
2. When an opposing player is injured.

3. As important announcements are being made over the public-address system.
4. When an unsportsmanlike act has occurred or is occurring.
Note: Negative or demeaning cheering is never acceptable. Chanting or cheering for the purpose of taunting the opponents is also never appropriate.

WHEN TO PERFORM:

Spirit teams should be aware of the time available to perform. Appropriate situations for routines are: pregame, full 60-second time-outs, between quarters, at half-time, and postgame.

SD SIDELINE CHEER GUIDELINES FOR STUNTING AND NON-STUNTING TEAMS

Cheerleading has become one of the most popular activities for young people in America. The increased emphasis on athleticism and specifically the expanded inclusion of tumbling, partner stunts and pyramids have been important contributors to its growth. Cheer coaches and school administrators/boards must recognize that stunting carries inherent risk and that this risk must be minimized during practices and during performances/competitions. This means all safety rules must be adhered to at every spirit activity, including practice. Recognizing this increased level of athleticism and in an effort to encourage safety awareness, the following regulations have been formulated to provide an invaluable guide to the SDHSAA member schools.

The following cheer guidelines are to be followed:

Note: Schools are responsible for establishing their own policy for stunting or not stunting.

- A. All teams, stunting and non-stunting, must have **10 DAYS** of practice prior to their first cheerleading date.
- B. All teams, stunting and non-stunting, must have a physical prior to the start of practice.
- C. All head cheer coaches of football, girls' basketball, boys' basketball, and wrestling should view on-line a rules meeting on an annual basis. The rules meeting will be found on the Sideline Cheer page.
- D. A stunting team practice area must have adequate ceiling clearance and have mats available. It is recommended that mats be used during any cheer performance/competition.
- E. The coach and/or the assistant should be present to supervise his/her own team at practice.
- F. The cheer coach of any team wishing to perform any drops, pendulums, pyramids/mounts, rolls/tumbling, dismounts, suspended splits, tosses, transitional stunts and vaults must successfully complete the AACCA (American Association for Cheerleading Coaches and Advisors) safety certification course in cheerleading. This course can be found on the www.nfhslearn.com website.
- G. Special Considerations
 - If a qualified cheer coach and/or school approved supervisor is NOT in attendance at an activity, the cheer squad WILL NOT be allowed to stunt.
- H. Schools must monitor/check the requirements of their cheer coaches the same as they do for other sport coaches.
- I. All in-season and out-of-season rules apply.

GENERAL SPORT CHEER GUIDELINES

General (applies to all cheering, any sport):

- **NO JEWELRY** – If you were not born with it, it is jewelry and you cannot wear it while cheering. Only religious or medical medals may be taped to the body (no chains).
- The hair shall be worn in a manner to ensure safety while performing. Bows, ribbons, and hair extensions must be secure at all times.
- All members of a cheerleading team, stunting or non-stunting, shall wear their hair in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure.
- Shoes and socks must be worn at all times during a game, match or practice.
- Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length means the fingernails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
- Glitter that does not readily adhere on the face, uniform, costume or the body is illegal. Glitter may be used on signs, props or backdrops if laminated or sealed. The use of glitter hairspray is prohibited.
- A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt except a legal forward roll.
- No gum chewing or candy in the mouth during practice or performance.
- In South Dakota, all cheerleaders must be in grades 7-12. Sixth graders or below shall not participate with high school spirit teams.
- Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms consisting of a shell top/sweater and skirt, for ALL indoor sports during the regular season, sub-state, and state events. No camp wear is acceptable.
- All cheer teams must be supervised by a school sponsored/appointed cheer coach at all state tournaments. SDHSAA state events should take precedence over regular and/or sub-state events.

- Basket tosses are illegal to perform in South Dakota.
- Coaches must be present for a team to perform stunts.

Basketball:

- Basketball cheerleaders are limited to 8 cheerleaders for any contest.
- Stunts shall not be performed during a basketball game when the ball is in play.
- Spirit participants must not stunt on the court or sideline area during player warm-up if an alternate area is available. If no appropriate alternate area is available, the coach must take reasonable precautions to minimize the risk to participants. Suggestions for stunting warm-ups at basketball game when an alternate area is not available may include:
 1. Arrive early to warm up stunts before player warm-ups begin.
 2. The coach could enlist others to stand between player warm-up and stunting warm-ups on the sidelines to deflect balls or individuals.
 3. Warm-up stunts when players return to dressing room after their warm-ups.
 4. Stunting might have to be delayed until after halftime of the first game if halftime is the first time an appropriate warm-up area is available.

Cheerleaders shall remain outside the playing area during a 30-second time-out in a basketball game.

- When a player is shooting free throws, cheerleaders shall not cheer.
- Stunting during the school song – cheerleading is a secondary activity during the basketball game, the warm-ups for the teams take precedence, if the teams don't go into the locker room until the 20 minutes has expired, then the cheer teams do the school songs without stunts – if the teams do go in the locker rooms early, then the cheer teams may stunt.
- Whenever possible, cheerleaders should be at least 6-8 feet from any boundary line. Please stay far enough away from the end line and sideline, so not to interfere with the officials who are officiating the game. If the official is right next to you, you are too close.
- Along the end line at a basketball game, cheerleaders shall not stand within the area of the free throw lane extended.
- Basketball cheer team members, (including mascot) must be listed on the final roster posted on the SDHSAA website. Cheerleaders not listed will not be allowed to cheer in post season (region, Round of 16 and state) events. (Exception: Substitutions may be made for illness or injury.)
- Reminder: No children younger than 7th grade are permitted to cheer at a basketball game.

Wrestling:

- Wrestling cheer teams are limited to six members due to space constraints.
- Stunting is not allowed at the State Wrestling Tournaments.
- Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms consisting of a shell top/sweater and skirt, for ALL indoor sports during the regular season, sub-state, and state events. No camp wear is acceptable.
- Wrestling cheerleaders shall refrain from hitting the mat or floor while cheering for a wrestling match.
- No safety pins on pillows at a wrestling match (considered jewelry).
- At a wrestling match, cheer teams shall be ten feet from the edge of the wrestling mat unless the facility does not permit.
- Wrestling cheer team members must be listed on the final roster posted on the SDHSAA website. Cheerleaders not listed will not be allowed to cheer in post season (region and state) events. (Exception: Substitutions may be made for illness or injury.)
- Reminder: No children younger than 7th grade are permitted to cheer at a wrestling match.

Football:

- Prior to any cheering, both weather conditions and cheering surfaces must be considered.
- Cheerleaders shall not stunt on a wet track/surface.
- Stunts shall be modified to be appropriate to the performing surface/area. Stunting should be performed only on appropriate surfaces and where there is adequate space and lighting and surfaces are not wet or uneven.
- It is not recommended to stunt while wearing long pants.
- Cheer Boxes: Stunting **ON** a box is **not** permitted. Tumbling (except a legal forward roll) onto or over a prop is not permitted. Dismounts (such as jumping) to the performing surface from boxes higher than 3 feet shall have assisted landing.
- Football cheer team members, including mascot, must be listed on the final roster posted on the SDHSAA website. Cheerleaders not listed will not be allowed to cheer in post season (substate and state) events. (Exception: Substitutions may be made for illness or injury.)
- Reminder: No children younger than 7th grade are permitted to cheer at a football game.

Volleyball

Stunts shall not be performed during a volleyball game when the ball is in play. Spirit participants must not stunt on the court area during warm up if an alternate area is available. (See suggestions in basketball if an alternate area is not available).

SDHSAA TOURNAMENT TEAM AND SPECTATOR CONDUCT RULES

The following rules apply to all substate and state events.

All member schools, conferences, etc. are encouraged to adopt these rules for all regular season contests.

A. Conduct of spectators, coaches and players.

1. There must be sufficient planning, not only by the tournament manager but also by all participating schools which have qualified for the tournament, relative to appropriate crowd control during the duration of the event.
2. All participating schools will be expected to emphasize the necessity for proper crowd behavior. Administrators from member schools are expected to position themselves near their student cheering section whenever their team is playing.
3. Coaches will be expected at all times to display the type of conduct which contributes to good sportsmanship and which does not incite the spectators in attendance.
4. Coaches will be expected to impress upon their athletes the importance of displaying good sportsmanship at all times, including players on the court, substitutes sitting on the bench, or following the conclusion of a game.
5. Administrators will be expected to impress upon their coaches the importance of displaying good sportsmanship at all times.
6. All fans will be expected to remain off the playing area until after the awarding of medals and trophies. Failure to remain off the playing floor will result in the offending team not being recognized by the public address announcer. Medals and trophy will be awarded to school personnel following the awards ceremony. Fans will be allowed on to the playing area following the presentation of all awards.
7. All fans must wear shirts.

B. Equipment and facilities.

1. Removal of the nets following the championship game will be under the direction and supervision of the tournament manager.
2. The breaking of a backboard will become the financial liability of the school whose student(s) caused the damage.
3. Vandalism to locker room facilities, motel rooms, etc. shall be the responsibility of the member school whose player/team was responsible for the damage.

C. No banners - no signs - no noisemakers

1. Temporary banners and signs of all kinds are prohibited except those displayed by the SDHSAA, the Association's corporate partners, the tournament band, the arena, the tournament manager, and licensed radio and television stations. Cheer cards displayed by cheerleaders are permissible.
2. All types of noisemakers are prohibited. This includes plastic hand shakers, thunder sticks, as well as all sorts of projectiles.
3. Paper confetti and silly string are prohibited, because they are difficult to clean up, as well as being a fire hazard.
4. Balloons are prohibited.
5. Megaphones are prohibited except when used by a cheerleader.
6. Musical instruments are prohibited except when the band is performing.
7. Host management may provide music that may be played during warm-ups, quarter and half-time breaks, or breaks in the action such as dead balls, etc.)

D. Hoops, mini-tramps and tunnels.

1. The use of "break-through" hoops, mini-tramps, rebounding devices & related pieces of equipment is prohibited.
2. Human tunnels created by student and/or adult fans are prohibited.

E. Pennants, Number 1 Fingers, Foam Noodles, Homer Hankies, Rooter Poms, etc. will be permitted.

F. Laser Pointers are prohibited. If used, the laser pointers will be permanently confiscated.

G. Re-Entry. As per local venue policy, individuals wishing to leave the venue during a session will receive a hand stamp/accommodation pass for re-admittance to the venue for that session only.

H. Smoking is not allowed inside the venue. As per local venue policy, adult smokers will be given a hand stamp/accommodation pass for re-admittance to the venue for that session only.

I. The management will designate each participating team's section of the bleachers.

J. Students are asked not to stand on the seats. Students may stand in the foot wells in the student section.

K. Jumping up and down in unison is prohibited.

L. Adult cheerleaders are not permitted in the student cheering sections. However, adults will be permitted to sit in the student section if space allows.

M. Cheerleaders, spirit or yell leaders will be allowed, provided they are so designated by their school and appear in a school approved uniform.

N. All fans must wear shirts. Body paint is not allowed for either students or adults. Face paint is allowed.

O. Face masks are prohibited.

P. Gambling and alcoholic beverages are prohibited.

SDHSAA ARENA RULES

The following rules and regulation are applicable to all venues hosting SDHSAA State Events:

1. All fans must wear shirts.
2. Face masks are prohibited.
3. Fans are not prohibited from wearing face paint.
4. Human tunnels and/or break through hoops are prohibited.
5. Signs, banners, and noisemakers are prohibited.
6. Smoking inside the venue is not allowed. Adults wishing to smoke will be issued an accommodation pass or stamp to exit through a specific door and re-enter through said door.
7. There will be no other passes issued, except in dire emergencies, for fans to leave the venue and re-enter.
8. Spectators must remain off the playing floor at all times.
9. No one is allowed to sit, stand or hang on the basket or the basket supports.
10. Students with bleacher tickets must use the facilities on the main floor. Except for important reasons, no one will be allowed to cross the railing between the bleachers and the balcony.
11. The throwing of objects of any kind onto the playing floor is prohibited.
12. Gambling or use of intoxicating beverages is not permitted in the arena. Anyone found indulging in either would be required to leave the building.
13. Laser pointers are prohibited and will be confiscated by meet management.
14. During all championship round games, adults are not permitted to sit on the main floor in the student sections. However, an exception is made in certain venues, such as the Barnett Center in Aberdeen, where both students and adults are allowed on the main floor.
15. Jumping up and down on the bleachers, in unison, is prohibited.
16. All fans will be expected to remain off the playing area until after the awarding of medals and trophies. Failure to remain off the playing area will result in the offending team not being recognized by the public address announcer. Medals and trophy will be awarded to school personnel following the awards ceremony. Fans will be allowed on to the playing floor following the presentation of all awards.

NOTE: This policy is applicable to football, volleyball, and basketball.

Damage to Bleachers at a State Event

Damage to bleachers can be caused when the entire student body jumps up and down in unison on the bleachers. The SDHSAA cannot condone or overlook behavior that causes physical damage to a rented venue.

Therefore, the SDHSAA suggests the following:

- Member schools should prohibit this type of behavior from occurring at all regular season basketball games
- District and region committees should prohibit this type of behavior from occurring at all district and region basketball tournaments.
- All member schools that qualify a basketball team to the state tournament should make an announcement at a pep assembly informing the student body that this type of behavior is prohibited by the SDHSAA.
- All member schools should solicit the support and leadership of the cheerleaders to stop this behavior.
- Administrators from each of the participating schools should position themselves in close proximity to the student cheering section so they can immediately assist management to stop the jumping if and when it occurs.