



COMPETITIVE CHEERLEADING HANDBOOK

2024-2025

Sport Coordinator: Jennifer Keane, Wantagh High School
HS Representative: John Franchi, Bethpage High School

Cheerleading Committee

Laurie Kolodny, Freeport High School
Rosemarie Abrignani – Plainedge High School
Lisa Ferrari – Seaford High School
Cristen Ronzo – Division High School
Kayla Bettineschi, Massapequa High School
Ashleigh Longo – Syosset MS
Samantha Chaback, Oceanside High School
Jessica Thompson, Great Neck South High School
Katie Savage – Wantagh High School
Caitlin Beatrice - Farmingdale High School
Melanie Velez – Carey High School
Katelynn Romano - Cold Spring Harbor

The National Federation High School Spirit Rule Book will be followed.

Section VIII has 5 Divisions –

Class A - 1025 and up
Class B - 555 to 1024
Class C - 250 to 554
Class D - 249 and below
Co-Ed - One Class
Middle School Division

For Competitive Cheer, there has also been a minimum established of 3 stunt groups (12 athletes) and a maximum of 24 athletes for Class A and Class B and a minimum established of 2 stunt groups (8 athletes) and a maximum of 20 athletes for Class C and Class D, for Co-Ed 2 stunt groups (8 athletes) and a maximum of 24 athletes. All Varsity and JV teams will compete in their designated classification. All middle school teams will compete in one classification.

The number of required practices prior to the first competition is 6.

The maximum number of competitions allowed is 11. All Varsity teams must select a minimum of six (6) competitions, all JV teams must select a minimum of six (6) competitions and all middle school teams will select four (4) competitions.

Competition Standards – Duration of competition is 2 minutes and 30 seconds and will be required to include cheer and dance. Section VIII will be utilizing the NYSPHSAA score sheets for the 24-25 season. *Only coaches and athletes on the roster are allowed to sit in front of the mat.*

Post Season Representation – In order to qualify for post-season, your team must have competed in SIX competitions within New York State under the NYSPHSAA rules and regulations. An individual competitor must be eligible for a minimum of three competitions as per the NYSPHSAA representation rule. (UCA does not count towards the required # of competitions for representation).

Qualifying for the Section VIII Cheerleading Championships will be based on scores achieved during the competition season using NYSPHSAA score sheets. The TOP 50% of the schools in each division based on an average of 6 scores will compete in the Nassau County Championships. If your team DOES NOT show up for a scheduled competition, they will receive a zero. This score will be one of the (6) scores that is average into your playoff eligibility.

Declaring Divisions Please note, you have until November 27, 2024, to change to/from the Co-Ed division. If you are in the Co-Ed division and no longer have a male your scores will not count; however, you will be allowed to “exhibition” for that day.

*Qualifying for the NYSPHSAA Cheerleading Championships – The winner of each division at the Nassau County Championship will go onto the State Cheerleading Championship.

All schools MUST adhere to Copyright Rules. NYSPHSAA has developed guidelines to assist member schools with compliance with the copyright regulations that arise with the use of music for cheer routines and performances. The copyright law is designed to protect artists, promote creativity and to ensure that artists are compensated for their work. Pursuant to the copyright law proper licenses must be obtained to make additional copies of music and to remix recordings.

Hosting a Competition - Applicants must be willing to take on all responsibilities associated with hosting a cheerleading competition. There **MUST** be a pre-determined Site Director. The host site is responsible for having a 9-panel performance mat as well as an additional mats area for warm-ups as well as securing a DJ or allowing teams to utilize your sound system. All competitions in Section VIII are required to use the NYSPHSAA score sheets. All rules and regulations set forth by the Section as well as the NYSPHSAA must be followed.

Resources - Please utilize the following website as a resource for Competitive Cheerleading <https://nysphsaa.org/sports/cheer>

Section VIII

CHEERLEADING

MANUAL

DIVISIONS

School	Level	Division
East Meadow High School	Junior Varsity	Class A - 1025 and up
Massapequa High School	Junior Varsity	Class A - 1025 and up
Syosset High School	Junior Varsity	Class A - 1025 and up
Farmingdale	Junior Varsity	Class A - 1025 and up
Freeport	Junior Varsity	Class A - 1025 and up
Plainview Old-Bethpage JFK High School	Junior Varsity	Class A - 1025 and up
Oceanside High School	Junior Varsity	Class A - 1025 and up
Lynbrook High School	Junior Varsity	Class B - 555 to 1024
Division	Junior Varsity	Class B - 555 to 1024
Wantagh	Junior Varsity	Class B - 555 to 1024
Mepham	Junior Varsity	Class B - 555 to 1024
Bethpage High School	Junior Varsity	Class B - 555 to 1024
H Frank Carey High School	Junior Varsity	Class B - 555 to 1024
Calhoun High School	Junior Varsity	Class B - 555 to 1024
Plainedge	Junior Varsity	Class B - 555 to 1024
Clarke High School	Junior Varsity	Class B - 555 to 1024
Seaford	Junior Varsity	Class C - 250 to 554
Cold Spring Harbor	Junior Varsity	Class C - 250 to 554
MacArthur High School	Junior Varsity	Coed (At least one male on the mat)
Kennedy HS, Bellmore	Junior Varsity	Coed (At least one male on the mat)
Syosset MS	Middle School	Class A - 1025 and up
Howitt Middle School (Farmingdale)	Middle School	Class A - 1025 and up
POB	Middle School	Class A - 1025 and up
Massapequa (Berner MS)	Middle School	Class A - 1025 and up
Oceanside Middle School	Middle School	Class A - 1025 and up
Freeport Dodd Middle School	Middle School	Class A - 1025 and up
Woodland Middle School	Middle School	Class A - 1025 and up
Roosevelt Middle School	Middle School	Class B - 555 to 1024
Merrick Avenue Middle School	Middle School	Class B - 555 to 1024
Wisdom	Middle School	Class B - 555 to 1024
Grand Ave	Middle School	Class B - 555 to 1024
Clarke Middle School	Middle School	Class B - 555 to 1024
Wantagh	Middle School	Class B - 555 to 1024
Lynbrook Middle School	Middle School	Class B - 555 to 1024
Hewlett	Middle School	Class B - 555 to 1024
Bethpage-JFK Middle School	Middle School	Class B - 555 to 1024
Cold spring harbor	Middle School	Class C - 250 to 554
Island Trees Memorial Middle School	Middle School	Class C - 250 to 554
Locust Valley Middle School	Middle School	Class C - 250 to 554
Carle Place	Middle School	Class C - 250 to 554
Seaford Middle School	Middle School	Class C - 250 to 554
Salk Middle School	Middle School	Coed (At least one male on the mat)

School	Level	Division
Herricks	Varsity	Class A - 1025 and up
Massapequa High School	Varsity	Class A - 1025 and up
Port Washington	Varsity	Class A - 1025 and up
Baldwin HS	Varsity	Class A - 1025 and up
Farmingdale	Varsity	Class A - 1025 and up
East Meadow High School	Varsity	Class A - 1025 and up
Syosset	Varsity	Class A - 1025 and up
Oceanside	Varsity	Class A - 1025 and up
Division Avenue	Varsity	Class B - 555 to 1024
Wantagh	Varsity	Class B - 555 to 1024
Mepham	Varsity	Class B - 555 to 1024
H. Frank Carey HS	Varsity	Class B - 555 to 1024
Calhoun High School	Varsity	Class B - 555 to 1024
Plainedge	Varsity	Class B - 555 to 1024
Bethpage	Varsity	Class B - 555 to 1024
Kennedy HS	Varsity	Class B - 555 to 1024
Long Beach	Varsity	Class B - 555 to 1024
Lynbrook High School	Varsity	Class B - 555 to 1024
New Hyde Park	Varsity	Class B - 555 to 1024
Garden City	Varsity	Class B - 555 to 1024
Great Neck South	Varsity	Class B - 555 to 1024
Hewlett	Varsity	Class B - 555 to 1024
Great Neck North	Varsity	Class B - 555 to 1024
MacArthur	Varsity	Class B - 555 to 1024
West Hempstead	Varsity	Class C - 250 to 554
North Shore	Varsity	Class C - 250 to 554
East Rockaway	Varsity	Class C - 250 to 554
Seaford HS	Varsity	Class C - 250 to 554
Island Trees HS	Varsity	Class C - 250 to 554
Oyster Bay High School	Varsity	Class C - 250 to 554
Cold spring harbor	Varsity	Class C - 250 to 554
Malverne Senior High School	Varsity	Class C - 250 to 554
Roosevelt High School	Varsity	Coed (At least one male on the mat)
Valley Stream North	Varsity	Coed (At least one male on the mat)
Clarke	Varsity	Coed (At least one male on the mat)
Plainview Old Bethpage	Varsity	Coed (At least one male on the mat)
Glen Cove	Varsity	Coed (At least one male on the mat)
Freeport HS	Varsity	Coed (At least one male on the mat)
Carle Place High School	Varsity	Coed (At least one male on the mat)

Section VIII

CHEERLEADING

MANUAL

GUIDELINES AND POLICIES

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS,
SPECTATORS AND ADMINISTRATORS IN INTERSCHOLASTIC COMPETITION

I. INTRODUCTION

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play under all circumstances. The values to be derived from playing the game fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators, and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility and to respect the integrity and the judgment of the sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. Most of all it is the duty of all concerned with high school athletics to remember that an athletic contest is only a game and should be kept in that perspective.

II. THE COACH is expected to:

1. Set a positive example both on and off the playing area.
2. Be aware that you are representing a school district, a school, and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individuals or team sports are young men and women with human frailties and limitations who can make mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire, be it casual or otherwise.
9. Refrain from the use of crude or abusive language with players, opponents, officials, or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the Section VIII Protest Committee.
11. Dissatisfaction with officiating can be handled quietly and efficiently using the rating cards supplied by BOCES.
12. Avoid behavior that will incite players, opponents, or spectators.
13. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
14. Encourage good sportsmanship and remove players from competition who demonstrate unacceptable behavior.
15. The athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.
16. Refrain from shouting disapproval of calls made by officials.

III. THE ATHLETE is expected to:

1. Understand and abide by the rules and regulations of the game and respect the integrity and judgment of the officials.
2. Always conduct themselves as ladies and gentlemen.
3. Always demonstrate self-control and mutual respect. Uncontrolled emotion can be self-defeating.
4. Should not use crude or abusive language or gestures in dealing with opponents, officials, or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
7. As a representative of the school, be well-groomed, both on and off the field. Improper behavior while in uniform reflects badly upon yourself, your school, and your community.
8. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
9. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
10. Remember that participation in athletics is a privilege that should not be abused.
11. Refrain from shouting disapproval of calls made by officials.

IV. THE SPECTATORS are expected to:

1. Refrain from using noisemakers. The use of noisemakers is prohibited at all events.
2. Conform to accepted standards of good sportsmanship and behavior.
3. Respect officials, coaches and players and extend all courtesies to them.
4. Refrain from the use of crude or abusive language or gestures with players, opponents, officials, and spectators.
5. Obey the regulations of the building and grounds and those who do not conform should be brought to the attention of the building authorities.
6. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.

V. THE ADMINISTRATORS

1. The Athletic Director may delegate certain responsibilities and authority to the Site Supervisor, but ultimate responsibility rests with the Athletic Director, Principal, Superintendent and Board of Education.
2. The Athletic Director or his/her designee is responsible for the conduct of coaches, players, spectators, and other employees of the school.
3. The Athletic Director or his/her designee assumes responsibility for informing these groups of the code of behavior expected during participation in Section VIII Athletic Events.
4. General Recommendations for Home Contests:
 - a. The visiting school should be provided with information on directions to the school, game times, physical layout including parking area, locker facilities and specific school regulations affecting visiting teams.
 - b. The home school is responsible for excluding from athletic events students whose past behavior indicates an unacceptable risk for trouble.
 - c. Adequate supervision must be provided in the gymnasium area as well as in hallways, bathrooms, and outside areas where students may congregate. Supervision should include male and female adults at all events.
 - d. Separate seating areas should be designated for visiting team spectators.
 - e. Request cooperation of the Nassau County Police Department and/or Auxiliary Police units whenever the anticipated crowd size or previous relationship between schools indicate the potential for trouble.
 - f. Confer with coaches, cheering advisors, supervisors, and custodial help on your expectations for their behavior and on ways to handle difficult situations.
 - g. Direct the A.D. to meet with game officials to emphasize the importance of keeping the game under control.
 - h. Direct supervisor in charge to immediately report to police any information regarding student possession of weapons, drugs, or alcohol. Students under the influence of drugs and/or alcohol shall be removed from the game and reported to the administration.
 - i. Direct supervisors to remain on duty until all spectators and visiting teams have left the premises, including parking lots.
 - j. Problems with students, coaches and spectators should be communicated to the other Athletic Director and the Principals, and when appropriate, to the Section VIII Executive Director.
5. Requirement for Schools/Teams Participating in Playoffs at Neutral Sites:

It is required that any school/team participating in a Section VIII playoff activity at neutral sites provide adequate supervision for that activity. The supervisor(s) must be easily identifiable and maintain a visible presence throughout the activity.

6. General Recommendations for Visiting Teams:
 - a. Visiting teams must be properly always supervised at the host school.
 - b. At spectator events, the visiting school should provide a supervisor for its spectators. When a Varsity-Junior Varsity doubleheader is held, the team not playing should be supervised in the stands.
 - c. Clarify with the host Athletic Director the best area for parking and access into locker facilities. Also arrange for exiting after the event with at least one home school supervisor in the area to supervise.
 - d. Report in writing to the host Athletic Director any incident involving players, spectators, supervisors, etc., that deserves follow-up by the home school.
 - e. Refrain from shouting disapproval of calls made by officials.

VI. RECOMMENDATIONS FOR THE VISITING SCHOOL:

1. Athletic Director

- a. Contact the Athletic Director of the home school and request the following:
 - (1) Directions and best route to the school.
 - (2) Location of parking area and recommended area for bus parking.
 - (3) Will there be a charge for spectators and is there a specific area for them to sit in.
 - (4) Do they require supervisors for the visiting school and if so, how many.
- b. Inform the Athletic Director of the home school of the following:
 - (1) If there will be a cheerleader and/or spectator bus in addition to the athletes' bus.
 - (2) Will the additional buses be accompanied by one or more supervisors.
 - (3) You expect the home school to provide supervision of athletes, cheerleaders, and spectators to your buses at the end of the contest.
 - (4) What type of identification your supervisors will be equipped with.
- c. Inform the coach of the team of the particulars in a and b above.
- d. Inform supervisors of the above information and ask them to inform people on the bus they are responsible for, of the pertinent information.
- e. Inform the student body of any necessary details by public address system and/or bulletin.

2. Coach

- a. Consult the Athletic Director for the above information.
- b. The head coach of each sport should disseminate the information above for each school to his or her junior varsity and junior high school team coaches.
- c. Follow the recommendations for Code of Behavior for Coaches in Section VIII.
- d. Require team members to follow Section VIII Guidelines for Good Sportsmanship.

3. Supervisors

- a. Should be people who are familiar with the visiting school's student body.
- b. Should be well-informed of what their responsibilities are and be capable of enforcing regulations and encouraging proper behavior.

Amended June 8, 2015

SUPERVISORY RESPONSIBILITIES AT SECTION VIII ATHLETIC CONTESTS

I. RESPONSIBILITIES OF HOME AND VISITING SCHOOLS

1. If athletic teams are fielded and home contests scheduled, adequate paid supervision must be provided, even if a school district is on an austerity budget.
2. Supervisors should be given specific assignments and instructions, preferably in writing, and coached on proper behavior.
3. Supervisors must wear some type of identifying clothing such as jackets, hats, or armbands.
4. A school administrator or his/her designee must oversee the site of all home contents and the visiting school person informed of the name of that person.
5. All spectators must be seated in designated areas.
6. Only supervisors and designated officials should be allowed on sidelines and a list of those persons should be in the hands of the person in charge.
7. Supervision should be provided at away contests by the visiting school at the discretion of the Athletic Director and those supervisors should wear some type of identification and be made known to the person in charge at the home school.
8. Supervision should be requested from visiting schools, particularly where large groups of visiting or home spectators are expected and/or rivalry is particularly intense.
9. The visiting school is responsible for the condition of any exclusive use of facility in the home school i.e., locker room, classroom, etc. Exclusive use facilities should be inspected by the visiting school's coach and the home school's athletic director or designee before and after using the facility.
10. Section VIII Athletic Directors should distribute to all coaches and supervisory staff members the Revised May 2002 approved copy of "Code of Conduct Section VIII - Nassau County." Coaches and supervisory staff members should use this document for all situations not covered in items 1-9.

II. PROCESS FOR RESOLUTION OF COMPLAINTS

The following chain of action is to be followed in attempting to resolve all complaints.

1. School to school communication. Within twenty-four (24) hours or the next school day if complaint is lodged on weekend or holiday.
2. Referral to the Executive Director of Section VIII for review.
3. Formal complaint to Ethics Committee within five (5) days of notification from step two.
4. The Ethics Committee will meet within seven (7) school days or refer the complaint to the Executive Committee. Each school will be entitled to representation. The Ethics Committee and/or Executive Committee will:
 - (1) Resolve the problem or
 - (2) Make a recommendation to the Athletic Council.
5. The Executive Committee will hear the complaint within seven (7) school days. Each school will be entitled to representation. Disciplinary actions that may be imposed by the Executive Committee are:
 - a. one year suspension of school from all Section VIII sponsored activities.
 - b. withholding of entire schedule for that sport for following season (school will not compete in that sport for that season).
 - c. withholding of entire schedule for that sport for following season (all games to be played away).
 - d. forfeits of full schedule for that sport for remainder of season.
 - e. forfeits of home schedule for that sport.
 - f. forfeits of athletic contest in question.
 - g. letter of censure.
6. Disciplinary action imposed by the Executive Committee may be appealed in the following manner:
 - a. a Notice of Appeal must be filed with the Executive Director within five (5) days of notice of disciplinary action.
 - b. a check for \$250.00 made payable to Section VIII Athletic Council must accompany Notice of Appeal.
 - c. within seven (7) school days of receipt of Notice of Appeal, complaint will be adjudicated by Superintendents Board - Section VIII.

**NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION/
SECTION VIII CODE OF CONDUCT GUIDELINES**

BE LOUD - BE PROUD - BE POSITIVE

Approved 6/9/21.

I. The Coach is Expected to:

1. Set a positive example both on and off the playing area.
2. Be aware that he/she is representing a school district, a school, and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who can make mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well groomed. Wear appropriate attire.
9. Refrain from the use of crude, racist or abusive language or gestures with players, opponents, officials, or spectators. (6/21)
10. Create an environment where diversity, equity and inclusion are present. (6/21)
11. Respect the judgment of officials. Although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the Section VIII Protest Committee.
12. Handle dissatisfaction with officiating quietly and efficiently using the rating cards supplied by BOCES.
13. Avoid behavior that will incite players, opponents, or spectators.
14. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
15. Encourage good sportsmanship and remove players from competition who demonstrate unacceptable behavior.
16. Support and treat the athletic program as a total part of the educational opportunities provided for all students.

II. The Athlete is Expected to:

1. Understand that the student athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.
2. Always conduct himself/herself as a gentleman/lady.
3. Always demonstrate self-control and mutual respect. Uncontrolled emotion can be self-defeating.
4. Refrain from the use of crude, racist or abusive language or gestures with players, opponents, officials, or spectators. (6/21)
5. Practice diversity, equity, and inclusion within their team. (6/21)
6. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
7. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.

III. The Spectators are Expected to

1. Refrain from using noisemakers. The use of noisemakers is prohibited at all events.
2. Conform to accepted standards of good sportsmanship and behavior.
3. Respect officials, coaches and players and extend all courtesies to them.
4. Refrain from the use of crude, racist or abusive language or gestures with players, opponents, officials, or spectators. (6/21)
5. Obey the regulations of the building and grounds. Those who do not conform should be brought to the attention of the building authorities.
6. Understand that schools are responsible for the conduct of their respective spectators whether at home or away.

IV. The Administrators and Supervisors

1. The Athletic Director may delegate certain responsibilities and authority to the site supervisor, but ultimate responsibility rests with the Athletic Director, Principal, Superintendent, and the Board of Education.
2. The Athletic Director or his/her designee is responsible for the conduct of coaches, players, spectators, and other employees of the school.

3. The Athletic Director or his/her designee assumes responsibility for informing these groups of the code of behavior expected during participation in Section VIII athletic events.
 - a. Any negative sportsmanship or communication by a spectator directed at officials, it is the job of the supervisor or athletic administrator to alert the spectator of possible removal or removal from the contest.

4. General Recommendations for Home School

- a. The visiting school should be provided with information on directions to the school, game times, physical layout including parking area, locker facilities and specific school regulations affecting visiting teams.
- b. The home school is responsible for excluding, from athletic events, students whose past behavior indicates an unacceptable risk for trouble.
- c. Adequate supervision must be provided in the gymnasium area as well as in hallways, bathrooms, and outside areas where students may congregate.
- d. Separate seating areas should be designated for visiting team spectators.
- e. Request cooperation of the Nassau County Police Department and/or Auxiliary Police units whenever the anticipated crowd size or previous relationships between schools indicate the potential for trouble.
- f. Confer with the coaches, cheering advisors, supervisors, and custodial help on expectations for their behavior and on ways to handle difficult situations.
- g. Direct the Athletic Directors to meet with game officials to emphasize the importance of keeping the game under control.
- h. Direct supervisor in charge to immediately report to police any information regarding student possession of weapons, drugs, or alcohol. Students under the influence of drugs and/or alcohol shall be removed from the game and reported to the administration.
- i. Escort the officials to their cars if requested by the sport official.
- j. Direct supervisors to remain on duty until all spectators and visiting teams have left the premises, including parking lots.
- k. Problems with students, coaches and spectators should be communicated to the other Athletic Director and the Principal, and when appropriate, to Section VIII Executive Director.

5. Requirement for Schools/Teams Participating in Playoffs at Neutral Sites

It is required that any school/team participating in a Section VIII playoff activity at a neutral site provide adequate supervision for that activity. The supervisor(s) must be easily identifiable and maintain a visible presence throughout the activity.

6. General Recommendations for visiting Teams

- a. Visiting teams must be properly always supervised at the host school.
- b. At spectator events, the visiting school should provide a supervisor for its spectators. When a varsity/junior varsity doubleheader is held, the team not playing should be supervised in the stands.
- c. Clarify with the host Athletic Director the best area for parking and access to locker facilities. Also, arrange for exiting after the event with at least one home school supervisor in the area to supervise.
- d. Report in writing to the host Athletic Director any incident involving players, spectators, supervisors, etc. that deserves follow-up by the home school.

V. Recommendations for the Visiting School

1. Athletic Director

- a. Contact the Athletic Director of the home school and request the following:
 - (1) Directions and best route to the school.
 - (2) Location of parking area and recommended area for bus parking.
 - (3) Will there be a charge for spectators and is there a specific seating area for visitors.
 - (4) Does the home school require supervisors for the visiting school and if so, how many.
- b. Inform the Athletic Director of the home school of the following:
 - (1) Whether there will be a cheerleader and/or spectator bus in addition to the athletes' bus.
 - (2) Whether additional buses will be accompanied by one or more supervisors.
 - (3) Whether the home school is expected to provide supervision of athletes, cheerleaders, and spectators to visiting buses at the end of the contest.
 - (4) What type of identification supervisors of the visiting team will be equipped with?
- c. Inform the coach of the team of the particulars in a. and b. above.
- d. Inform supervisors of the above information and ask them to inform people on the bus, they are responsible for, of the pertinent

information.

- e. Inform the students of any necessary details by public address system and/or bulletin.

2. Coach

- a. Consult the athletic director for the above information.
- b. The head coach of each sport should disseminate the information above for each school to his or her junior varsity and junior high school team coaches.
- c. Follow the recommendations for Code of Behavior for Coaches in Section VIII.
- d. Require team members to follow Section VIII Guidelines for good sportsmanship.

3. Supervisors

- a. Should be people who are familiar with the visiting school's student body.
- b. Should be well informed of what their responsibilities are and be capable of enforcing regulations and encourage proper behavior.

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

SECTION VIII of NYSPHSAA, INC.

Members of the Sportsmanship Committee:

Name	Phone#	Fax #	E-Mail
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Shannon McEntee	516-624-6557		smcentee@obenschools.org
Scott Stueber	516-872-5695		sstueber@syossetschools.org
Matt McLees	516-539-9428	516-394-4044	mmclees@sewanhaskaschools.org

Overview

The Sportsmanship Committee strongly recommends that all athletic directors review the Sportsmanship Policy with their coaches, players, and event supervisors. All coaches must understand that all incidents of unsportsmanlike behaviors/disqualifications must be reported. The completed reports must be submitted by the respective athletic directors and electronically mailed to the Office of the Executive Director.

Reporting Procedures

The Athletic Directors from both teams involved and the officials assigned to the contest are to file written reports of the incident to the Office of the Executive Director no later than the morning of the next working day following the contest/match.

- It is the responsibility of the coach to ascertain from the official that the incident leading to the suspension or ejection is considered misconduct and, if so, it is the coach's responsibility to suspend the player from the team's next contest.
- Failure of the official to report to the Section VIII Office or failure of the Section VIII Office to forward the report to the Athletic Director, or failure of the Athletic Director to notify the coach does not relieve a coach of the responsibility to suspend the player.
- If a suspended player or coach participates in a contest, he/she is deemed ineligible, and that contest is considered forfeited.

Request for Appeal

A request for an appeal must be made to the Office of the Executive Director within 24 hours of the contest/incident.

The appeal process is a three-step process. Any questions regarding these procedures should be directed to either the Office of the Executive Director or the Chairperson of the Sportsmanship Committee.

- Sportsmanship Committee
- Athletic Council
- State Appeals Committee

Sportsmanship Committee Procedures for Addressing an Appeal

- All incident reports are submitted to the Sportsmanship Chairperson who upon reading the reports will communicate to the Committee the nature and scope of the incident.
- Upon review of the charge(s) by at least a quorum of the Sportsmanship Committee of Section VIII, it will be determined by

most of the quorum whether "probable cause" exists. If such a determination is made a written statement specifying the charges in detail shall be immediately forwarded to the athletic director of the accused coach, official, player, school personnel or member school. Note: While an appeal is being processed, a student(s) may participate in practice sessions commencing from the date the appeal was filed. State Handbook page 91.

- A request for an appeal of a penalty imposed by the Sportsmanship Committee must be filed within three (3) working days following the decision of the Sportsmanship Committee in the Office of the Executive Director. The inexcusable failure to notify the Executive Director of Section VIII of such desire for a hearing within three days of the receipt of the charges will be deemed a waiver of the right to a hearing before the Athletic Council.
- Athletic Council Appeals Process – Upon receipt of a written Notice of Appeal to the Executive Director a check for \$250 made payable to the Section VIII Athletic Council must accompany Notice of Appeal. At least a quorum of the Athletic Council of Section VIII will determine by most of the quorum of the Athletic Council whether "probable cause" exists. If such a determination is made, a written statement specifying the charges in detail shall be immediately forwarded to the accused coach, official, player, school personnel or member school.

Videotaping Policy

- A. The Sportsmanship Committee will not accept a video tape(s) for a judgment call, because there is no such thing as an "official tape" that can be provided by either team, parents, etc. The review process for an appeal on a judgment call should be based solely upon the documents presented to the committee.
- B. The Committee will accept a videotape pertaining to an incident. If such tape is to be presented the following must be adhered to:
 - 1) An appeal for an incident in which a videotape is to be submitted must follow the Reporting Procedures Guidelines as stated above.
 - 2) Said tape must contain the entire contest.
 - 3) A quorum (6 members of the Sportsmanship Committee and Executive Director) must be convened within 3 working days of the written request for an appeal regarding an incident. Upon review of the charge(s) by at least a quorum of the Sportsmanship Committee of Section VIII, it will be determined by most of the quorum whether "probable cause" exists. If such a determination is made a written statement specifying the charges in detail shall be immediately forwarded to the athletic director of the accused coach, official, player, school personnel or member school. Note: While an appeal is being processed a student(s) may participate in practice sessions commencing from the date the appeal was filed.

Revised 2004

SPORTSMANSHIP: NYSPHSAA SPORTSMANSHIP EXPECTATION

"NYSPHSAA understands and recognizes officials, just like student athletes and coaches, are not going to be perfect 100% of the time. Officials, just like student athletes and coaches, are essential to interscholastic sports programs. Without officials, NYSPHSAA and its member schools would not be able to provide interscholastic sports in the manner that is desired and expected by student athletes, coaches, and parents. Spectators are expected to "Be Loud, Be Proud, and Be Positive". Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current and future interscholastic contests based on their behavior."

SPORTSMANSHIP: NYSPHSAA SPECTATOR SPORTSMANSHIP REGULATION

"Any negative, inappropriate, derogatory comments or actions that brings direct attention to a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school in the following non-sequential order depending on the comments or behaviors."

- First warning – Directing the spectator or group of spectators to refrain from any negative comments or actions.
- Second warning – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal of the game or event, will be utilized if the behavior continues.
- Removal from the contest – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If the spectator or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

Penalty for being removed from a game or event: Any spectator removed from a game or event will have a minimum penalty of completing the NFHS Parent Credential course and a one game suspension before they are allowed to attend any interscholastic event, home or away. Once the course is completed the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

- Depending on the severity of the behavior/comments or future disqualifications by the offending spectator, NYSPHSAA and the Section may get directly involved in the situation.

NYSPHSAA TRANSFER RULE

TRANSFER: (Foreign Exchange/International #9)

NOTE: The Transfer Rule will be enforced as written with no variations permitted.

- A. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from public school district to another public school district for athletic eligibility the student must enroll in the public school district or in a private school within that district's boundaries of his/her parent's residency. For athletic eligibility, a residency is changed when one is abandoned by the immediate family and another residency is established through action and intent. Residency requires one's physical presence as an inhabitant and the intent to remain indefinitely. The Superintendent, or designee, will determine if the student has met district residency requirements.
- B. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months prior) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons whom the student has resided for at least six months) or a private school within that district's boundaries shall receive a waiver from the Transfer Rule. Such a transfer without penalty will only be permitted once in a high school career. **Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval.** **NOTE:** A student in a foreign exchange program listed by CSIET has a one-year waiver of the Transfer Rule. If such a student elects to stay a second year, he/she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (B): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district's boundaries of his/her parent's residency.

Note: Multiple High School Districts – The policies/boundaries of the school district will be followed. If the district has an open enrollment policy, the interpretation to be used will be the same as used for students of K-8 school districts. When a student enrolls in 9th grade, this is the district (building) of their residence. Any subsequent transfer would be subject to the Transfer Rule.

1. The student reaches the age of majority and established residency in a district and can substantiate that they are independent and self-supporting.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
4. A student from divorced or "legally" separated parents who moves into a new school district with one of the parents. Such a transfer is allowed once every six months. The legal separation agreement must address custody, child support, spouses support and distribution of assets and be filed with the County Clerk or issued by a Judge.
5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student. Educational Waivers will not be considered as an undue hardship effective for the 2022-2023 school year.

Updated June 2013

Section VIII
CHEERLEADING
MANUAL

FORMS

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

TEAM ROSTER

DATE _____
LEVEL _____

SPORT SCHOOL —

[illegible]

Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.

School _____ Sport _____

Athlete _____ Date Request Submitted _____

Nature of Injury/Illness _____

Date of Injury/Onset of Illness _____ Date of Medical Clearance _____

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>	<u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u>
1. _____	_____	* _____
2. _____	_____	* _____
3. _____	_____	* _____
4. _____	_____	* _____
5. _____	_____	* _____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material **MUST VERIFY** the date of onset of the illness/injury and date physical activity may resume. **NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.**

Medical Documents Attached:

1. _____ 3. _____
2. _____ 4. _____

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.

Signature of Athletic Director

Office of Interscholastic Athletics
George Farber Administrative Center
P.O. Box 9195 – 71 Clinton Road
Garden City, NY 11530-9195
Fax# 997-2916 – 997-2018

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

SECTION VIII UNSPORTSMANLIKE BEHAVIOR/INCIDENT/DISQUALIFICATION REPORT

This report is to be completed and submitted by game officials and athletic directors of both schools within 24 hours of the incident and/or violation. This must be completed and sent to SECVIII.

Sport: _____ Level: _____ Date of the Event: _____
Home School: _____ vs. Opponent: _____

Player(s) / Coach(es) / Official(s) / Spectator(s) Involved:

Name: _____ School: _____ Number: _____

Name: _____ School: _____ Number: _____

Brief Description of the Incident (use additional sheets if necessary):

Action taken:

Supervisor(s):

Name: _____ School: _____ Phone: _____

Name: _____ School: _____ Phone: _____

Official(s) assigned:

Name: _____ Number: _____ Phone: _____

Name: _____ Number: _____ Phone: _____

Person filing this report:

Name: _____ Position: _____ School: _____

Return to: Section VIII - Interscholastic Athletics
George Farber Administrative Center
71 Clinton Road - P.O. Box 9195
Garden City, N.Y. 11530
FAX: 516-997-2916 or 2018

Athletic Director's Signature _____
(or acting administrator)

OR

Date Received _____

Game Official's Signature _____

Section VIII
CHEERLEADING
MANUAL

COMPETITIONS

Cheerleading Competitions 2024-2025

<u>DATE</u>	<u>SITE</u>
12/7/24	Farmingdale or West Hempstead High School
12/14/24	Kennedy or Division High School
12/21/24	Freeport or MacArthur High School
1/11/25	Wantagh, Bethpage or Cold Spring Harbor High School
1/18/25	Garden City or Clarke High School
1/25/25	Island Trees or Oceanside High School
2/1/25	Newsday Long Island Challenge
2/2/25	Massapequa or Roosevelt High School
2/8/24	Great Neck North High School
2/15/25	Nassau County Championships @ SUNY Farmingdale (PM)
3/8/25	NYSPPHSAA Championship @ Visions Federal Credit Union Veterans Memorial Arena, Binghamton

Competition Times

Division-	Stretch/Tumble (3min)	Warm Up Time (7min)	Competition Time (2:30)
Team 1	8:45	8:48	9:00
Team 2	8:55	8:58	9:10
Team 3	9:05	9:08	9:20
Team 4	9:15	9:18	9:30
Team 5	9:25	9:28	9:40
Team 6	9:35	9:38	9:50
Team 7	9:45	9:48	10:00
Team 8	9:55	9:58	10:10
Team 9	10:05	10:08	10:20
Team 10	10:15	10:18	10:30
Team 11	10:25	10:28	10:40
Team 12	10:35	10:38	10:50
Team 13	10:45	10:48	11:00
Results			11:10

Break 30 minutes

Division-	Stretch/Tumble	Warm Up Time	Competition Time
Team 1	11:15	11:18	11:30
Team 2	11:25	11:28	11:40
Team 3	11:35	11:38	11:50
Team 4	11:45	11:48	12:00
Team 5	11:55	11:58	12:10
Team 6	12:05	12:08	12:20
Team 7	12:15	12:18	12:30
Team 8	12:25	12:28	12:40
Team 9	12:35	12:38	12:50
Team 10	12:45	12:48	1:00
Team 11	12:55	12:58	1:10
Team 12	1:05	1:08	1:20
Team 13	1:15	1:18	1:30
Team 14	1:25	1:28	1:40
Results			1:50

Break 30 minutes

Division-	Stretch/Tumble (3min)	Warm Up Time (7min)	Competition Time (2:30)
Team 1	2:15	2:18	2:30
Team 2	2:25	2:28	2:40
Team 3	2:35	2:38	2:50
Team 4	2:45	2:48	3:00
Team 5	2:55	2:58	3:10
Team 6	3:05	3:08	3:20
Team 7	3:15	3:18	3:30
Team 8	3:25	3:28	3:40
Team 9	3:35	3:38	3:50
Team 10	3:45	3:48	4:00
Team 11	3:55	3:58	4:10
Team 12	4:05	4:08	4:20
Team 13	4:15	4:18	4:30
Results			4:40

Break 30 Minutes

Division-	Stretch/Tumble	Warm Up Time	Competition Time
Team 1	4:45	4:48	5:00
Team 2	4:55	4:58	5:10
Team 3	5:05	5:08	5:20
Team 4	5:15	5:18	5:30
Team 5	5:25	5:28	5:40
Team 6	5:35	5:38	5:50
Team 7	5:45	5:48	6:00
Team 8	5:55	5:58	6:10
Team 9	6:05	6:08	6:20
Team 10	6:15	6:18	6:30
Team 11	6:25	6:28	6:40
Team 12	6:35	6:38	6:50
Team 13	6:45	6:48	7:00
Team 14	6:55	6:58	7:10
Results			7:20

End of Competition

Section VIII
CHEERLEADING
MANUAL

PROGRESSION SHEETS

BUILDING PROGRESSIONS

	Release	Inversion	Twisting	Other	Braided Flips/Rolls
BASIC	<ul style="list-style-type: none"> Release moves to below prep level Horizontal release move to below prep level 	<ul style="list-style-type: none"> Below prep level inversions out of skills (yo-yo, back walk-over) Ground inversions to below prep level Prep level inversion to below prep level Prep level inversion release to below prep level 	<ul style="list-style-type: none"> ¼ to ½ up to prep level ¼ to ½ up to extended Less than Full Twisting transitions to side/prone/ cradle Rewind transition to load from Prep 	<ul style="list-style-type: none"> Prep Cradle Dismount caught from extension Transition from below prep to Prep 1 leg body position Pop off Dismount Extended Target/Liberty Full twisting dismount from 2 legs 	<ul style="list-style-type: none"> Roll to prep level and below (1 or 2) Flip to below prep level (1 or 2)
INTERMEDIATE	<ul style="list-style-type: none"> Release moves to prep level (Quick toss, switch up, Ball up) Prep level tick tock Horizontal release move to prep level 	<ul style="list-style-type: none"> Suspended Rolls include twisting variations Hand to Hand inversion release to below prep level Downward Inversions (waterfall, pancake) Ground inversion to prep level 	<ul style="list-style-type: none"> Full or greater Twisting transitions to side/prone/ cradle Rewind transition to load from extended Full up variations to extended (cross leg, bases moving, multiple connections) Full up to prep level and below variations 	<ul style="list-style-type: none"> Single Base to Prep (Non-Toss) Straight Ride Basket Toss Extended Body Positions Non-twisting "bent leg" toss skills Full twisting dismount from single leg Single base toss to Hands (prep) 	<ul style="list-style-type: none"> Roll to extended level (2) Flip to prep level (2) Roll to extended level (1)
ADVANCED	<ul style="list-style-type: none"> Switch up to extended one leg Release moves to extended (Low to High tick, Ball up, Quick Toss) ½ Twisting Switch up to extended one leg Horizontal release moves to extended 	<ul style="list-style-type: none"> Released inversions to prep level Hand to Hand inversion release to prep Alternate entries (Diamidov) to Hand to Hand, released to prep level Ground inversion to extended 	<ul style="list-style-type: none"> Full up to extended, target, or liberty Full up to extended body Positions Hands full around to extended, target or liberty 	<ul style="list-style-type: none"> Extended single base to extended, target, or liberty Kick full twisting dismount Single skill basket toss (including Twist) Multiple skill basket toss (non-twisting) Toss to Extension, target, or Liberty Extended single base body position ½ up to extended single base 	<ul style="list-style-type: none"> ½ Twisting flip to below prep level (1 or 2) Flip to prep level (1) Side somi load to prep level (1) Full twisting flip to prep level or below (1) Side somi prep level to prep level (1)
ELITE	<ul style="list-style-type: none"> Low to High tick to Body Position ½ Twisting release moves to extended (Low to High tick, Ball up, Quick Toss) High to High Tick Tocks Full Twisting Switch ups Horizontal release move to extended Body Position High to High Tick Tocks (target/lib to Body Position or vis-à-vis) 	<ul style="list-style-type: none"> ½ Twisting inversion to extended Prep level inversion release to extended Ground inversion release to extended 	<ul style="list-style-type: none"> High to high full around – 2 feet Hands 1 1/2 around to extended 1 1/2 up to extended 	<ul style="list-style-type: none"> Single skill basket toss, plus a twist Switch up to extended 1 leg single base Toss to extended body position Double skill basket toss, plus a Twist Single base toss to hands (extended) 	<ul style="list-style-type: none"> Flip to extended level (2) ½ Twisting flip to prep level (1) Flip prep level to extended level (2) Full twisting flip to prep level (1)
SUPER ELITE	<ul style="list-style-type: none"> High to High Tick Tocks (body position to body position) Full Twisting Switch Ups to body position Full twisting release moves to extended (Low to High tick, Ball up, Quick Toss) Horizontal twisting release move to extended 	<ul style="list-style-type: none"> Full Twisting inversions to extended Prep level inversions release to extended body position Ground inversion release to extended body position Hand to Hand inversion release to extended Alternate entries (Diamidov) to Hand to Hand, release to extended Full Twisting Release inversion to extended 	<ul style="list-style-type: none"> Double up to extended Hands double around to extended High to High full around – 1 foot High to High double around Double Dragon Prep to Extended Double Dragon Extended to Extended 	<ul style="list-style-type: none"> Triple Skill Basket Toss plus a Twist Extended single base variations that include twisting/releases (low to high tick tock, full up, ½ switch up) Single base toss to hand (extended body position) Single bases high to high tick tock 	<ul style="list-style-type: none"> Flip below prep level to extended level (1) Flip to extended level landing on a single base (2) Flip prep level or above to extended level (1) Twisting flip to extended level (1) Flip to extended level landing on a single base (1) Twisting flip to extended level landing on a single base (1)

BUILDING PROGRESSIONS

- **Comparative Score (0 - 8.5)** - Progression level of skills performed (Level and Number of Bases), quantity of skills performed, synchronization, variety, pace, and/or use of multiple groups to comparatively score teams.
- **Pace Driver (0.5)** - Stunt sequences have a consistent, quick pace and connection of multiple skills, performed by multiple groups.
- **Variety Driver (0.5)** - Showcasing 3 or more different categories of *applicable skills* (see below), performed by multiple groups.
 - **Categories:** Releases, Tosses, Inversions, Spinning, Single Based, COED Style (Toss or Walk-in Entry - Unassisted)
- **Maximum Participation Driver (0.5)** – A minimum of 3 *applicable skills* (see below) were performed by the maximum number of groups, for stunts. For pyramids, all groups are involved with most of at least 1 pyramid sequence (each group contributes to the pyramid sequence).
 - Based on groups of 4, except Tosses, which assume groups of 5
 - Team size 0 - 7 must have 2 groups performing skills to get this driver for stunts
- **Applicable Skills** -
 - Skills begin or end in a stunt that is vertical (athletes standing in the hands of the bases) at prep level or above, **except** suspended rolls, braced rolls, braced flips landing in a stunt below prep level
 - Twisting must exceed 1/4 turn
 - Dismounts do NOT apply
 - Required number of toss groups must perform the same skill
- **Release Skills** - When scoring difficulty, judges will consider the following: minimum movement of bases, top person's beginning and ending position and completion of the skill.
- **Inversion Skills** – Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip. When comparing inversions, the difficulty of the entry skill will be taken into account. Adding a ¼ turn to release from inverted position will move difficulty up within the established range.
- **Twisting** – When scoring difficulty, judges will consider the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.
- **Extra Bases** – Skills performed using extra bases to execute a skill make the skill significantly lower in the progression – typically dropping a full progression level
- **Body Positions** – Liberty and Hitch are not considered body positions.
- **Braced (Pyramid) Skills** –
 - Skills may be assessed lower in the progression depending on how many bracers are involved with the skill and when the bracer connects with the flyer.
 - Braced Release Skills – When scoring difficulty, judges will consider the following: number of bracers, height/distance between the flyer and bases during the release, movement of the bases, and landing on new bases (if applicable).
- **Braced Flip/Rolls** –
 - The number in parenthesis indicates how many bracers have a hand-to-hand connection with the flyer
 - In terms of progression, starting at a load is the lowest in progression, starting on the ground is the next progression, then starting at a prep is the highest progression

Tumbling Progressions		
Basic (0.0 – 1.7)	Intermediate (1.6 – 3.0)	Advanced (2.9 – 5.0)
Forward/Backward Roll	Front Handspring	Standing BHS Back Tuck
Cartwheel	Round-off Back Handspring (BHS)	Round-off Back Tuck
Back Extension	Aerial	Round-off BHS Back Tuck
Front Walkover	Standing Back Handspring	Cartwheel Back Tuck
Back Walkover	Round-off Series BHS	Standing BHS Series Back Tuck
	Series Standing BHS	Standing Back Tuck
		Round-off BHS Layout
		Round-off Full
		Standing Full
DIFFICULTY DRIVERS <ul style="list-style-type: none"> • TYPE OF SKILL • SYNCHRONIZATION (BY HOW MANY OF THE TEAM) % Should matter when comparing/determining difficulty. • COMBINATIONS OF SKILLS- Examples: Front walkover Round off tuck versus round off tuck. Aerial round off tuck versus round off tuck. Arabian through, whips to skills, BWO BHS (combining skills from 2 suggested ranges) • VARIETY of skills performed 		
SCORING GUIDANCE <ul style="list-style-type: none"> • Look for the largest group skill and find this skills “SUGGESTED RANGE” • Look for any additional synchronized passes and find these skills “SUGGESTED RANGE” • Depending on how many are performed synchronized and the difficulty of these small groups should determine how much you boost the score while comparing to the other tumbling sections already performed/scored • REFERENCE OTHER TEAMS NOTES/SCORES • Look at any single passes and their “SUGGESTED RANGE” (For single passes, really difficult skills may increase scores minimally. Any additional skills may increase scores minimally if comparative to another team and these additional single passes happen to be the difference to rank teams according to skills performed) 		

Section VIII
CHEERLEADING
MANUAL

SCORESHEETS

**NYSPHSAA CHAMPIONSHIP
CHEER SCORE SHEET
OVERALL COVER SHEET**



Team Name

Division

Judge Totals		Points	Score
Judges 1/2		45	
Judges 3/4		55	
Subtotal Total		Possible	Score
		100	

Grand Total		Points	Score
Judges Subtotal		100	
Deduction Totals (Negative Value)		---	
Grand Total		Possible	Score
		100	

NYSPHSAA CHAMPIONSHIP

CHEER SCORE SHEET

JUDGES 1/2



Team Name

Judge 1 Initials

Division

Judge 2 Initials

CHEER PORTION – 25 Points	Points	Score
Presentation of Material		
Encompasses energy, facial expressions (natural), pace and clarity of words, use of formations and motions for crowd coverage, correlation of words to school's name, mascot, colors. Use of motions to either: lead the crowd response (including props) and/or create visual interest.	5	
Execution of Cheer		
Execution of motions including sharpness, placement, synchronization. Spacing of formations. Execution and effective use of props (if used). Volume and inflection of words.	5	
Effective Use of Skills		
Effective use of skills to: Enhance the cheer/response and/or Create visual interest that correlates to the words.	5	
Difficulty of Skills		
Difficulty of skills (Stunts, Jumps, and Tumbling) used in cheer.	5	
Execution of Skills		
How well the skills of the cheer are performed. Skills used are technically correct and strong, synchronization, and overall skill level shown with stunts, jumps, and tumbling.	5	
MUSIC PORTION – 15 Points		
Standing/Running Tumbling - 10 Points		
Execution Entry, Body Position, Arm/Leg Position, Control, Landing, Skill Completion, Synchronization (if applicable)	5	
Difficulty Progression of Skill, Number of Participants, and Synchronization	5	
Jumps – 5 Points		
Approach, Position of Chest, Uniform Height, Uniform Arm Placement, Flexibility, Toe Point, Landing, Synchronization	5	
Overall Effect – 5 Points		
For all elements on this score sheet (Cheer, Tumbling, Jumps): Formations (clear/easily seen, variety of formations, appropriate use of floor), Transitions (creative, minimal downtime, Flow), and Showmanship (confident, natural, excited faces and smiles, engaging, energy maintained).	5	
Total	Possible	Score
	45	

**NYSPHSAA CHAMPIONSHIP
CHEER SCORE SHEET
JUDGES 3/4**



Team Name

Judge 3 Initials

Division

Judge 4 Initials

MUSIC PORTION - 55 Points		Points	Score
Partner Stunts - 25 Points			
Execution Base/spotter Technique, Control, Building Technique, Transition Technique, Flyer Technique, Dismount Technique, Toss Technique (if applicable), Synchronization (if applicable), Timing, Spacing of Groups.	15		
Difficulty Progression of Skill, Number of Groups Performing the skill, Minimal Bases Used, Pace, Transitions, Synchronization	10		
Pace Driver <input type="checkbox"/> Variety Driver <input type="checkbox"/> Max Participation Driver <input type="checkbox"/>			
Pyramids - 20 Points			
Execution Base Technique, Control, Building Technique, Transition Technique, Flyer Technique, Dismount Technique, Toss Technique (if applicable), Synchronization (if applicable), Timing, Spacing of Groups/Connections.	10		
Difficulty Progression of Skill, Number of Groups Performing the skill, Minimal Bases/Bracers Used, Pace, Transitions, Synchronization	10		
Pace Driver <input type="checkbox"/> Variety Driver <input type="checkbox"/> Max Participation Driver <input type="checkbox"/>			
Dance - 5 Points			
Pace, Visual Effects, Variety of Movements, Level/Formation Changes, Foot Work	5		
Overall Effect – 5 Points			
For all elements on this score sheet (Stunts, Pyramid, & Dance): Variety (number of skill categories performed in Stunts & Pyramids), Formations (clear/easily seen, variety, appropriate use of floor), Transitions (creative stunt & pyramid sequences, entries, dismounts, etc.), and Showmanship (confident, natural, excited faces and smiles, engaging, energy maintained).	5		
Total	Possible	Score	
	55		



NYSPHSAA Competitive Cheerleading - Safety Deductions & Violations Score Sheet

Team: _____ Division: _____

Judge: _____

Violations

Performance Errors (2.0) *Non-Choreographed NFHS violations (PE) – cited per occurrence*

Apparel, Jewelry, and Prop Violations (0.5) *NFHS violations involving apparel, jewelry, or props – Cited per occurrence (AV, JV, PV)*

Choreographed Violations (3.0) *Violations that were intended to be performed in the routine – Cited once per rule (CV)*

Rule Citation	Category	# Of Violations	Deduction Value	Violations Total
Comments:				

NYS Deductions

Cheer Time	Overall Time	Time Deductions			Deduction Assessed	Time Deduction Total	
		Min 30 Sec Cheer (-5.0)					
		Overall 4-5 Sec Over (-1.0)					
		Overall 6+ Sec Over (-2.0)					
	Out of Bounds	Athlete Bobble	Building Bobble	Athlete Fall	Minor Building Fall	Major Building Fall	Pyramid Collapse
# Of Infractions							
Value	x 0.5	x 0.25	x 0.25	x 0.5	x 1.0	x 2.0	x 3.0
Sub-Total							
Grand Total							

NYS Deductions 2023 - 2025

Both Competitive and Game Day

Competitive Timing

2:30 Maximum/30 Sec Cheer Minimum - Timing will begin with the first movement, voice or note of the music, whichever comes first. Teams may start in a load position or choreographed position before timing begins. The timing will end when the music ends or the team is done chanting. If teams end in stunts, the timing stops but can still receive applicable deductions. Judges will not issue a deduction until 2:34 for the full routine and less than 29 seconds for the cheer.

- **Cheer Minimum (-5.0)**
- **Overall Routine 4 - 5 seconds over (-1.0)**
- **Overall Routine 6 seconds or more over (-2.0)**

Game Day Timing

3:00 Maximum - Game Day timing will not include the team spurring, rallying, jumping, kicking, or tumbling prior to the start of the routine. Game Day Routine timing will end with the last synchronized voice or note of music. This would include call backs after the music has ended. Judges will not issue a deduction until 3:04 for the full routine.

- **Overall Routine 4 - 5 seconds over (-1.0)**
- **Overall Routine 6 seconds or more over (-2.0)**

Performance Error (2.0)

NFHS rules violations that were not choreographed into the routine. Performance error skills are still counted toward difficulty and execution scoring. Cited per occurrence.

Apparel/Jewelry & Prop Violations (0.5)

- Cited per occurrence
- Additional NYS Hair Rule: Shoulder length and beyond hair must be secured back during Competition.
 - Added to clarify that the expectation for hair applies to all participants on the floor, not just those performing skills.

Choreographed Violations (3.0)

Any NFHS rule violation that was choreographed into the routine. Choreographed Violation skills do NOT count towards difficulty and execution scoring.

**If it is not clear whether it is a choreographed Violation or Performance error (such as when there is a single stunt group) then the official will err on the side of the athlete and give a performance error.*

Out of Bounds (0.5)

One entire hand, foot or body part is completely outside of the performance Surface. Assessed per occurrence.

Athlete Bobble (0.25)

- Landing on hands during tumbling or jumps.
- Tumbling in/out of a stunt transition

Athlete Fall (0.5)

- Landing on head, shoulders, back or other compromising positions during tumbling or jumps
- Drops from airborne tumbling skills to knees

Building Bobble (0.25)

- Stunts, tosses, or pyramids that almost drop or fall.
- Excessive movement of the bases.
- Dropping from below prep level skill.
- Dropping from an extended or prep level skill where at least one foot of support is at/above prep level.
- Dropping from an extended/prep level to a level where at least one foot of support is below prep level.
- Top person incorrectly becomes weight bearing on the bracer(s) of a pyramid (would fall if bracer was not in contact)
- Foot/feet/hand/hands coming in contact with the performance surface during a cradle/prone.

Minor Building Fall (1.0)

Drops and/or Controlled lowering from a building skill or transition during a stunt or pyramid:

- Lowering/Dropping from prep, extended or level in between to a load in, cradle, prone or flat back position.
- Top person incorrectly becomes weight bearing on a spotter.
- Base or spot landing on the performance surface anytime during a stunt, transition, or dismount.
- Dismounts - Incomplete twisting that lands in a prone (on stomach) position.

Major Building Fall (2.0)

Drops to the performance surface from a stunt, pyramid or toss by the top person or more than 1 base and/or spotter. Uncontrolled lowering or drops to a compromising position not listed under building fall.

Major Building Fall will include:

Stunts/Pyramids

- Lowering of a falling top person to the performance surface.
- Dropping to a load in, cradle, prone/flatback position or compromising positions with the top's head going toward the performing surface.

- Multiple bases/spotters or a top landing on the performance surface.

Dismounts/Tosses

- Dismounts that land in upright (feet down) or inverted (head down) position.
- Tosses that land in prone (on stomach), upright (feet down) or inverted (head down) position.

Pyramid Collapse (3.0)

- Building bobbles and falls will be used until a single pyramid has received 3.0 in deductions. Once the pyramid has received 3.0 or more points in deductions, the Pyramid Collapse deduction will be used.
- When multiple pyramids are built at the same time, each pyramid will be treated separately.
- If additional deductions are a result of the initial fall/falls, only 1 Pyramid Fall will be issued for that pyramid.
- Once a pyramid is rebuilt and shows stability, additional deductions can be given.

Game Day Only

Game Day Format Violations (1.0 per bullet point per routine)

- Teams must use recorded marching band music for the Fight Song and Band Chant elements. Teams may use traditional fight song and band chant music or use songs, if they are performed by a traditional marching band. Teams must avoid the use of overly produced or highly synthesized music. Voiceovers and sound effects are not permitted.
- Skills that do not meet the additional skill restrictions for a Game Day Performance:
 - Tosses (basket, sponge, or elevator) are NOT allowed.
 - Inversions are NOT allowed.
 - Twisting Released Dismounts are NOT allowed.
 - Single leg stunts are limited to liberties and liberty hitches.
 - Running Tumbling is NOT allowed.
 - Standing Tumbling is allowed. Connected tumbling skills are NOT allowed and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled Single Back Handsprings would be allowed. Jump tumble (single skill) would be allowed.
 - Tumbling during the Band Chant.
- Stunting outside the allotted restrictions (Band Chant, before a routine begins and in between sections)
- The performance will follow this order: Band Chant, Situational Sideline, Cheer, followed by the Fight Song.
- Exceeding 3 consecutive 8-counts of incorporation during the fight song
 - Building Skills that are stationary prior to the end of the 3rd 8-count may remain stationary until the end of the routine.
 - Dismounts following the completion of the routine will not be included for timing purposes.
- Incorrect Situational Sideline response including calling a general sideline.

NY Competitive Cheerleading Classification Requirements

This document is a resource for sections/leagues that decide to implement the State Championship Classification Requirements throughout the season.

Class Definitions

- Class A: > 1025
- Class B: 555 – 1024
- Class C: 250 – 554
- Class D: < 249
- COED

Team Size Requirements

- **Class A & B:** Utilize 3 stunt groups (min), at some point in the routine, and a maximum number of 24 athletes on the mat
- **Class C & D:** Utilize 2 stunts groups (min), at some point in the routine and a maximum number of 20 athletes on the mat
- **COED:** Utilize 2 stunts groups (min), at some point in the routine and a maximum number of 24 athletes on the mat
- These stunt groups are based on double based groups containing 4 athletes in each group.
- The requirement means that at some point in the routine, the minimum number of groups required must perform stunts or pyramid skills at the same time but are NOT required to perform the same exact skill.

Class Size Violation

Teams that do not meet their class size with either the minimum stunt groups or exceed the maximum number of participants will receive a 3 point Choreographed Violation. See example below:

Violations

Performance Errors (2.0) Non-Choreographed NFHS violations (PE) – cited per occurrence

Apparel, Jewelry, and Prop Violations (0.5) NFHS violations involving apparel, jewelry, or props – Cited per occurrence (AV, JV, PV)

Choreographed Violations (3.0) Violations that were intended to be performed in the routine – Cited once per rule (CV)

Rule Citation	Category	# Of Violations	Deduction Value	Violations Total
Class Size violation	CV	1	3.0	

Section VIII
CHEERLEADING
MANUAL

AWARDS CRITERIA

Section VIII Cheerleading County Awards

Scholar Athlete – Given to the athlete on your team, no matter what grade, who has the highest weighted GPA

Coaches Award – Given to an athlete on your team who is extremely dedicated and passionate about cheer. This athlete exhibits qualities such as being coachable, displaying good sportsmanship, and presenting a positive attitude. He or she is a person you can rely on and someone who embodies what it means to be a cheerleader.

All Class Award – Given to one of the best athletes on a team that executes all cheerleading skills at a high level.

All County Award – Given to the best overall athlete on a team. This person executes stunts, tumbling and skills at the highest level possible and is an asset both on and off the mat.

Assistant Coach of the Year – This coach must possess the following criteria; be an integral contributor to the growth and success of the program, show a commitment to cheerleading education, be key in player development, and must strive for a commitment to excellence.

Coach of the Year – This award is to honor a coach who has demonstrated a sound ability to develop and improve individual and team performance throughout the year by promoting sportsmanship, fairness, participation, respect, and upholding the rules, values, and goals of Section VIII.

Keane Award – Given to the best athlete in Nassau County. The criteria are a written coaches recommendation, a 3 minute video of the athlete performing all skills at the highest level; stunting, tumbling, jumping, cheer etc. The athlete also must display good character, athletic ability, and show outstanding performance on and off the mat.

Position Awards – Given to the best position athlete in each class who best performs skills at the highest level.

Best Main Base

Best Side Base

Best Flyer

Best Back Spot

Best Tumbler