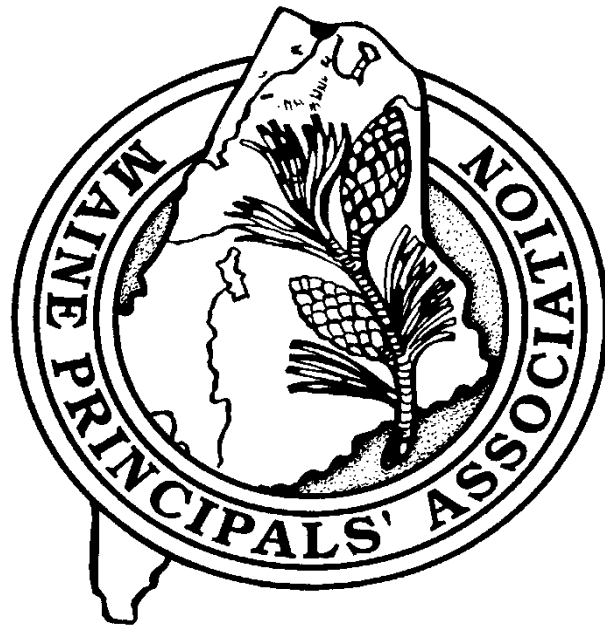


*MPA Fall
Cheer Coach Manual*



Build School Spirit
2016 Season

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Direct all National Federation Rules Interpretation Questions to:

Denise Gelinas: ggelinas@maine.rr.com

Susan Hartnett: sehartnett@comcast.net

All other questions should be addressed with your Athletic Director

Important Web Sites:

The Maine Principals' Association: www.mpa.cc

The Maine Principals Association Fall Spirit Bulletin:

<http://www.mpa.cc/images/bulletins/bulletin%20fall%20cheering.pdf>

Maine Cheer Officials: www.mainecheerofficials.com

The National Federation: www.nfhs.org

AACCA - American Association of Cheerleading Coaches & Administrators:
www.aacca.org

Site that helps to clarify legal stunts and pyramids – www.cheerrules.com

CheerSafe (Take the pledge) www.cheersafe.com

Maine Cheer Coaches Association Facebook Page:

<https://www.facebook.com/pages/Maine-Cheering-Coaches-Association/327631778673>

To: Fall Cheering Coaches,

This packet is to give you the necessary information you will need for the fall season. There have been some National Federation Spirit Rule changes and clarifications for the 2016 -2017 seasons, which all coaches/volunteers need to abide by to ensure that the athletes will have a safe and positive fall season. These rules are put into place for the Maine Cheer Programs to help reduce the risk and liability to all that are involved.

The fall season is not to be a preparation season for the winter/competition season. This season should be for promoting school spirit. The fundamentals of cheerleading can be used to promote school spirit and to get the crowd involved in supporting the team(s) that they are cheering for throughout the season. Remember, the advanced/elite skills are not necessary when trying to promote school spirit. The Maine Principals' Association expects all cheer coaches in Maine to abide by the National Federation Rules throughout the season. Additionally, there are rules such as twist dismounts and basket tosses put in place by the MPA Cheering Committee that are not permitted on grass (real or artificial) and rubberized tracks. These skills should be eliminated entirely during the fall season. Mats should not be taken out by the fall teams to perform these skills. These rules are to help prevent injuries. The intent is not to ground bound all fall cheer teams but to focus on the athletes safety throughout the season. If a team is reported intentionally violating a cheer rule such as stunting on wet grass, performing basket tosses, wearing jewelry, etc., the situation will be investigated by the MPA. If found that this team is intentionally violating the rule(s) that are in place, then that team will be ground bound for the remainder of the season. So if in doubt of the legality of something, then do not have your team perform the skill(s).

Teams should be aware of the conditions of the performing surface that they are cheering on during practice, warm-ups and at games. Warm days and cool nights usually create a surface that is wet and slippery. These wet surfaces are unsafe to stunt and tumble on during practices and at games, especially in the evenings. It is considered a violation if a team is stunting and tumbling on this type of hazardous surface. Please consider all the potentially dangerous cheer surfaces before putting valuable time in a routine that is unable to be performed due to weather conditions during game time.

All cheer coaches/volunteers must meet MPA Coaches Eligibility requirements. Along with the general eligibility coaching requirements, all Maine cheer coaches also need: ACCA Certification – <http://aacca.org/content.aspx?item=News/online-cheer-safety-course.xml>

Lastly, the copyright laws for cheer music has been a national topic throughout the summer. The copyright laws have been in effect since the 1970s and are in place to protect the work by artists and to ensure they are compensated for their creation of music. The licenses the MPA is looking into will cover the MPA playing the music at their events but it is the responsibility of the school, coach, and/ or sponsor to make sure the school is in compliance. The MPA is providing the following information regarding the

use of copyrighted music in cheer for the fall which may include using music during rallies, games, or any cheer routines in general.

The information provided in this manual as well as the resources listed does not take the place of contacting an attorney for specific questions that you may have in regards to the copyright law. This is not a cheer rule but the copyright law.

Thank you for your time and please read thoroughly through the information in this packet. There are many important pieces of information necessary for you as coach, especially for liability reasons. Please share the NFHS and the MPA rules with not only all the coaches involved but also share with your cheer team and their families.

Have a fun but safe season!



Spirit Rules Changes - 2016 - 2017

*Please note that not all rule changes apply to fall cheering.

By NFHS
Rules change

BOOK REORGANIZATION

Cheer and Dance/Drill/Pom will now follow completely separate performance safety rules.

Rule 1 – DEFINITIONS (All spirit groups)

Rule 2 – GENERAL RISK MANAGEMENT (All spirit groups)

Rule 3 – CHEERLEADING RISK MANAGEMENT (Cheerleading only)

Rule 4 – DANCE/DRILL/POM RISK MANAGEMENT (Dance/Drill/Pom only)

Note: Rule changes and additions are underlined; Old language is lined through. *Asterisk indicates that the rule number will change with book reorganization.

1-Definition: Bracer – “A top person ~~who stabilizes and/or assists~~ is connected to another top person.”

1-Definition: Cradle Position (NEW) – “A face-up open-pike position.”

1-Definition: Quick Toss – “A release that begins with the top person ~~in~~ having both feet in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.”

*2-4-7: A spotter is required for extended stunts except for the following:

1 a. Chair

2 b. Russian lift

3 c. Torch

4 d. Double-base split catch

5 e. Double-base vertical T-lift

6 f. Triple-base stunts in which the top person is horizontal

7 g. Triple-base suspended splits

8 h. Triple-base straddle sit in which the top person has both hands in contact with a post.

(Note: f. All bases of triple-base Swedish fall are no longer required to face the top person.)

*2-5-2: ART. 2 (NEW) . . .An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.

*2-5-3 a, b: ART. 3 . . .Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:

a. Braced inversions that do not release must follow non-release stunt Rule *2-6.

b. Braced inversions that release must follow release transition Rule *2-7- 5.

(Note: Old a. was deleted, meaning that braced flips can start from a single base.)

*2-5-4: ART. 4 . . .Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:

a. The top person maintains continuous hand-to-hand/arm contact with ~~a bracer on each side~~ two bracers who are in multi-base preps with a spotter. The top person is not behind the bracers.

*2-5-5: ART. 5 . . . In all other inversions:

Old a. replaced by new Art 2

a. A top person in an inverted position on the performing surface may be released to a loading position below prep level. (old exception to b.)

b. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.

c. A release transition from a static inverted position to a non-inverted position is allowed provided:

1. The top person lands at or below prep level.

2. The top person does not twist more than ¼ rotation.

3. There is a spotter.

d. In inversions in which the base of support begins and remains below prep level:

1. At least one base or spotter must be in a position to protect the head/neck of the top person. (old b.-no change)

2. The base or spotter 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.

e. In inversions where the base of support begins at or passes through prep level: (old c.-no change)

1. At least two people on the performing surface must be in a position to protect the head/neck of the top person.

2. The bases/spotters 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.

EXCEPTION: In a foldover stunt, the top person may initiate the inversion without upper body contact.

3. The top person must not go directly to an inverted position on the performing surface from a prep level or higher.

f. 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.

g. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person begins in a static or "pump and go" position (i.e., handstand) and ~~does not perform any skill (e.g., toe touches, twists, etc.)~~ does no more than a one-quarter turn. Dismounts to the performing surface from shoulder height or above must follow Rule *2-9-2.

*2-6-3 Also Rule 4: ART. 3 (NEW) . . . A participant must not jump unassisted onto the back of a base who is in a horizontal position.

*2-6-4: ART. 3 4 . . . In pyramids where one static extended stunt braces another static extended stunt the connection must be hand/arm to hand/arm.

*2-7-2 New b: ART 2 . . . In all release stunts and tosses:

b. (new) The top person must not land in an inverted position.

*2-7-4: ART 4 (NEW) . . . A switch liberty is permitted as an exception to Art *2-7-2 and *2-7-3

*2-7-5b: ART. 5 . . . Release transitions are permitted provided all of the following conditions are met throughout the transition:

b. The top person maintains hand-to-hand/arm contact with at least one bracer except for the following:

1. A non-braced top person in a vertical position at prep level may be released to a stunt at any level provided the top person remains vertical.

2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to a loading position or stunt prep level or below.

2-7-8: Delete ART 8 . . . A top person in a flatback position shoulder

~~height or below or in a cradle may be released to a loading position or stunt shoulder height or below.~~

*2-7-11: ART. 11 . . . (NEW) A quick toss is permitted.

*2-8-2: ART 2 . . . Non-braced suspended splits that originate from or pass through prep level or above are permitted provided ...”:

a. ...At least ~~four~~ three bases slow the momentum of the top person.

b. The top person has both hands in contact with a base(s) once she reaches the full split position.

c. At least ~~three~~ two of the bases support under the top person’s legs, and the ~~fourth~~ third base may support under the legs or be in contact with the top person’s hands.

*2-9-3: Dismounts to the performing surface from shoulder height or above that involve a skill (e.g. toe touch, twist, etc.) require ~~assistance from~~ assistance is required from at least one base or spotter. This assistance must be sufficient to slow the momentum of the top person.

*2-12 (NEW): SECTION 12 (NEW) CHEERING ON PROPS AS BASES

ART. 1 . . .The height of the prop must not exceed 3 feet.

ART. 2 . . .Jumps and/or stunts are not permitted on props.

(NEW) Rule 4: The following stunts and releases will not be permitted in Dance/Drill/Pom.

ART. Stunts/lifts in which base(s) support(s) an extended top person under the foot/feet.

ART. Tosses.

ART. Braced release stunts and braced release transitions

ART. Braced flips

ART. Switch Liberties

ART. Single base stunts in which the base is the only primary support for two extended top persons

ART. Single base stunts in which the base uses only one arm to support an extended top person.

Note: These restrictions are intended to minimize risk for high school dancers who are generally not properly trained to execute higher level stunts, releases and inversions that require lead-up skills and progressions.

*3-1-5b: Art. 5...Dance, drill and pom teams must wear footwear that is appropriate for the activity.

a. At minimum footwear must cover the ball of the foot.

EXCEPTION: Dancers who perform on a floor cover may be barefoot.

b. Footwear that covers the entire foot /feet with non-slip soles must be

worn for the following.

1. Stunts/lifts at prep level or above in which the top person's foot/feet are in the hand(s) of a base(s).

2. Airborne tumbling with the exception of front and side aerials

3-7 Delete Section: ~~SECTION 7 – ASSISTED INVERTED FLOOR SKILLS~~

(Note: This section is no longer needed; inversion rules apply)

Spirit Rules Corrections - 2016-17

By NFHS on August 11, 2016

spirit
Share

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. Robert B. Gardner, Publisher, NFHS Publications © 2016
Corrections to Rules Book:

Page 20 – SITUATION A should read as follows:

3.3.5 SITUATION A: The top person in a braced flip is assisted by: (a) one bracer in a double-base prep and one person on the floor; (b) two bracers, one on the side and the other behind the top person; (d) two bracers in double-base preps. RULING: ~~(a) and (b) illegal; (c) and (d) legal~~ (a), (c) and (d) legal; (b) illegal.

Page 72 – Top pictures should say ~~ILLEGAL~~ LEGAL.

Illustrations	2016-17 NFHS Spirit Rules	Page 72
Rules 3-5-5b and 4-5-3 RELEASE STUNTS/TRANSITIONS		



~~LEGAL-ILLEGAL~~ (Swan Dive)

A top person in a cradle position may be released to prep level or below.

The Role of a Cheerleader

True Role of a Cheerleader

(See Cheerleading Philosophy pg. 7 & 8 in the Spirit Rules Book & Sportsmanship pg. 14 Rule 2-2-1 & 2-2-2)

- * Promote school spirit not only during games but throughout the season and in school for all sports.
- * Coaches and cheerleaders are role models not only for the school but also for the community.
- * Stretching and warm-ups should not be done directly in front of a crowd. It should be done in area away from the crowd.
- * Cheerleaders should show respect for the flag by standing at attention and not talking during the National Anthem.
- * In order to get the student body involved cheerleaders need to earn their respect.
- * Get the crowd of all ages involved. Use appropriate cheers and do not taunt the opponent.
- * Go back to the basics. Utilize your materials such as signs, the band, and incorporate crowd cheers. Create easy cheers such as “response cheers”. Pyramids and stunts are done to excite the crowd. Remember: more difficult stunts do not always capture the audience.
- * Go back to being “Cheer Leaders”.
- * Be aware of your team’s behavior- during pre-game, during the game, and after the game. Are the cheerleaders organized and enthusiastic? Does the team complete their time-out, quarter cheer, or half time routine and then walk off having discussions? Or do they try to get the crowd excited?
- * Make sure the cheer team knows the rules of the game that they are cheering for – know when it is appropriate to cheer.
- * Cheer teams and coaches need to respect the rules and regulations of the opposing school when traveling to away games.
- * When there is an injured player on either team cheerleaders should behave appropriately either by standing quietly until the player is recovered or removed from the field. This is not a time for discussions.
- * Opposing players, coaches, administrators, officials, and fans should be treated with respect. This extends outside of the game especially with social media.

Game situations for the fall season- Safety Issues

NFHS and MPA Rules are in effect at all times when student athletes are participating in practices, games, camps, or any other event(s) throughout the year.

- * No jewelry permitted- not even belly button rings, spacers, or nose rings.
- * Hair must be pulled back in a ponytail and out of the face.
- * Uniforms must be appropriate for the sport.
- * Rhinestones that are punched, sewn or glued on uniforms are legal. Rhinestones woven into the hair or glued on the face are illegal. Any other use of rhinestones being used on accessories such as socks, shoes, bloomers or bows is illegal.
- * No chewing gum.
- * No swearing.
- * Keep talking to a minimum. Athletes must be attentive at all times.
- * Please be aware of your surroundings and alter your skills to be safe and suitable for the facility or cheering surface.
- * Stunting and tumbling are prohibited when the grass, real or artificial, or the track surface, are wet.
- * No stunting or tumbling when the ball is "in play". The ball is "in play" during the team's warm-up session and during game time. **Remember:** people are watching the game so stunting during the time the ball is in play is not the appropriate time.
- * In the State of Maine - Basket tosses, multi-base tosses, or twists from dismounts are prohibited during the fall season on any type of surfaces.
- * Perform only perfected material.

EMERGENCY ACTION PLAN

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:		Activity:	
1	911 TEAM	2	CPR/AED TEAM
CALL 911	START CPR	GET THE AED	GET THE ATHLETIC TRAINER
CALL 911. Explain emergency. Provide location.	START CPR	GET THE AED	GET THE ATHLETIC TRAINER
PRACTICE	PRACTICE	PRACTICE	PRACTICE
EVENTS	EVENTS	EVENTS	EVENTS
Closest Phone	1. Position person on back.	Closest AED	Closest AED
EMS Access Point	2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression.	Student 1	Student 1
Street Intersection	3. Take turns with other responders as needed	Student 2	Student 2
Student 1	Coach	GET THE ATHLETIC TRAINER	
Student 2	Student 1	Typical location	Student 1
MEET AMBULANCE at EMS Access Point. Take to vic. tim.	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Student 1	Student 1
PRACTICE	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Student 2	Student 2
EVENTS	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.	
Entry Door/Gate	1. Remove clothing from chest.	4	
Student 1	2. Attach electrode pads as directed by voice prompts.		
Student 2	3. Stand clear while AED analyzes heart rhythm.		
MEET AMBULANCE at EMS Access Point. Take to vic. tim.	4. Keep area clear if AED advises a shock.		
PRACTICE	5. Follow voice prompts for further action.	HEAT STROKE TEAM	
EVENTS	6. After EMS takes over, give AED to Athletic Administrator for data download.	PRACTICE	EVENTS
Entry Door/Gate	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Tub Location	Tub Location
Student 1	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Water Source Location	Water Source Location
Student 2	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Ice Source Location	Ice Source Location
CALL CONTACTS. Provide location and vic. tim. name.	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Ice Towel Location	Ice Towel Location
NAME	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Student 1	Student 1
CELL	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	Student 2	Student 2
Athletic Trainer	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	1. Remove equipment/excess clothing. Move to shade.	
Athletic AD	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	2. Immerse athlete into cold ice water tub, stir water. If no tub: cold shower or rotating cold, wet towels over the entire body	
Student 1	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	3. Monitor vital signs.	
Student 2	WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	4. Cool until rectal temperature reaches 102°F IFATC or MD is available.	
1. Remove equipment/excess clothing. Move to shade.			
2. Immerse athlete into cold ice water tub, stir water. If no tub: cold shower or rotating cold, wet towels over the entire body			
3. Monitor vital signs.			
4. Cool until rectal temperature reaches 102°F IFATC or MD is available.			
a. If no medical staff, cool until EMS arrives.			
b. If no medical staff, cool until EMS arrives.			



Stunt Progressions

PROGRESSIONS - As with any athletic activity, it is the coach's responsibility to ensure that team members demonstrate proficiency with lower level skills before progressing to more advanced skills. Just as the prudent football, field hockey or volleyball coach does not allow a player to take the field without adequate skills and preparation, the prudent spirit coach **will not allow** her/his participants to perform skills for which they are **not** adequately trained. These progressions are general in nature, and do not attempt to list every skill. All spirit stunts should be learned according to accepted progressions which means from **lower to higher** from **easy to more complex**.

Please note that the performance and safe execution of specific stunts, tosses and tumbling requires that they are limited to mats, grass or rubberized tracks as stated in the NFHS rules book. You should review this area and become very familiar with these specific performance skills and the appropriate surfaces on which they are allowed.

Partner Stunt Progression:

1. Step-up drills
2. Double-base thigh stand
3. Double-base shoulder stand
4. Single-base shoulder stand
5. Extension prep, step off dismount
6. Cradle drills
7. Extension prep, cradle dismount
8. Press extension, return to shoulders, cradle dismount
9. Press extension, cradle dismount
10. Full extension Step-up Liberty
11. Ground-up Liberty
12. Braced liberty tick-tock
13. Skills to cradles (i.e. toe touches and twists)
14. Basket toss drills ("rides")
15. Basket toss skill execution (i.e. toe touches and twists)

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

Partner Stunt Progression Score Sheet - SAMPLE SHEET

1- 10 Points

Name/ #	Thigh Stand 0-1-2	Prep Stand 0-1-2	Extension 0-1-2	Extension Retake 0-1-1.5-2	1 Legged Retake 0-1-1.5-2

Description: 2 tries in different groups. This allows you to see they can fly or base with different people - Use both scores or take the higher score for each individual that you are scoring. Both scores shows that groups can all do their job with different

*** Thigh Stand * Prep. Stand Level, * Extension Level:**

0=Missed / 1 = Shaky / 2= Solid & Clean

(No half points because this is a requirement to proceed to the next level and they should be hitting these stunts at this level.

Last 2 Requirements shows a variation of 2 skills giving them the option to retake or power press.

***Retake or Power Press – basic extension – Show-n- go** *Ex. Extension retakes to Awesome or extension retake to extension.*

& 1 Legged Retake or Power Press

0= Missed / 1 = Shaky / 1.5 Wobble / 2 = Solid & Clean

Definitions:

Missed = never hit the stunt/ so shaky it should have come down.

Shaky = Showing movement throughout the stunt but stunt stands.

Wobble= A quick loss of balance but cleaned up & end solid.

Clean = Stunt that starts and ends solid and clean.

2016 Fall Season Roster Form Check-out & Return & Paid Sheet

Name	Shell	Skirt	Pants	Jackets	Poms	Socks	Shoes	Briefs	Paid