

# 2019-20 NCHSAA Cheerleading

**Brad Alford**  
Director of Sports and Championships





# 2019-20 NFHS SPORT RULES POWERPOINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.®





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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- VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.





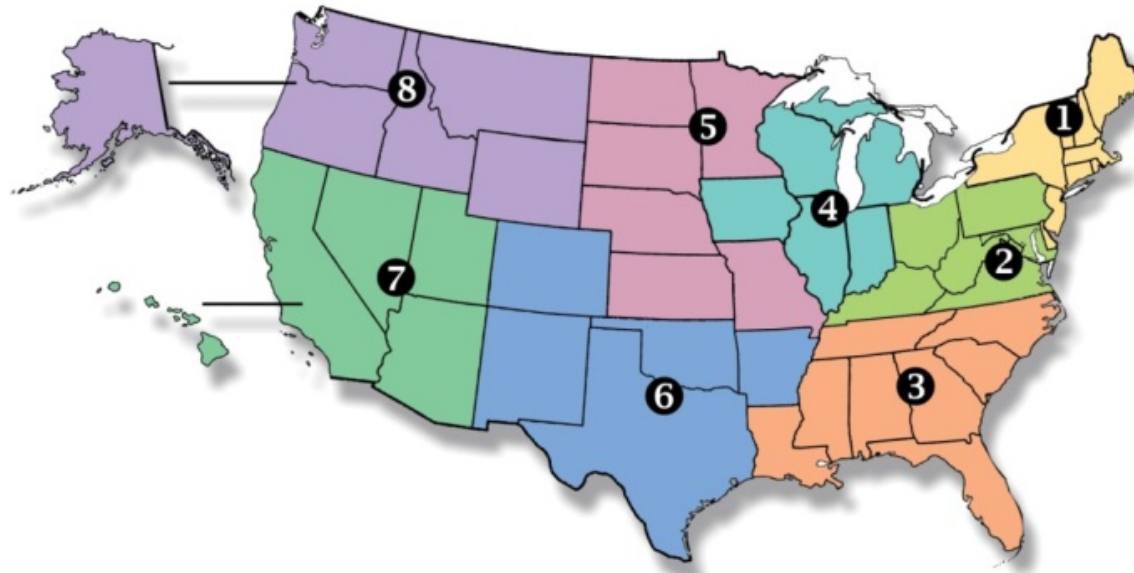
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leadership organization for high school sports and fine arts activities;
  - National authority on interscholastic activity programs.
  - Conducts national meetings;
  - Sanctions interstate events;
  - Produces national publication for high school administrators;
  - National source for interscholastic coach training and national information center.



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



# NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield  
Chief Operating  
Officer



Lindsey Atkinson  
Volleyball



Bob Colgate  
Football and Sports  
Medicine



Sandy Searcy  
Softball and  
Swimming & Diving



Elliot Hopkins  
Baseball and  
Wrestling



Julie Cochran  
Cross Country,  
Gymnastics, Field  
Hockey and  
Track & Field



James Weaver  
Boys and Girls  
Lacrosse and Spirit



Theresia Wynns  
Basketball and  
Soccer



Dan Schuster  
Ice Hockey





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.



# NFHS RULES BOOK AS E-BOOKS

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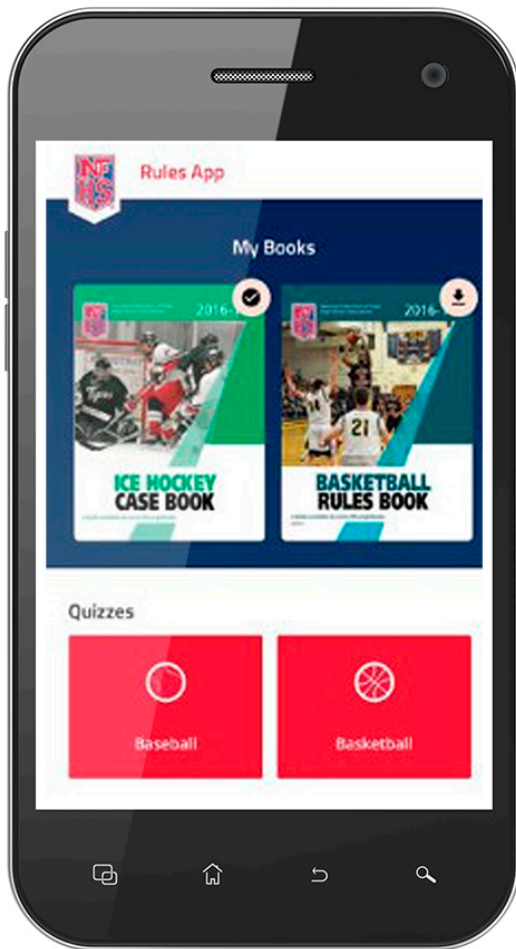
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  - [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information







# Rules Changes

**2019-20 NFHS SPIRIT**



## DEFINITIONS

- **Dive Roll** – An airborne forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.
- **Switch Up** – A stunt in which a top person starts with one foot on the ground, is released, and lands in a vertical stunt on one foot or both feet.

## GENERAL RISK MANAGEMENT

2-1-7

**ART. 7 ...** Performing surfaces and areas must be suitable for spirit activities.

a. Surfaces and areas must be reasonably free from objects and/or impediments.

b. Stunts and tumbling must be modified to be appropriate for the surface and/or area and in relation to other participants.

(New) c. When using props that are made of hard material or have sharp corners or edges:

1. A top person may not release the props to the ground.
2. A person on the ground must gently toss or place the props





## PROPS CLARIFICATION 2-1-7, 3-2-1

2.1.7c. When using props that are made of hard material or have sharp corners or edges:

1. A top person may not release the props to the ground.
2. A person on the ground must gently toss or place the props

3-2-1 A base must not:

- a. Assume a back-bend, headstand or handstand position.
- b. Hold objects in a hand that is supporting a top person.

**\*A base must not hold props that are made of hard material or have sharp corners or edges\***



## APPAREL/ACCESSORIES

**2-1-11**

**ART. 11** ... Supports, braces, casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps, or tumbling.



## STUNTING PERSONNEL 3-2-7, 4-2-7

**ART. 7...**A spotter is required for extended stunts or transitions that stop in an extended position except for the following:

- a. Chair
- b. Russian lift
- c. Double-base split catch
- d. Double-base vertical T-lift
- e. Triple-base stunts in which the top person is horizontal
- f. Triple-base suspended splits
- g. Triple-base straddle sit



## STUNTING PERSONNEL 3-2-8, 4-2-8

**ART. 8...**A spotter is required for single-base prep-level stunts in which the foot/feet of the top person are in the hands of the base and tosses to single-base shoulder stands.

# INVERSIONS

3-3-3b5

3-3-3c

- **(New) ART. 3b5...** When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.
- **(New) ART. 3c...** The top person and at least one bracer maintains hand-to-hand/arm contact.

## INVERSIONS

3-3-5

**ART. 5...** Braced flips in a pyramid are permitted provided all the following conditions are met:

- a. Both of the top person's hands/arms are in continuous contact with a bracer. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and bracer.
- d. Bracer(s) must be in a multi-base prep with a spotter.
- e. The top person must be to the side of or in front of the bracer(s).
- f. ~~The bases/catchers remain stationary except as necessary for safety adjustments.~~
  - Remaining subrules renumbered





# INVERSIONS

3-3-6a

**ART. 6a....** In all other inversions:

a. Inversions may release to the following provided there is a spotter:

1. Non-inverted dismounts with no more than a  $\frac{1}{2}$  turn.
2. Loading position with no more than  $\frac{1}{2}$  turn.
3. A stunt at any level with no twists.



# INVERSIONS

3-3-6c, 4-3-6c

## ART. 6c....In all other inversions:

c. In inversions where the base of support begins at or passes through prep level:

1. At least two people on the performing surface shall be in a position to protect the head/neck of the top person
2. Contact must be maintained between at least one base and the top person's upper body, (waist and above, which may include arms/hands) until the top person is no longer inverted or their hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
  - Renumber current 2 and 3

### EXCEPTIONS:

A foldover that begins at or below prep level and does not stop in an extended position is allowed. When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.



## INVERSIONS

3-3-7, 4-3-7

**ART. 7...** An inverted top person must not hold objects (poms, signs, etc.) in his/her hands, except during a transition from an inverted position on the performing surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.



## NON-RELEASE STUNTS 3-4-4 (DELETE) 3-4-8, 3-4-9

**ART. 4...** A top person may be moved from a vertical position to a horizontal position or cradle position provided all the following conditions are met:

- a. The top person maintains contact with at least one original base, post or spotter.
- b. At least two catchers and/or bases catch the upper body of the top person.
- c. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.
- d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, there are three catchers.

- Delete 3-4-8, 3-4-9





## NON-RELEASE STUNTS 3-4-12, 4-4-5

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~~ART. 12 ... A flip from the performing surface that lands in a partner stunt or cradle is not permitted.~~

## RELEASE STUNTS/TOSSES

3-5-4  
4-5-2c

ART. 4 ... A switch up caught by the original bases is permitted as an exception to Articles 3-5-2 and 3-5-3.



## RELEASE STUNTS/TOSSES

3-5-5b  
3-5-5e

**ART. 5b** ...The top person and at least one bracer maintains hand-to-hand/arm contact except for the following skills, in which the top person may not change bases:

1. A non-braced top person in a vertical position at prep level or above may be released to a stunt at any level provided the top person remains in a position where the upper body remains vertical and the legs are not in a seated/piked position. Vertical releases from an extended position to an extended position may not perform more than a ¼ twist.

**ART. 5e** ...The released top person and base(s) make no more than a ¼ turn around the bracer.



## **SUSPENDED STUNTS 3-6-2b, 4-6-2b**

**ART. 2** ...Non-braced suspended splits that originate from or pass through prep level or above are permitted provided all the following conditions are met:

- a. At least 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.

**EXCEPTION:** Top person may release one hand to grasp the hand of another base, post, or bracer to adjust his/her position.



## SUSPENDED STUNTS

3-6-3, 4-6-3

**ART. 3** ...Braced suspended splits are permitted provided all the following conditions are met:

- a. The top person has at least two bases.
- b. The top person and at least one bracer maintain continuous hand-to-hand/arm contact.
- ~~c. The top person and bracer(s) each have a separate spotter with the exception of bracers in shoulder sits or thigh stands.~~
- ~~d. The bracer(s) maintain hand/arm contact with the top person until he/she is no longer in a split position.~~





## DISMOUNTS

3-7-9

**ART. 9** ...In cradle dismounts where a bracer is involved after the bases release the top person, all the following conditions must be met:

- c. Each top person and bracer has a separate spotter with the exception of bracers in double based preps, shoulder sits or thigh stands.
- d. The bracers do not provide primary support for the top person and remain in place during the dismount.
- e. The top person makes no more ¼ around the bracer in a continuous movement.
- f. When the top person is released to new catchers, the catchers must be in place prior to the initiation of the release and are not part of any other skill.



# INVERSIONS

4-3-3c

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**(New)ART. 3c ...The top person and at least one bracer maintain a hand-to-hand/arm contact.**



## NON-RELEASE STUNTS/LIFTS 4-4-3

**ART. 3** ...Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.



# NON-RELEASE STUNTS/LIFTS 4-4-4 (DELETE) 4-4-9, 4-4-10

**ART. 4** ... A top person may be moved from a vertical position to a horizontal or cradle position provided all the following conditions are met:

- a. The top person begins at or below prep level and does not pass through an extended position.
- b. The top person maintains contact with at least one original base or spotter.
- c. At least two catchers and/or bases catch the upper body of the top person.

(Deleted Previous D)

- d. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.



## RELEASE STUNTS

4-5-3

**ART. 3** ... Non-braced release stunts and transitions are permitted:

- a. The top person must begin and end at prep level or below. The top person may begin and end in a vertical ~~or horizontal~~ position or a cradle.





# Editorial Changes

**2019-20 NFHS SPIRIT**



## ENTIRE BOOK

- **Gender Neutral...**
  - The NFHS will be starting the process of making the Spirit Rules Book gender neutral. This will do away with he/she and changed to they. These changes should be completed by the 2020-2021 Spirit Rules Book.



# DEFINITIONS

1-1

- **Extended Stunt/Position...**
  - Correct Photos on page 52
  - Added Situation in 3-2-1b



## APPAREL/ACCESSORIES 2-1, 3-1, 4-1

- **Section 1...** Rules that apply to both Cheer and Dance have been consolidated under Rule 2 to be more consistent with Rule 2 being a general rule for all spirit activities.



# INVERSIONS

3-3-1

- **ART. 1...**~~Unless allowed under the rules~~ permitted in this section, a top person must not be in an inverted position.







# Corrections

**2019-20 NFHS SPIRIT**



## CORRECTION

3-3-6c, 4-3-6c

### ART. 6c....In all other inversions:

c. In inversions where the base of support begins at or passes through prep level:

1. At least two people on the performing surface shall be in a position to protect the head/neck of the top person
  2. Contact must be maintained between at least one base and the top person's upper body, (waist and above, which may include arms/hands) until the top person is no longer inverted or their hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
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### EXCEPTIONS:

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## CORRECTIONS

### 3-3-5

**ART. 5...** Braced flips in a pyramid are permitted provided all the following conditions are met:

- a. Both of the top person's hands/arms are in continuous contact with a bracer. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and bracer.

### 3-5-4

**ART. 4 ...** A switch up caught by the original bases is permitted as an exception to Articles 3-5-2 and 3-5-3.







# Points of Emphasis

**2019-20 NFHS SPIRIT**





# POINTS OF EMPHASIS

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- Application of NFHS Spirit Rules Book
- Risk Minimization
- Contact Injury





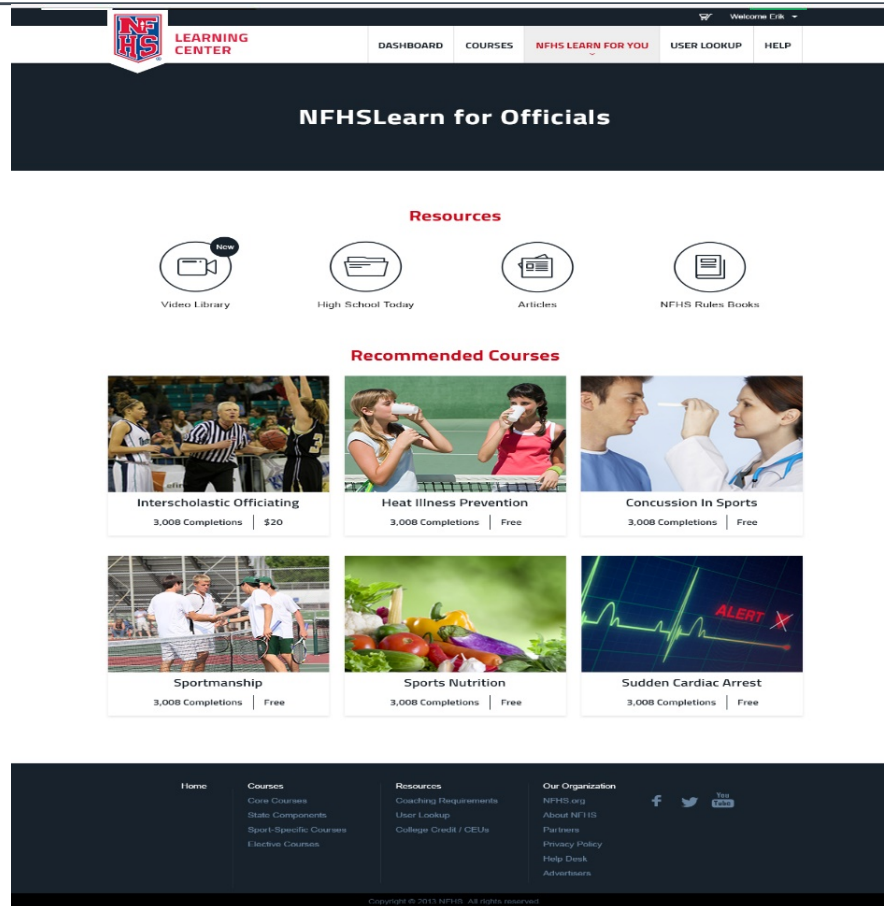


**NFHS OFFICIALS EDUCATION**



# SPORTS-SPECIFIC OFFICIATING COURSES

## WWW.NFHSLEARN.COM



The screenshot shows the NFHS Learning Center website. At the top is a navigation bar with the NFHS Learning Center logo and links for DASHBOARD, COURSES, NFHS LEARN FOR YOU, USER LOOKUP, and HELP. Below this is a dark banner with the text "NFHSLearn for Officials". The main content area is titled "Resources" and features four icons: Video Library, High School Today, Articles, and NFHS Rules Books. Below the resources is a section titled "Recommended Courses" with six course cards. Each card includes a thumbnail image, the course title, the number of completions, and the cost. The footer contains a dark navigation bar with links for Home, Courses, Resources, and Our Organization, along with social media icons and a copyright notice.

**Resources**

- Video Library
- High School Today
- Articles
- NFHS Rules Books

**Recommended Courses**

Course Title	Completions	Cost
Interscholastic Officiating	3,008 Completions	\$20
Heat Illness Prevention	3,008 Completions	Free
Concussion In Sports	3,008 Completions	Free
Sportmanship	3,008 Completions	Free
Sports Nutrition	3,008 Completions	Free
Sudden Cardiac Arrest	3,008 Completions	Free

**Footer Navigation:**

- Home
- Courses
  - Core Courses
  - State Components
  - Sport-Specific Courses
  - Elective Courses
- Resources
  - Coaching Requirements
  - User Lookup
  - College Credit / CEUs
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- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results



# NFHS OFFICIALS EDUCATION SPORT-SPECIFIC COURSES

## ■ Courses Available

- Officiating Football
- Soccer – Fouls and Misconduct
- Swimming and Diving
- Officiating Wrestling
- Officiating Basketball
- Umpiring Softball
- Officiating Volleyball – Ball Handling

## ■ Future Courses

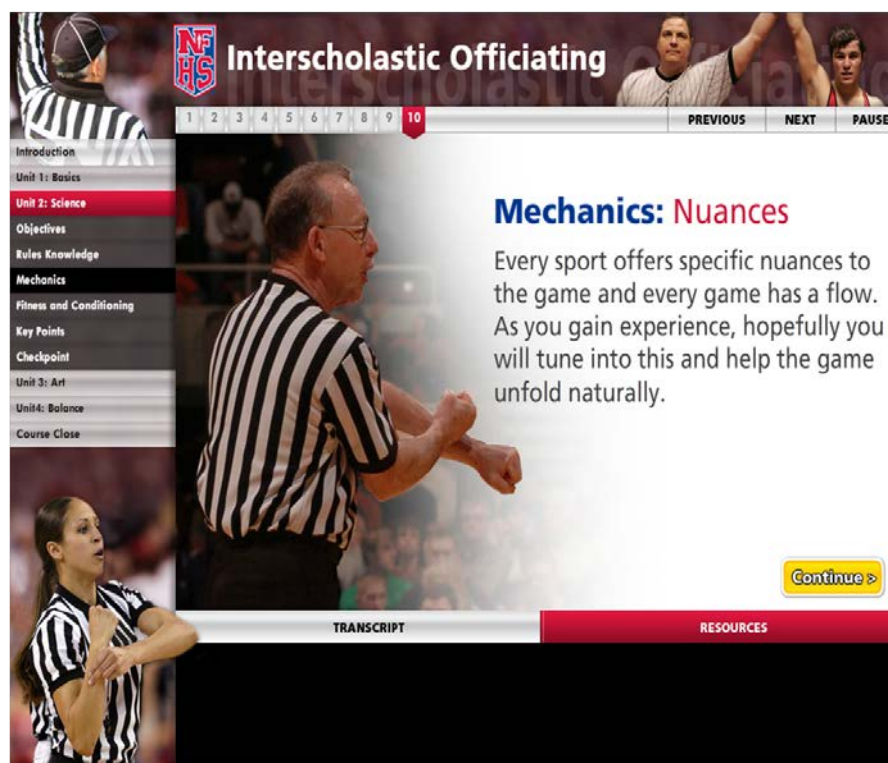
- Officiating Baseball
- Basketball – Three-Person Mechanics
- Field Hockey
- Track and Field
- Volleyball – Overlapping
- Softball – Mechanics
- Communication Among Officials and Coaches
- Soccer - Offside





# INTERSCHOLASTIC OFFICIATING

## WWW.NFHSLEARN.COM



- Introduction to skills and concepts used as an official
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: basics of becoming and staying an official, science of officiating, art of officiating, how to combine these skills for successful officiating
- Course is **FREE** to any **NFHS Officials Association** member
- Non-members course is \$20
- API available to state associations to collect results





## Welcome To The New NFHS Video Library!

### Search For Your Sport Below

#### Video Filters

Sort By

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Total videos: 373



3-Man Mechanics - Runners At ...

Baseball



UIL Court Coverage - Trail Of...

Basketball



THE FOLLOWING PRESENTATION WAS SHOT AND PRODUCED BY THE NFHS  
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BREBELT JESUIT PREPARATORY SCHOOL (IND.) IN 2014.  
WE THANK THEM FOR THEIR PARTICIPATION AND SUPPORT.

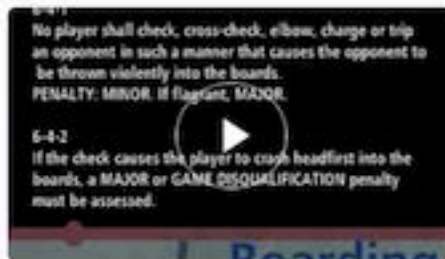
Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-fieldhockey.arbitersports.com/front/105408/Site>

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations

The screenshot shows the NFHS Officials Association website. The header includes the NFHS logo, 'OFFICIALS ASSOCIATION', and 'POWERED BY Arbitersports'. Navigation links include NFHS HOME, FIELD HOCKEY, VIDEO, PUBLICATIONS, GROUP INFO, FORUM, and CONTACT. A search bar is located in the top right. The main banner features a field hockey player and the text 'NFHS FIELD HOCKEY OFFICIATING | THE CIRCLE'. Below the banner, there are three main sections: 'Field Hockey Rules Information' with links to 2015, 2014, and 2013-14 rules changes; 'Welcome' with a photo of Mark A. Koski, Director of Sports, Events and Development, and a 'More' link; and 'Sport Specific Information' with a vertical list of sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field.







# NFHS LEARNING CENTER



# NFHS LEARNING CENTER

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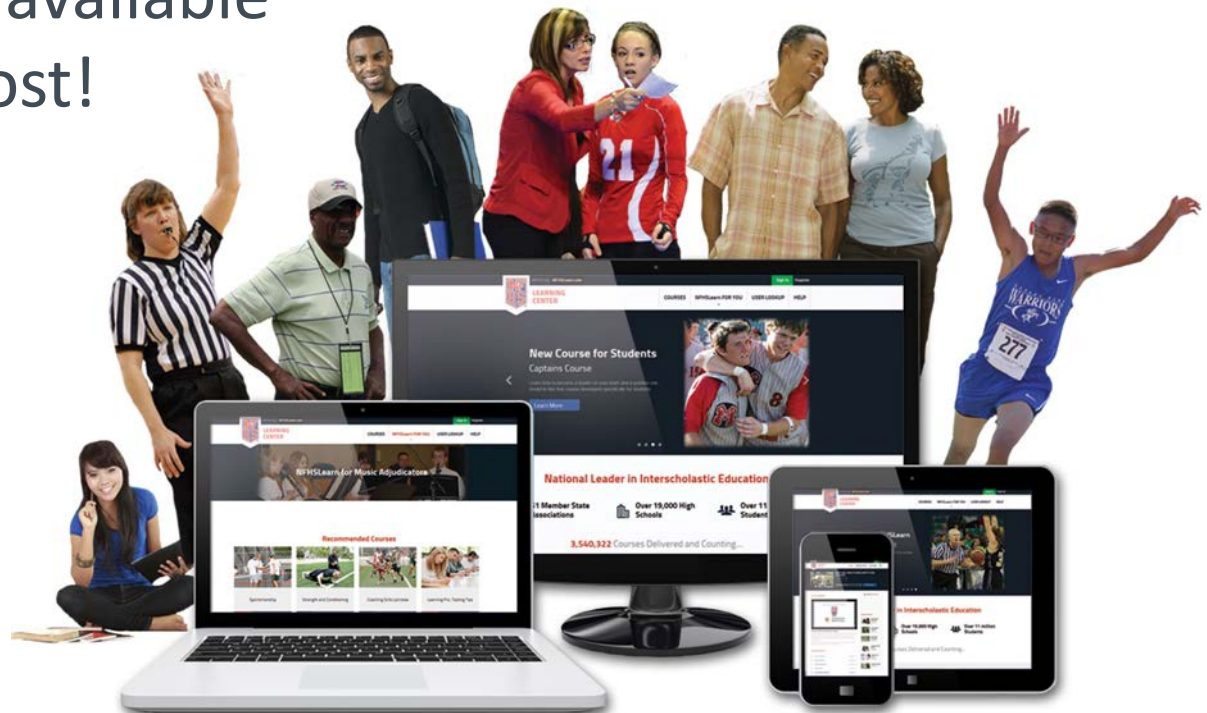




# NFHS LEARNING CENTER

## WWW.NFHSLEARN.COM

- Over 1.6 Million courses delivered in 2018
- Over 8.2 Million courses since 2007 launch
- Over 70 courses available
- Over 35 at No Cost!

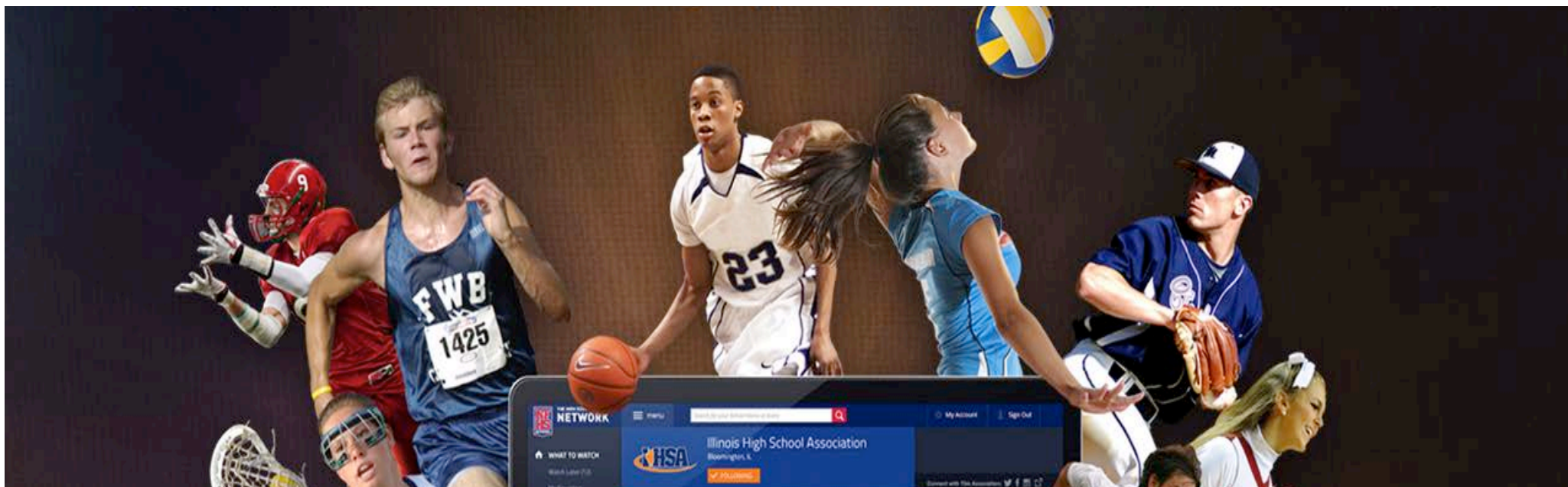


# WWW.NFHSLEARN.COM

FREE courses include:

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- Student Mental Health and Suicide Prevention
- Understanding Copyright and Compliance
- Protecting Students from Abuse
- Hazing Prevention for Students
- Coaching Unified Sports
- ACL Injury Prevention
- Sportsmanship
- **And many more**





# NFHS NETWORK



# NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



[www.NFHSnetwork.com](http://www.NFHSnetwork.com)





# 27 DIFFERENT SPORTS AND ACTIVITIES



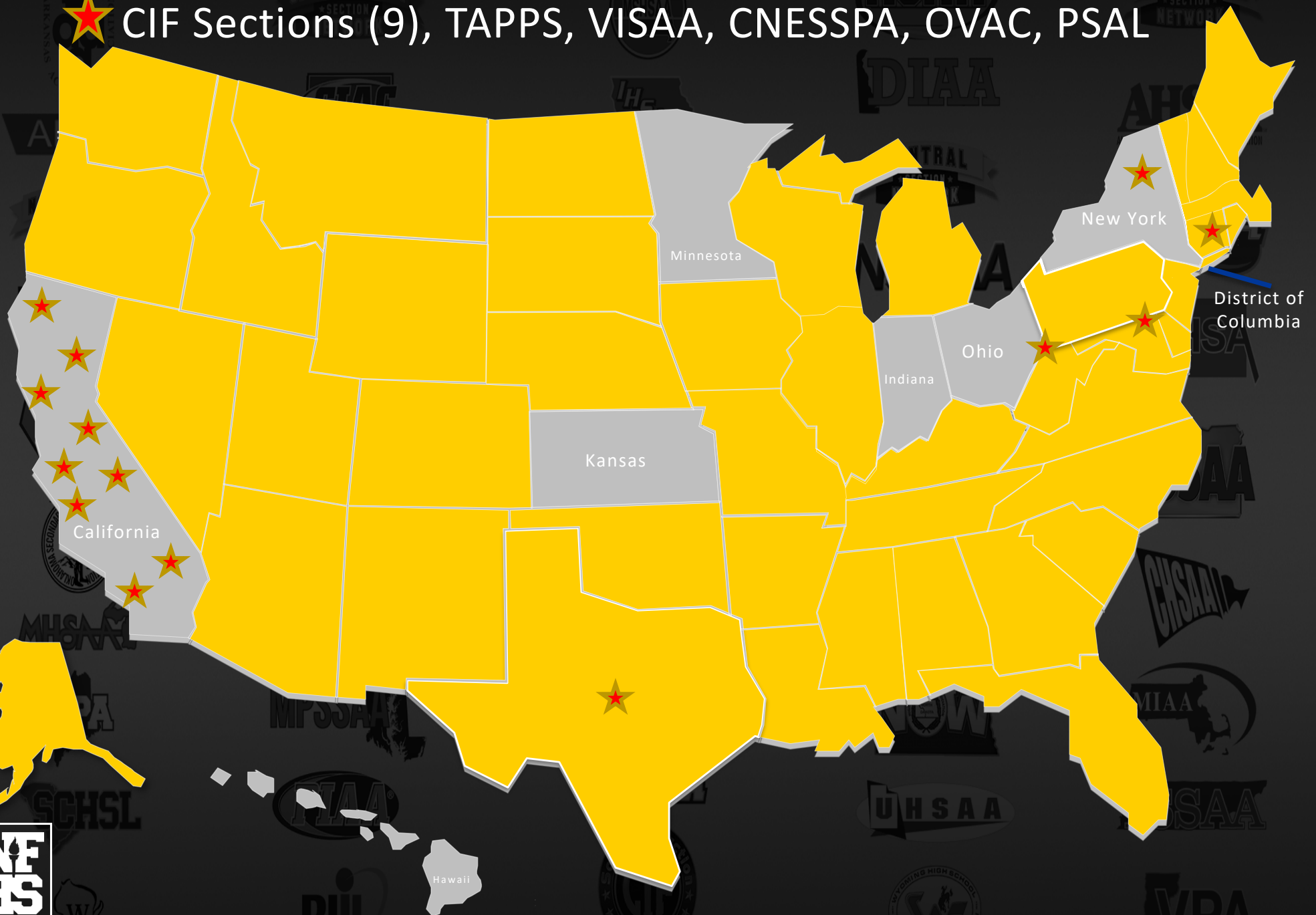
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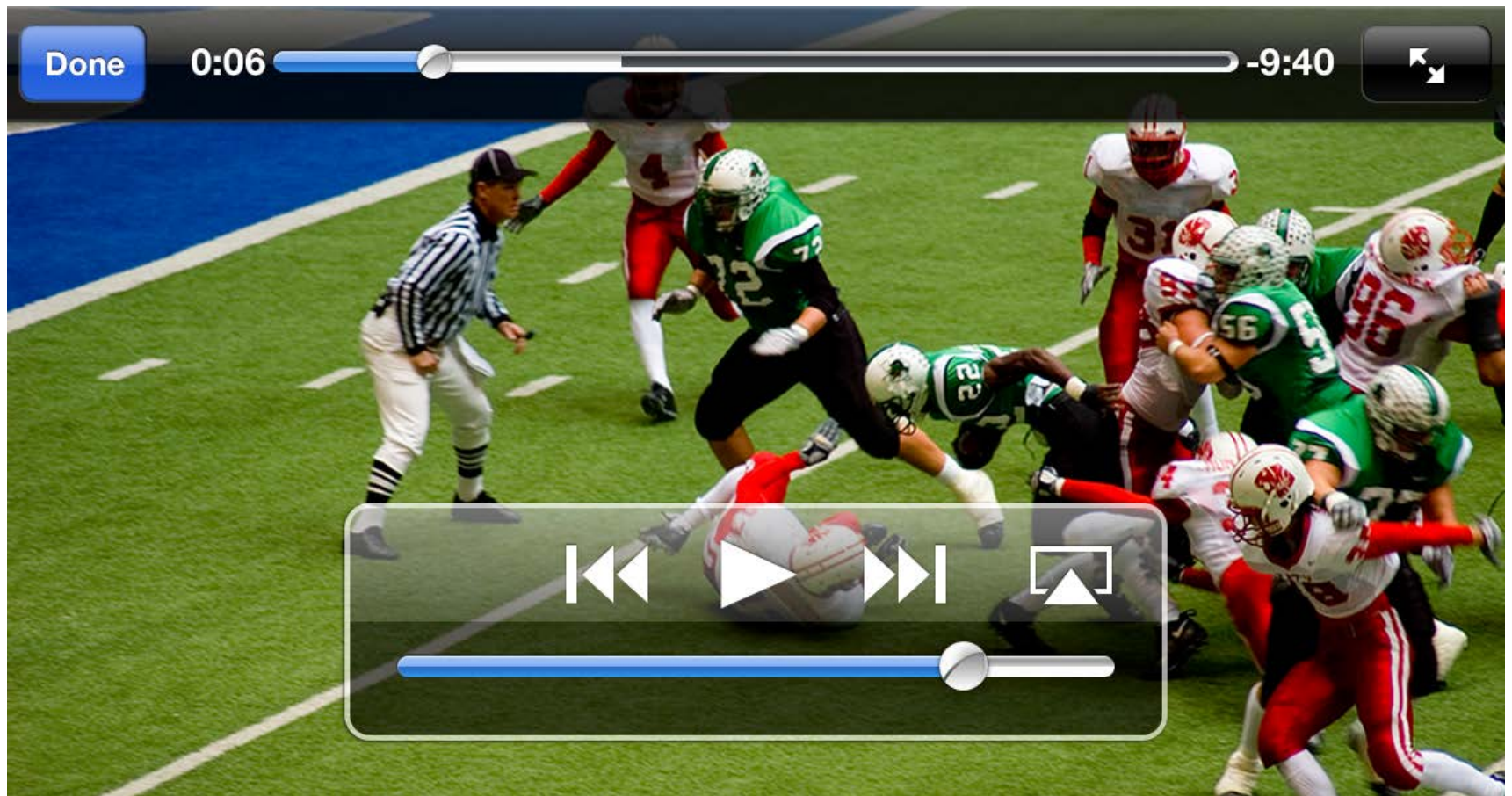
★ CIF Sections (9), TAPPS, VISAA, CNESSPA, OVAC, PSAL





# NFHS NETWORK

- View from mobile...



# THANK YOU

**National Federation of State High School Associations**

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

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# General Board Changes

## 2019-20



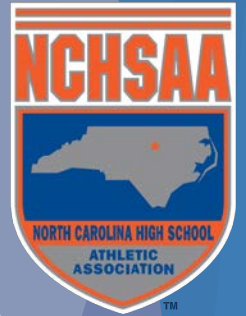
# Gender of Player

- ▶ The NCHSAA allows participation in interscholastic athletics for all students, regardless of gender or gender identification.



# Gender of Player

- ▶ A student may participate based on the gender noted on the student's certificate of birth.
  - ▶ Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state playoffs in the same sport.
    - ▶ In cases where women are permitted on a men's team, the school forfeits all participation in the women's playoffs in the same sport.
  - ▶ Men's rules will be used where women play on men's teams.
  - ▶ Men's shall not participate on women's team's in any sport.



# Gender of Player

- ▶ When a student's gender identity differs from the gender listed on the student's certificate of birth, the Gender Identity Request Form must be submitted by the member school to the NCHSAA prior to any participation by the student under circumstances that would constitute ineligibility.



# Gender of Player

- ▶ The following information should be submitted with the Request:
  - ▶ Documentation from individuals such as, but not limited to, parents/legal guardians appointed by a court of competent jurisdiction, friends, and/or teachers, which affirm that the actions, attitudes, and manner demonstrate the student's consistent gender identification.
  - ▶ A complete list of all the student's prescribed, non-prescribed, or over the counter treatments or medications relative to gender identity.
  - ▶ A complete list of interventions that have happened related to the gender identity of the student.
  - ▶ Written verification from an appropriate healthcare professional (e.g. physician, psychiatrist, psychologist, school nurse, etc.) of the student's consistent gender identification. Include any other social/emotional information from health-care professionals that would help the Committee make a decision about the student. This information must be submitted on office letterhead of the healthcare professional who provides verification with contact information and professional title of the individual.
  - ▶ Any other pertinent documentation or information which the student or parent(s)/legal guardian(s) appointed by a court of competent jurisdiction believe relevant and appropriate.



# Gender of Player

- ▶ The NCHSAA will refer the Gender Identity Request to the NCHSAA Gender Identity Committee for consideration.
  - ▶ The NCHSAA Gender Identity Committee will consist of the following:
    - ▶ Current member of the Board of Directors;
    - ▶ LEA or school administrator;
    - ▶ Physician with experience in gender identity health care and/or World Professional Association of Transgender Health (WPATH) Standards of Care;
    - ▶ Psychiatrist, psychologist, or licensed mental health professional familiar with the WPATH.
- ▶ The Committee will approve the Request if it finds that the student genuinely identifies as the gender indicated in the Request.



# Gender of Player

- ▶ The Committee will require that the member school has verified that the student is eligible in all other aspects.
- ▶ The Committee will respect and promote the student's privacy and confidentiality rights under HIPPA and FERPA in the process of considering a Gender Identity Request. Information provided to the Committee will be shared only to the extent necessary to decide the Gender Identity Request; provided that, if a Gender Identity Request is approved, the student's school may share the student's gender identity with other schools as necessary to ensure appropriate accommodations when competing at another school.





# Gender of Player

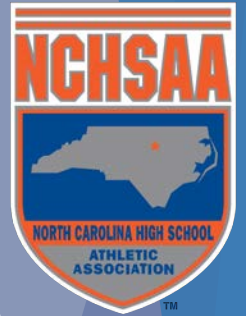
- ▶ In cases where a Gender Identity Request has been approved:
  - ▶ The student will be declared eligible to participate based on the student's gender identity.
    - ▶ 1.2.4.a is not in effect.
  - ▶ It shall be the responsibility of the school to comply with all state and federal mandates/laws.



# Home School Participation

## Initial Eligibility

- ▶ Home school students
  - ▶ Documentation from the Division of Non-Public Education must be presented upon initial dual enrollment- attendance, immunization, transcript, school number, etc.
  - ▶ Home school students must communicate athletic intent at a member school in which they are domiciled and follow the enrollment and assignment procedures/policies established by the local board of education.
    - ▶ Notice to principal must take place at least ten days prior to the first practice date of each sports season.

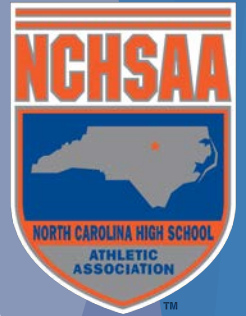


# Home School Participation

## Attendance

### ▶ Home school students:

- ▶ Must have been enrolled in the registered home school for 365 days prior to being eligible in a member school.
- ▶ Once deemed eligible at a member school, the student must maintain continuous dual enrollment.
  - ▶ Unenrollment would render the student ineligible for 365 days.
- ▶ Must participate in a class schedule that is at least one half of the school's instructional day
  - ▶ At least one class must be on campus each semester or meet LEA requirements.



# Home School Participation

## Scholastic Requirements:

- ▶ A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school. **Home school students must be on grade level according to a nationally standardized achievement test(s) indicating grade level.**
- ▶ A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the “block” format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester. Any student, including seniors must pass that minimum load, even if they need fewer for graduation. **Home school student must pass all public school courses in which he/she is enrolled.**



# Transfer Policy

- ▶ Students transferring to the same member school where the student's coach has relocated within a calendar year will be deemed ineligible in any sport in which the coach is involved.
  - ▶ Now applies to within LEA as well as from LEA to LEA.
- ▶ If deemed ineligible due to athletic purposes, the student will only be ineligible in that sport(s) in which "athletic purposes" was reason for not authorizing





# Foreign Exchange Students

- ▶ After the first year of participation as a Foreign Exchange Student
  - ▶ Student can be eligible subsequently, based on the two-semester rule
    - ▶ Applies to the same school of initial enrollment



# Ejection Policy

- ▶ Clarified this policy:
  - ▶ Leaving the bench and coming on to the playing area during a fight (whether they participate in the fight or not)



# Unpaid Fines

- ▶ Unpaid fines will be posted for NCHSAA membership view only



# Eligibility Summary Forms

## ▶ Deadline Changes

- ▶ Fall - September 1
- ▶ Winter - December 1
- ▶ Spring - March 15



# Pre-Game EAP Review

- ▶ Purpose
  - ▶ Effective communication of Emergency Action Plan
    - ▶ EAP is required by Law (Gfeller-Waller)
  - ▶ Guide for administrators, coaches, officials and LAT/FR
- ▶ Conducted by the Game Day Administrator or Designee
  - ▶ The NCHSAA recommends that a hard copy or electronic copy of the venue specific EAP be provided to both the lead official and visiting team personnel.





# Pre-Game EAP Review Card

## All Events

- ▶ Who is the gameday administrator and what is their contact information?
- ▶ Is there a Licensed Athletic Trainer (LAT) and/or First Responder (FR) on site and what is their contact information? If a LAT or FR is not on site who is the most qualified person to provide CPR and first aid care?
- ▶ Has the Emergency Action Plan (EAP) been reviewed and where is the posted venue specific EAP located?
- ▶ What first aid and emergency equipment is available at the venue and where is it located? (e.g., first aid kit, AED/CPR equipment, spinal injury stabilization equipment, exertional heat illness management equipment, etc.)



# Pre-Game EAP Review Card



## Outdoor Events

- ▶ Who will be monitoring environmental and field/facility conditions during the event? (e.g., thunder and lightning, Wet Bulb Globe Temperature)
- ▶ Who will notify officials of unsafe environmental or field/facility conditions?
- ▶ Has the lightning or thunder disturbances safe shelter and evacuation route been identified?
- ▶ What is the Wet Bulb Globe Temperature, if available, at the beginning of the contest?



# NCHSAA Points of Emphasis

## 2019-20

# Required Coaches Education

## ▶ AACCA Spirit Safety Certification

- ▶ Head coach
- ▶ Must maintain certification

## ▶ NFHS Concussion in Sports

- ▶ All coaches (paid and volunteer)
- ▶ Prior to first practice
- ▶ Annual requirement

## ▶ CPR/AED Certified

- ▶ All head and paid coaches
- ▶ Must maintain certification

## ▶ NFHS Sudden Cardiac Arrest

- ▶ All non-paid coaches
- ▶ Prior to first practice
- ▶ Annual requirement

## ▶ NCHSAA Rules Clinic

- ▶ Head Varsity Coach
- ▶ Prior to first play date
- ▶ Annual Requirement



# NCHSAA Philosophy

- ▶ NCHSAA Rule 3.4.2
- ▶ Philosophy of Cheerleading: Cheerleaders serve as a support group for the different interscholastic athletic teams within their school.
  - ▶ Cheerleaders should always strive to improve student morale, boost team spirit, and help a school achieve the most worthwhile objectives in its interscholastic program.
  - ▶ Positive crowd and student body involvement, directed by the cheerleading squad in support of the school team, should be a major goal.



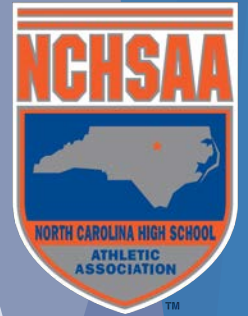


# Sportsmanship

- ▶ NFHS Spirit Rule 2.2.1 SITUATION:
- ▶ During a basketball game free throw, spirit teams from the opposing team:
  - ▶ (a) yell negative taunting comments during the free throw. **ILLEGAL**
  - ▶ (b) encourage their crowd to yell and stomp on the bleachers during the free throw. **ILLEGAL**
  - ▶ (c) yell “rebound” before the opposing athlete is handed the ball for the free throw. **LEGAL**



# Live and Dead Ball Cheering



- ▶ **NCHSAA Rule 4.3.1 (k):**
- ▶ Cheerleaders must remain seated while the ball is in play, which includes after the free throw shooter is handed the ball.
  - ▶ If on floor level (floor or first row of bleachers), cheerleaders must remain seated while the ball is in play, which includes after the free throw shooter is handed the ball.
  - ▶ If on the second row of bleachers or higher, cheerleaders may stand to cheer while the ball is in play.

# Tosses

- ▶ **NFHS Spirit Rule 3-5-3**
- ▶ Tosses are permitted provided the toss is executed only on grass (real or artificial), a mat or rubberized track.



# Jewelry

- ▶ **NFHS Spirit Rule: 3-1-1**
- ▶ Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.



# 2021-2025 Realignment

- ▶ The Board of Directors instructed NCHSAA Staff to delay the Realignment process by one year
  - ▶ Eliminating the “lame duck year” of the alignment period
  - ▶ Decision was to give various committees the opportunity to review the realignment process and the Association’s current classification structure while providing the necessary time for the Board and membership to make any necessary changes to implement their recommendations





# 2019 Invitational

- ▶ 17<sup>th</sup> Annual NCHSAA Cheerleading Invitational
  - ▶ December 7, 2019
    - ▶ Raleigh Convention Center
    - ▶ Total # cheerleaders X \$25
    - ▶ Late after set deadline-\$35/cheerleader



**Thank You!**

