

**NEW HAMPSHIRE INTERSCHOLASTIC
ATHLETIC ASSOCIATION**

**POLICIES AND PROCEDURES MANUAL
FOR
FALL AND WINTER**

SPIRIT

2009-10



NHIAA SPIRIT COMMITTEE

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INTRODUCTION

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POINTS OF SPECIAL EMPHASIS

➤ **Important Dates:**

Fall:

| | | |
|---|------------|--------------------|
| 1st date to practice: | L, I, M-S: | August 17, 2009 |
| 1st event: | L, I, M-S | August 28, 2009 |
| After five (5) calendar days of organized practice* | | |
| Last date to cheer: | L, I, M-S: | November 7, 2009** |

* No change in the process

**Does not include Thanksgiving Day Games.

Winter:

Class L

| | |
|----------------------------------|-------------------|
| 1 st date to practice | November 23, 2009 |
| 1 st event | December 18, 2009 |
| Last date to schedule | February 25, 2010 |
| Last date to play | March 6, 2010 |

Class I

| | |
|----------------------------------|-------------------|
| 1 st date to practice | November 23, 2009 |
| 1 st event | December 14, 2009 |
| Last date to schedule | February 25, 2010 |
| Last date to play | March 6, 2010 |

Class M

| | |
|----------------------------------|-------------------|
| 1 st date to practice | November 23, 2009 |
| 1 st event | December 11, 2009 |
| Last date to schedule | February 18, 2010 |
| Last date to play | February 20, 2010 |

Class S

| | |
|----------------------------------|-------------------|
| 1 st date to practice | November 16, 2009 |
| 1 st event | December 4, 2009 |
| Last date to schedule | February 11, 2010 |
| Last date play | February 20, 2010 |

➤ **Spirit Rosters are required to be submitted by all schools regardless of your intent to compete in the NHIAA State Tournaments.** The Competition Application check box has been placed on the Spirit Roster to make it easier for you. Only one (1) form needs to be submitted. The new Spirit Roster must be used; therefore if you currently have a roster on your computer that you utilize, you must add this application portion to your form.

- All competition events outside of the NHIAA State Championship must be sanctioned in accordance with By-Law Article VII, Sanctioning Procedures for Athletic Competition and Section X Sanctioning in this Policy and Procedures Manual. Only requests from member schools or other State Association member schools shall be considered.

- **TRAINERS**

Schools requesting medical services are to provide the necessary supplies for the trainer for both regular season meets and tournament events.

- **FORMS TO BE SUBMITTED:**

1. 2009-10 Fall Spirit Roster/Competition Application – Due Wednesday, October 7, 2009
2. 2009-10 Winter Spirit Roster/Competition Application – Due Wednesday, February 3, 2010

All forms can be accessed through a “Forms” link in the athletic director’s administration area of the NHIAA website. Once accessed and filled out, please email the forms to mdecent@nhiaa.org. DO NOT FOLLOW UP WITH HARD COPIES!

2009-2010 Spirit Rules Changes

New exception

2-4-7h A triple base Swedish fall provided all three bases face the flyer.

COMMENT: When all three bases face the flyer, the front base is in a better position of safety to protect the flyer if assistance is needed.

New 2-6-2b For all cradle dismounts, the flyer must not hold props (signs, etc.) that are made of solid material, and have corners or sharp edges.

COMMENT: Holding hard objects while performing cradle dismounts can interfere with the safe execution of the cradle.

2-10-5 Toe/leg pitches to a jump or tumbling skill are illegal.

COMMENT: This clarifies the intent of last year’s rule change permitting a forward suspended roll from the performing surface.

New 2-6-7 A twist to a cradle involving more than one rotation is permitted only on appropriate mats, grass, rubberized and soft-yielding surfaces.

COMMENT: This change reflects the skill level in high school cheerleading and is consistent with the NFHS focus on risk minimization. NOTE: Non-twisting or single twist cradles are permitted on any appropriate surface.

REGULATIONS AND ADMINISTRATION

I. SPORTSMANSHIP

Taunting, music, inappropriate language and gestures etc ... are defined in the NFHS Spirit Rulebook.

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

- As representatives of the school, good grooming and proper behavior shall be required.
- Spirit squads shall cheer in a positive manner. It is inappropriate to cheer against the other team or to cheer in response to an opposing player's mistake/error.
- Cheers and chants with suggestive words and/or motions shall not be used.
- Spirit leaders should discourage their fans from yelling or cheering while an opponent is shooting free throws.

II. WHEN TO CHEER

- As your team comes onto the floor or field.
- As encouragement and tribute to an injured player as he/she leaves the floor or field.
- As encouragement to own team in its drive for a score.
- As encouragement to own team in defense of its goal.

III. WHEN NOT TO CHEER

- When a player is attempting a free throw, the quarterback is calling signals at the line of scrimmage, a server is about to serve a volleyball, etc.
- When an opposing player is injured.
- When an opposing player makes a mistake or the opposing team is being penalized.

IV. DUTY TO WARN

There is an obligation to provide a safe environment for student athletes and to warn these athletes of potentially dangerous conditions and situations. Integral to this aspect of warning is the establishment of procedures for safety rules and regulations.

V. ELIGIBILITY

The eligibility rules and regulations of the NHIAA shall apply to all student athletes (Freshmen, Junior Varsity, Varsity).

VI. CLASSIFICATION

Fall Spirit will be classified into three classes: L, I, M-S

Winter Spirit will be classified into five classes: L, I, M, S and Coed*.

*Coed is defined as a team with one or more of the opposite gender on the team.

- All schools wishing to participate in a coed Spirit Tournament must notify the NHIAA by indicating on the roster form.
- Under no circumstances may a state championship be held with less than five (5) schools in a class participating.
- Teams that compete as a coed team may also compete in their respective female division using the females on the team.

VII. BLOOD SPILLAGE

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

INTERPRETATION OF EXCESSIVE BLEEDING

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

VIII. MASCOTS

No below grade nine mascots will be allowed during regular season or tournament competition. **No team mascots can be included in the routine or the team photograph.**

IX. FIFTY/FIFTY (50/50) RAFFLES

Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "sites determined by the NHIAA through the Spirit Committee" that are not NHIAA Member School sites.

X. SANCTIONING

Spirit Teams will only be allowed to participate in four (4) outside tournaments in addition to the State Tournament. If a team is not going to attend the State Tournament, a letter from the Principal needs to be sent to the NHIAA at least one week prior to the State Tournament.

To apply for sanction, the following information will be required:

- a. A letter of application including the sponsoring school/organization, dates and times (including snow date) the event will be held, detailed description of the tournament format, certificate of liability insurance, what the proceeds will be used for, assurance that adequate medical coverage will be provided for the site.
- b. The tournament must comply with National Federation Rules.
- c. Only sanction requests from member schools or other State Association member schools will be accepted.
- d. Only those schools listed on the application for sanction will be allowed to compete.
- e. At the completion of the tournament, a program **MUST** be forwarded to the NHIAA with the attendance of all schools, no later than one (1) week following the tournament date.

- f. Any school wishing to host a tournament for Spirit competition must have had their head coach attend a safety clinic. A current copy of the safety clinic certificate of the head coach must be submitted with the application for sanction.
- g. Sanction requests must be received by the NHIAA 30 calendar days prior to the event.
- h. In order for a spirit squad to be eligible to participate in outside competition, that squad **MUST** compete in the NHIAA State Tournament competition.
- i. In the event a member school doesn't fulfill their commitment to the State after attending an outside competition they may be called before the committee.
- j. In state spirit competition, schools must use the NHSPOA as their assigner for their competition officials. Therefore, sanction request will be based on availability of officials on a given day.

XI. VIOLATIONS

Any school unable to compete in the NHIAA State Tournament must notify the Executive Director of the NHIAA one (1) week prior to the competition in writing with an explanation for the inability to compete. If the team is unable to compete in the NHIAA State Tournament and has competed in outside competitions, the Spirit Committee will review the letter.

A spirit team that violates the rules and regulations set by the Spirit Committee shall be found in violation of the Spirit Committee's policies. Penalty will be forfeiture of participation in the following year's competition. NHIAA due process procedures will be followed.

- XII.** All Spirit coaches are required to attend a yearly safety clinic, which includes a rules review.
All teams are ground bound* until the COACH attends a safety clinic.

*GROUND BOUND: as defined by the Spirit Committee, constitutes that a spirit team member's feet may not leave the ground at any time. Basket tosses, stunts, or tumbling are not permitted for a ground bound team.

SAFETY CLINIC DATES

August 13, 2009 – 6:00 p.m. Franklin High School – Café
 August 15, 2009 – 6:00 p.m. Celebrity North
 September 13, 2009 - 12:00 p.m. TBA
 November 7, 2009 – 12:00 p.m. Franklin High School – Café

NEW ENGLANDS COACHES CONFERENCE

Grappone Conference Center, Concord, NH
 August 15 – 16, 2009

- XIII.** Five (5)-calendar days of organized practice must be held prior to participating in the first event. The event in this instance means going with a team to a pre-season scrimmage or jamboree. It is not meant to mean an official spirit competition.

XIV. NOISEMAKERS

The playing of musical instruments and/or amplified music while the game is in progress shall be prohibited. The only time that a game is not 'in progress' after it has started is during a time-out or during between periods and halftime.

Possession and/or the use of artificial noisemakers is prohibited at all time during the NHIAA regular season and tournament games.

The official interpretation of an artificial noisemaker is being any object that is used to manufacture noise by contact with another object or surface.

XV. NHIAA GUIDELINES ON OZONE POLLUTION AND PHYSICAL ACTIVITY

Fall Spirit Only

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

CHARTING AIR QUALITY

Local officials use a simple scale to forecast and report on smog levels and other air pollution. Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI).

Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

| Index Value | Descriptor | Color | 1 hr. Ozone ppb |
|-------------|--------------------------------|--------|-----------------|
| 0 – 50 | Good | Green | --- |
| 51 – 100 | Moderate | Yellow | --- |
| 101 – 150 | Unhealthy for Sensitive Groups | Orange | 125 – 164 |
| 151 – 200 | Unhealthy | Red | 165 – 204 |
| 201 – 300 | Very Unhealthy | Purple | 205 – 404 |
| 301 – 500 | Hazardous | Maroon | 405 – 604 |

OBSERVING AIR QUALITY

a. Watch the Calendar

Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.

b. Watch the Clock

Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.

c. Watch the News

GUIDELINES FOR PARTICIPATION

- Observe appropriate physical activity restrictions represented above.
- If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
- If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

RECOMMENDED RESTRICTION OF PHYSICAL ACTIVITY

The following limits on activity for each type of episode are as follows:

- A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)
 - 1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
 - 2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.
- B. Level Red, PSI 151-200 (Unhealthy)
 - 1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
 - 2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
 - 3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, swimming and diving.
- C. Level Purple, PSI 201-300 (Very Unhealthy)
 - 1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
 - 2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

TOURNAMENT INFORMATION

I. MANAGEMENT

The NHIAA Spirit Committee shall manage and control the New Hampshire State High School Spirit Tournament under its By-Laws and policies and procedures. They shall employ all necessary event personnel to insure a quality tournament.

II. STATE COMPETITION

- a. All member schools will be able, but not required; to enter one Varsity team into the State competition provided they have cheered for a school team, such as basketball, as a squad. There will be no strictly competition teams allowed.
- b. A pre-set order of competition shall be prepared by the NHIAA and presented to the coaches 10 days prior to the State competition.
- c. The only props allowed are megaphones, ponpoms, and signs. A sign is defined as letters, words, logos, insignia, or school colors. All other props are prohibited. In addition to the National Federation rules on props, signs must be hand held and NOT on sticks, etc...
- d. Each squad will have a maximum of three minutes to demonstrate its cheerleading style and expertise. Timing will begin with the first movement, voice or note of music, whichever comes first.
- e. If a team exceeds the time limit, a five point penalty will be assessed. Because penalties are severe, it is recommended that all squads time their performance several times prior to their attendance at a competition.
- f. A one-minute non-routine entrance will be allowed prior to being judged. All introductions (tumbling entrances, chant spellouts, etc.) are considered part of the routine and are timed as part of the performance.

g. Tie-Breaking Procedures:

The scoring procedure will have four (4) category judges. The ranking will be based on the scores of all four (4) judges. In the event of a tie for champion and runner-up, the tie will be broken by the following criteria:

1. Safety deductions – Rank the tied teams by the least to most points deducted for safety violations. The team with the least amount of points in safety deductions shall win the tie. If a tie still exists proceed to step two (2).
 2. Calculating Execution/Degree of Difficulty Scores –All eight (8) scores from the Execution/Degree of Difficulty Categories. The team with the most points shall win the tie. The eight (8) categories are: partner stunts, pyramids/basket tosses, transitions/dismounts, running tumbling, standing tumbling, jumps, motion technique, and dance. If a tie still exists proceed to step three (3).
 3. Calculating Perfection of Routine Scores –All four (4) scores and the team with the most points shall win the tie. If a tie still exists proceed to step four (4).
 4. All teams involved in the tie for first place shall perform their routine again. If a tie still exists and cannot be broken using the first three (3) criteria on the second performance it will be considered a tie.
- h. Jewelry is prohibited, with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. No jewelry, hair curlers, barrettes, bobbie-pins with metal, etc. will be allowed during warm-ups or competition.
 - i. All routines will be done on a matted surface.
 - j. Coaches are responsible for emailing their music to the competition DJ and it is suggested they have a backup CD/tape available in the event something goes wrong with the e-mail submission. Instructions for emailing music to the DJ are as follows:

INSTRUCTIONS FOR SENDING YOUR MUSIC TO THE DJ

You can mail a CD to the DJ. Please include contact information so he can contact you to confirm that there are no issues with your music (Tim Patoine, 9 Princeton Street, Concord, NH 03301) or, you can e-mail the music to him at djtimallen@comcast.net

1. Your MP3 file needs to be on your computer.
 2. Right click your MP3 file and click on send to compressed folder
 3. The compressed folder is what you need to send to the DJ.
 4. Please include your contact information with your e-mail so you can confirm that there are no issues with your music.
- k. During warm-ups all teams are ground bound unless they are practicing on a matted surface. COACHES are responsible to keep all athletes on the ground.
- l. COACHING during a routine IS PROHIBITED. All coaches will sit in an area designated by the Spirit Committee.
- m. **TOURNAMENT RESULTS:** Are available at the completion of the tournament event.
- n. **PROTEST PROCEDURE AT STATE TOURNAMENTS:**
During State Tournament play, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest. Only protests involving violation of a specific rule will be considered. A team may not protest decisions of judgment. All questions regarding scoring are to be directed to the Spirit Committee through the Executive Director of the NHIAA.
- o. Competition teams shall be limited to no more than twenty (20) members who have participated in practices and cheered at games throughout the current spirit season.

III. INTERRUPTION OF PERFORMANCE

- a. In the event the presentation of any squad must be interrupted because of the failure of the tournament equipment, facilities, etc., the squad affected will be allowed to present their routine in its entirety.
- b. In the event the presentation of any squad must be interrupted because of the failure of the team's own equipment or supplies, the squad must either continue the presentation or withdraw from competition.
- c. In the event that any injury (including body fluids on uniform) causes the presentation of the team to be interrupted, the squad may present its routine in its entirety. The tournament officials reserve the right to stop the presentation due to injury and the team will be allowed to present the routine in its entirety.

IV. STUNTS

Refer to National Federation Rules Book for all safety guidelines and rules.

***All coaches should read this Rule Book in its entirety.**

V. TOURNAMENT WARM-UP PROCEDURES:

The doors will open two (2) hours before the event for the competing teams. Tickets will go on sale ninety minutes before. Coaches meeting will be 60 minutes prior to the first competition time. Your warm-up and competition time will be according to the published schedule.

VI. TRAINERS

Schools requesting medical services are to provide the necessary supplies for the trainer.

VII. ADMISSION

Admission to the Spirit Tournament will be in accordance with By-Law Article I Policy, Sect. 19.

VIII. AWARDS

Official NHIAA Championship and Runner-up plaques will be awarded to the respective champion and runner-up teams in each class. Twenty-four (24) team medals shall be awarded to the team members, managers, and coaches of the respective champion and runner-up teams in each class, including coed.

IX. REGULATION OF CHEERLEADERS AT OTHER SPORT TOURNAMENTS

Those individual sports committees shall govern the number of cheerleaders allowed at other sports tournaments. The following sports have set maximum numbers:

Fall Sport

Soccer* – 12

Football* – 20

Winter Sports

Basketball* – 20 and 1 coach

Ice Hockey* - 10 and 1 coach

***See appropriate sport for regulations:**

- **At Basketball Tournaments** the following regulations will be in place:
 - a. **Maximum of twenty (20) cheerleaders and one (1) coach will be allowed.** The coach is requested to sit with the cheerleaders. Requests for more than 20 cheerleaders **will not** be granted in accordance with NHIAA Basketball Committee regulations.
 - b. Cheerleaders will be admitted free only to the session in which their team is playing.
 - c. Cheers will be alternated with the opponent's cheerleaders. **THIS MEANS ONLY ONE CHEER PER TIME OUT.**
 - d. Cheerleaders will perform during time-out periods and between quarters.
 - e. Any time the players are ready to play, the horn will blow, the cheer will stop and cheerleaders will leave the floor immediately.
 - f. Cheerleaders will cheer in an area designated by the Game Director.
 - g. No below grade nine students who have not received a waiver may be on the floor or standing on the sidelines.
 - h. **All cheerleaders shall be "ground-bound" at all NHIAA basketball tournament games, preliminary through championship rounds. There shall be NO TOSSES, LIFTS, TUMBLING, ETC., and the cheerleaders' feet will remain on the floor. Jumps **WILL** be allowed as long as the athlete does not use another athlete to complete this activity.**
 - i. Half-time Entertainment: At all tournament sites, half time will be fifteen (15) minutes.
 - j. Any school intending to participate in a half-time program must receive approval from the NHIAA Basketball Committee prior to the date of the tournament game. A total of eight (8) minutes is devoted to half-time routines. Each school will have a maximum of four (4) minutes for a routine if they both choose to perform. If only one school performs, the total six minutes may be used.
 - k. No Elementary or Pre-School cheerleaders will be allowed.
 - l. NFHS Rule 2-10-2: Basket tosses and other similar multi-base tosses are permitted only on appropriate mats, grass, rubberized and soft yielding surfaces. **RATIONALE:** The current cheer climate is focused on risk minimization and this rule is consistent with that emphasis.
- **At Ice Hockey Tournaments** the following regulations will be in place:
 - a. You will be admitted free only to the session in which your team is playing. You should arrive 30 minutes prior to the game.
 - b. Requests for additional cheerleaders will be granted on a case-by-case basis.
 - c. No flammable material will be allowed in any of the arenas. Signs, posters, etc. are acceptable, but no ticker tape, streamers, or confetti. All signs and posters are to be in good taste. Noisemakers will not be permitted at any time.
 - d. All cheers are to be in good taste or you will be asked to leave the arena. No booing officials or players

and no inappropriate signs. **PROMOTE GOOD SPORTSMANSHIP!**

- e. Throwing objects on the ice is prohibited and cheerleaders are asked to assist the tournament officials in enforcing this policy with their spectators.

➤ **At Soccer Tournaments** the following regulations will be in place:

- a. The advisor must be with the cheerleaders at all times during the tournament game.
- b. Cheerleaders must be in uniform to be admitted free.

➤ **At Football Tournaments** the following regulations will be in place:

CHEERLEADERS AND MASCOTS: Spectators, cheerleaders, mascots, etc., are not permitted in team boxes or in the coaches' areas. Cheerleaders and mascots are to be in the area restricted for them behind and to the side of the team boxes, behind the restraining line, during the game.

X. JEWELRY AND BODY PIERCING RULE

No jewelry, which includes body-piercing objects, shall be worn at any time. Religious or medical alert medals must be properly secured (taped) under the uniform. **Adhesive stickers are illegal.**

