



**2019-20**

**COMPETITIVE  
CHEER  
MANUAL**

South Carolina High School League  
P. O. Box 211575  
Columbia, S. C. 29221  
803-798-0120  
[www.schsl.org](http://www.schsl.org)

# GENERAL

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1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. The National Federation Spirit Rule Book and the High School League Competitive Cheerleading Manual will be used for all High School League competitions.
3. The High School League strongly recommends that all competitive cheer coaches take the American Association of Cheerleading Coaches and Advisors safety certification course.
4. All classifications are allowed a maximum of 24 team members on the mat.
5. **Members of the competitive team must have been a member of a support cheerleading squad during the year.** All participants must be listed and properly certified on an eligibility report to the High School League. The performing cheerleaders may be anyone certified on the eligibility report. Substitutions may be made at any time.
6. Competitive season ends when a team is eliminated from a qualifier or the state competition. The High School League Executive Committee must approve any exceptions.

## ORDER OF COMPETITION

The SCHSL will conduct a random draw to determine the order of competition for all statewide qualifiers.

The SCHSL will conduct a random draw to determine the order of competition at the state finals for all classes.

## QUALIFYING REGULATIONS

AAAAA A statewide qualifier will be held at River Bluff HS on Nov. 16.

The top 16 teams and any ties at 16 will advance to the state finals.

AAAA A statewide qualifier will be held at Brookland-Cayce HS on Nov. 12.

The number of teams who qualify for the state finals will be 3/4 of the total number of teams who actually compete at the statewide qualifier. The number cannot exceed 16 to advance to state.

AAA A statewide qualifier will be held at Irmo HS on Nov. 13.

The number of teams who qualify for the state finals will be 3/4 of the total number of teams who actually compete at the statewide qualifier. The number cannot exceed 16 to advance to state.

## STATE COMPETITION REGULATIONS

1. A matted surface with seven strips will serve as the competitive area. The routine must be performed within the boundaries of the competitive area.
2. Only three SCHSL pass holding coaches and competitors are permitted in the competitive area. **(which includes playing music, parade of teams and any warm-up areas).**
3. Teams will be called to the competitive area by the announcer prior to their performance. Three teams will be announced each time - "Performing", "On-Deck", and "In the Hole."
4. A practice/warm-up area will be available. Schools should furnish their own equipment and music for use in the practice/warm-up area.

## UNIFORMS

1. All team members must be dressed in the adopted school uniform. 5 points will be deducted per uniform violation (10 point maximum).

## INJURY

1. The host school is responsible for the availability of medical services. First aid and medical supplies should be made available in case of injury. The tournament director is responsible for emergency medical telephone numbers such as paramedics. Ideally, a physician should be present or on call.
2. If an injury occurs during the routine, the head coach, judge or SCHSL official may stop the competition until the injured person is removed from the competitive area. A team with an injured person may be given the opportunity to perform the entire routine at the end of their classification competition.
3. Using the professional judgment of the medical personnel at the site, any athlete showing signs of a concussion will not be allowed to return to competition.
4. Contestants, who are bleeding, have an open wound, or an excessive amount of blood on the uniform may not participate in any event until appropriate treatment has been administered.

## IMPORTANT INFORMATION

Please see the SCHSL handbook for the important information on the following:

- Academic Eligibility of Athletes
- Scouting
- Sportsmanship
- Mandatory Competitive Cheer Clinics for Coaches
- Scholar Athletes for Competitive Cheerleaders
- Closed Season

## **ORDER OF COMPETITION**

The SCHSL will conduct a random draw to determine the order of competition for all statewide qualifiers.

The SCHSL will conduct a random draw to determine the order of competition at the state finals for all classes.

## **TEAMS**

Each school may enter one team.

Three safety spotters will be provided. Spotters that help within the confines of the routine must be team members.

Any team having more than one male will be considered a coed team. A state championship for coed cheer will be provided if 16 or more schools enter state competition.

## **AWARDS**

State                    Trophies - 1<sup>st</sup> and 2<sup>nd</sup> place team trophies will be awarded in each classification in the state finals.

Medals - Individual medals will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place team members and coach in each classification.

# JUDGES

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## REQUIREMENTS

Judges must be registered and certified with the S. C. High School League.

Safety judges will use the National Federation Spirit Rule Book as the official rules of competitive cheer.

Judges will be assigned through Arbiter for all regular season competitions. The SCSHL will assign judges for all qualifiers and the state finals.

All decisions of the judges are final.

Regular Season: A minimum of three judges and a safety judge will be assigned for all competitions.

Qualifiers & State Finals: Five judges will evaluate performances at the qualifiers and state finals. High & low scores will be dropped.

### Fees: Judges

1 - 16 teams .....	\$62.00 per judge plus mileage
17 - 32 teams .....	\$86.00 per judge plus mileage
33 - 48 teams .....	\$108.00 per judge plus mileage
49 & up teams.....	\$139.00 per judge plus mileage

Mileage is 45 cents per mile.

Spotters..... \$50 per competition

## REMINDER

### ALL CLASSES

**Notification of Entry form is due OCTOBER 25, 2019**

This form can be found on the League website under AD Notebook.

[www.schsl.org](http://www.schsl.org)

# ROUTINE EVALUATION

## ROUTINE REQUIREMENTS

The length of the routine shall be a maximum of two minutes-thirty seconds (2:30). Teams may begin from any position on the mat (at least one foot must be on the mat at the start of the routine) The routine must include cheer and dance.

Tumbling skills are only permitted within the body of the routine. Tumbling cannot be performed beyond the competitive area.

Props are not allowed with the exception of poms, sign, flag, and megaphones. A prop is an object that can be manipulated or used as a base (except an unfolded flat mat). Non-team members may place poms on the competitive area before routine begins, but may not assist during the routine.

## TIME

Timing of the routine will begin with the first word, musical sound, or movement of any team member and will stop with the last word or movement of any team member. If the routine concludes with a pyramid, the final dismount is not timed. There will be a maximum of two minutes (2:00) of music allowed in the routine. The cheer section must be a minimum of 20 seconds. The length of the routine shall be a maximum of two minutes-thirty seconds (2:30).

## MUSIC

Music must be furnished by the participating schools, be production-quality, be well labeled, and be presented to the sound technician at the competition. Schools must have backup music available. Working with the sound technician, the coach/representative for the team is responsible for starting and stopping the music during the routine. In the event your routine is interrupted due to failure of host equipment, facilities, etc., you may restart your routine from the beginning of the routine. (SCHSL officials reserve the right to stop a performance due to injury). **Any adult operating the music must have been issued a High School League pass. Only one adult may be present at the table to play music. If a student operates the music, she/he may have another student accompany them.**

## CHEER

There will be a maximum of two minutes (2:00) of music allowed in the routine. A cheer section with words and without music is required. The cheer section must be a minimum of 20 seconds.

## TIME INFRACTIONS

Time infractions occur for overtime of competition, violation of length of music and not meeting required cheer section minimum. A one-time five point deduction will be assessed for each time infraction.

## SCORING

Deductions will be made for the following:

Safety violations .....	10 points each occurrence (per judge)
Boundary violation.....	5 points for each occurrence (10 pt. max.)
Improper uniforms .....	5 points for each occurrence (10 pt. max.)
Starting routine -both feet off mat .....	5 points
(in stunt or pyramid)	
Time infractions - overtime of routine .....	5 points
- length of music.....	5 points
- length of cheer .....	5 points

**Unsportsmanlike conduct** by any team member/coach minimum 5 points per judge

## TIE-BREAKING PROCEDURE

1. Using Five Judges
  - a) If a tie occurs, all judges' scores are totaled.
  - b) If a tie still remains, the head judge with assistance of panel will determine the ranking of tied teams.



## South Carolina High School League

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Columbia, SC 29221-6575  
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### NOTIFICATION OF ENTRY FOR COMPETITIVE CHEER

(Due on or before **OCTOBER 25, 2019**) (e-mail to [jan@schsl.org](mailto:jan@schsl.org))

SCHOOL \_\_\_\_\_

#### Classes AAAAA, AAAA & AAA (Select one below)

We will compete for the State Competitive Cheer Championship.

We will not compete for the State Competitive Cheer Championship.

#### Class AA & A (Select one below)

We will compete for the Class AAA State Competitive Cheer Championship.

We will not compete.

Name of Cheer Coach: \_\_\_\_\_

Cheer Coach E-mail: \_\_\_\_\_

Cheer Coach Cell: \_\_\_\_\_

Person completing this report: \_\_\_\_\_

Date: \_\_\_\_\_

**This form can be found on the League web site,  
[www.schsl.org](http://www.schsl.org), under AD Notebook.**



# COMPETITIVE CHEER 2019-20 YEAR OUTLINE

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"><li>• Can practice</li><li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li><li>• Nothing mandatory</li></ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"><li>• Cannot practice and/or attend team camp(s)</li><li>• Can continue to condition and strength train</li></ul>
August 2, 2019 .....	First Practice
Seven Days Prior to first meet.....	Eligibility Due
September 2, 2019.....	First Competition
Number of Contests Permitted .....	Eight (8) per school (6 Sub-varsity)
October 25, 2019 .....	Due: Notification of Entry (all classes)
November 12, 2019.....	Statewide Qualifiers: AAAA - Brookland-Cayce 6:00 pm
November 13, 2019.....	Statewide Qualifiers: AAA - Irmo 6:00 pm
November 16, 2019.....	Statewide Qualifier: AAAAA - River Bluff High School 10:00 am
November 23, 2020.....	State Finals - Colonial Life Arena, USC
Last Competition - April 4, 2020 .....	Closed Season <ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
April 5 - May 31, 2020 .....	Practice/Tryouts (20 days for total program)