



2022-23

**COMPETITIVE
CHEER
MANUAL**

**South Carolina High School League
P. O. Box 211575
Columbia, S. C. 29221
803-798-0120
www.schsl.org**

GENERAL

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 requires that all competitive cheer coaches take the Cheer and Dance Safety Certification course offered online at NFHSlearn.com. Certification is good for four years.
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 Lexington HS on Nov. 12.

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

AAAA A statewide qualifier will be held at Irmo HS on Nov. 10.

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

AAA A statewide qualifier will be held at Lower Richland HS on November 9.

The number of teams who qualify for the state finals will be 3/4 of the total number of teams who 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 two 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 approved 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 and website for the important information on the following:

- Academic Eligibility of Athletes
- Scouting
- Sportsmanship
- Mandatory Competitive Cheer Clinics for Coaches
- Open & Closed Season

JUDGES

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 SCHSL 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 - 10 teams \$85.00 per judge plus mileage
- 11 + teams \$5.00 per each additional team per judge
- Mileage is 55 cents per mile to each officials with a minimum of \$11

- Spotters \$50 per competition

REMINDER

ALL CLASSES

Notification of Entry form is due OCTOBER 21, 2022

This form can be found on the League website in quick links on the cheer page.

www.schsl.org

ROUTINE EVALUATION

ROUTINE REQUIREMENTS

The length of the routine shall be a maximum of 2 minutes-15 seconds (2:15). Teams may begin from any position on the mat (at least one foot must be on the mat at the start of the routine). Timing of the routine will begin with the first musical sound, or movement of any team member and will stop with the last movement of any team member. If the routine concludes with a pyramid, the final dismount is not timed.

Props are not allowed except for poms, sign, flags not on a pole, 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.

MUSIC

Performance Music must be licensed to participate in the state qualifier. The proof of purchase will be uploaded on the intent to participate form for the state qualifier. A list of music providers can be found on usacheer.org/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.**

Beginning in 2022 all music must be licensed and proof of licensing will need to be presented prior to competitions.

TIME INFRACTIONS

Time infractions occur for overtime of competition. A five-point deduction will be assessed for each time infraction.

SCORING

Deductions will be made for the following:

- Safety violations 15 points each occurrence
- 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

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 remains, the head judge with assistance of panel will determine the ranking of tied teams.

COMPETITIVE CHEER 2022-23 YEAR OUTLINE

July 29, 2022	First Practice
Seven Days Prior to first meet.....	Eligibility Due
August 29, 2022	First Competition
Number of Contests Permitted	Eight (8) per school (6 Sub-varsity)
October 21, 2022.....	Due: Notification of Entry (all classes)
November 9, 2022.....	Statewide Qualifiers: AAA – Lower Richland 6:00 pm
November 10, 2022	Statewide Qualifiers: AAAA – Irmo 6:00 pm
November 12, 2022.....	Statewide Qualifier: AAAAA - Lexington High School 10:00 am
November 19, 2022.....	State Finals - Colonial Life Arena
Last Competition - April 4, 2023,	Closed Season <ul style="list-style-type: none"> • Cannot practice – cannot do any skill training • Can continue to condition and strength train • Can coach an outside team (75% rule must apply) • Can use school facilities and/or equipment if coaching an outside team
March 1 -March 31, 2023	Open Season <ul style="list-style-type: none"> • Can practice • Nothing mandatory
May 1 - May 31, 2023,.....	Open Season <ul style="list-style-type: none"> • Can Practice • Can have tryouts • Rising 7th graders may participate in May • Nothing mandatory
June 1 - July 23, 2023	Open Season <ul style="list-style-type: none"> • Can practice • Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days) • Nothing mandatory
July 2 - 8, 2023,.....	DEAD WEEK - No Activities of any kind
July 24 – July 27, 2023.....	Closed Period <ul style="list-style-type: none"> • Cannot practice and/or attend team camp(s) • Can continue to condition and strength train