

CHEERLEADING SAFETY GUIDELINES AND RESTRICTIONS
PENNSYLVANIA STATE ATHLETIC CONFERENCE
(Updated 3/07)

General Guidelines

1. In accordance with NCAA recommendations, all PSAC cheerleading advisors are required to be safety certified by August 2006. The conference recommends that the cheerleading advisors participate in the AACCA (American Association of Cheerleading Coaches and Advisors) safety certification program.
2. All cheerleaders must receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, and pyramids).
3. PSAC cheerleading advisors must be present at practices and athletic events (home or away) when their institution's cheerleaders are performing. Practice sessions must be held in a location suitable for the activities of cheerleaders (i.e., use of tumbling mats, away from excessive noise and distractions, etc.).
4. Professional training in proper spotting techniques is mandatory for all squads.
5. All cheerleading squads will adopt a professionally developed comprehensive conditioning and strength building program.
6. A structured stretching exercise and flexibility routine will precede and follow all practice sessions and precede all pre-game activities, pep rallies, etc.
7. Sponsors/coaches must recognize their squad's specific ability level and must limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole, and individuals should not be pressed to perform activities until safely perfected.
8. Skills that have not been mastered should be performed only in a supervised practice environment
9. All partner stunts and pyramids must be reviewed and approved by the coach prior to execution. "Hands on" spotting is required until new stunts are mastered.
10. All cheerleaders will have physical examinations conducted in the manner similar to student athletes at the respective member institutions prior to participation.
11. All cheerleaders will be required to provide, or will be provided, the same level of institutional medical insurance coverage as provided student athletes at the respective member institutions prior to participation.
12. PSAC Cheerleading Restrictions will be reviewed and amended annually, as appropriate, with any recommendations or changes in the AACCA guidelines.
13. Institutions should review their coverage and liability in regard to cheerleader participation during camps, clinics and competitions.
14. **These safety rules will be applied by the PSAC to all sports and venues. AACCA College Cheerleading Safety Rules must be followed for those activities which remain permissible.**
15. **The guidelines shall apply to all Conference and non-conference contests at PSAC sites. The guidelines shall apply to both home and visiting cheerleaders. Home game management shall be responsible for enforcing these guidelines for both home and visiting cheer squads.**
16. **Each member institution within the PSAC has the right to enforce additional restrictions to these guidelines or "grounding" of their respective cheer squads. At institutions with additional restrictions, the visiting cheer squad must adhere to the host site's guidelines/restrictions.**

(Cheer Guidelines, con't)

Restrictions

1. Use of the mini-tramp and/or springboard is prohibited.
2. All partner stunts and pyramids are limited to two persons high. "Two high" is defined as the base having at least one foot on the ground.
3. Partner stunts in which the base uses only one arm to support the top person are prohibited
4. Basket tosses, elevator tosses and other similar multibased tosses are prohibited.
5. Flips or twists into or from partner stunts are prohibited.
6. Split catches are prohibited.
7. Front, back and side tension drops are prohibited.
8. Toe pitches are prohibited.
9. Cradle dismounts from pyramids shoulder height or above require one spotter in addition to the original base(s) (i.e. three catchers are required).
10. Twisting tumbling skills are prohibited.

Note: The above safety restrictions and guidelines are general in nature and are not intended to cover all circumstances.

Protocol

1. The PSAC Office will develop a webpage on its website that includes institutional cheerleading advisors name and contact information, safety certification verification and additional institutional restrictions, if any. The PSAC Office will require coaches/advisors to submit proof of safety certification by August 15 of each year, or will face restricted participation until certification is filed with the league office.
2. Cheer squads will not be permitted to participate in organized activities during athletic contests or be admitted free to contests unless the safety certified coach/advisor is present at home and/or away contests.
3. Host advisor/coach must greet/meet with the visiting advisor/coach prior to the game and inform him/her where the visiting cheerleaders will cheer during the game and discuss emergency plan.
4. Should a cheer advisor observe inappropriate/unsafe activities being performed by the opponents cheer group, the advisor must immediately notify the host athletic director and/or their own athletic director, as appropriate.
5. Cheer groups violating the guidelines and restrictions will be barred from any further participation at home or away contests for the remainder of the respective sport season. A second violation of the guidelines will result in a year-long (calendar year) suspension of activities.

**EACH PSAC INSTITUTION IS RESPONSIBLE FOR THE CONDUCT OF THEIR
CHEERLEADERS REGARDLESS OF VENUE**