

Nebo School District Board of Education

Policy JHFB

POLICY FOR CHEERLEADING SAFETY

General Guidelines

1. Cheerleading squads must be placed under the direction of a qualified and knowledgeable advisor. Cheerleading advisors must attend a district sponsored clinic each year. It is recommended that this clinic be held in the spring.
2. Cheerleaders must buy school student insurance or have parents sign off that they are covered by family insurance.
3. Cheerleaders need a physical examination prior to trying out for cheerleading.
4. All cheerleaders must receive training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids).
5. Practice sessions of pyramids, stunts or tumbling must be supervised by the advisor and held in a location suitable for the activities of cheerleaders (i.e., use of tumbling mats; away from excessive noise and distractions, etc.).
6. A structured stretching exercise and flexibility routine should precede and follow all practice sessions and precede all pre-game activities.
7. Tumbling, partner stunts and pyramids should not be performed on wet or concrete surfaces.
8. Advisors should recognize a squad's particular ability level and must limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals must not be pressed to perform activities until safely perfected. No moving pyramids are allowed.
9. All cheerleader tryout activities sponsored by the schools in Nebo School District will be regulated by the guidelines outlined above.
10. Any policies adopted by State agencies with respect to cheerleading safety shall by reference become part of this policy.

Specific Prohibitions

1. Use of the mini-tramp is prohibited.
2. Pyramids higher than two and one-half persons high are prohibited. Pyramid height is measured by body lengths (i.e., a shoulder stand is "two high," a shoulder straddle or sit is one and one-half high, etc.).
3. Split catches are prohibited.
4. Front and back tension drops are prohibited.
5. Toe pitches are prohibited.
6. Flips off of pyramids and partner stunts other than basket tosses and suspended rolls where the flipping person is continually holding the bases' hands are prohibited (see Basket tosses..., #3 & #4 of Partner Stunt, Pyramid, and Tumbling Guidelines).
7. Suspension rolls higher than shoulder level are prohibited.

8. Moving pyramids are prohibited.

Partner Stunt, Pyramid, and Tumbling Guidelines

1. All pyramids and partner stunts over "two persons" high must have a spotter in proper position. (This includes single and double based extensions.)
2. Pyramids of any height performed outdoors must not be performed on wet or concrete-like surfaces.
3. Basket tosses (both flips and jumps) must be performed only after being approved by the advisor and when using three spotters (the two bases and an additional spotter in back) and must not be performed on concrete or wet surfaces.
4. Basket tosses must not be performed except from ground level.
5. People dismounting from pyramids over two high must be assisted when landing.
6. No pyramids, partner stunts, or tumbling activities may be performed without spotters unless they can be performed consistently without difficulty approved by the coach. All new partner stunt, pyramid and tumbling activities must be reviewed and approved by the advisor prior to execution.
7. Tumbling requiring the use of a spotter must be preceded by verbal communication of the intended trick.
8. New tumbling skills must be mastered on a mat whenever possible. If a mat is not available, "over-spotting" must be employed. New tumbling skills must not be learned on concrete or hardwood surfaces.

DATE: 1/87