



COACHING THE GREATEST SPORT

NO MATTER WHERE YOUR TEAM FITS IN AND EVEN THOUGH YOU ARE NOT A NEW COACH, YOU NEED TO REMEMBER TO EDUCATE YOURSELF THROUGHOUT YOUR CAREER.

- GO TO GHSA.NET TO LOOK AT THE CONSTITUTION AND BY LAWS.
 - FIND YOUR BEGINNING AND ENDING DATES.
 - LOOK ON PAGE 26-30 IN THE INFORMATION ABOUT ELIGIBILITY, QUALIFICATIONS TO COACH, AND INTERSCHOLASTIC CONTESTS AND PRACTICES. MAKE SURE YOU ARE STAYING WITHIN THE RULES.
 - LOOK AT THE SECTION ON SPORTSMANSHIP ON 2.70
 - FIND THE CHEERLEADING SECTION AND READ ALL THE RULES **AGAIN. DO THIS EVERY YEAR!**
 - ALSO, LOOK IN THE BASKETBALL SECTION FOR RULES FOR CHEERLEADERS AT BASKETBALL GAMES.

EDUCATE YOURSELF

- ORDER YOUR NFHS SPIRIT RULES BOOK FROM GHSA OR YOU CAN ORDER ONLINE. SOMETIMES YOUR ATHLETIC DIRECTOR WILL ORDER ONE FOR YOU IF YOU ASK.
- GO TO THE CHEERLEADING PAGE ON THE GHSA.NET WEBSITE. THERE IS ALWAYS SO MUCH INFORMATION POSTED! GO TO SPORTS & ACTIVITIES, CLICK ON CHEERLEADING. LOOK UNDER QUICK SOURCE AND FAN GUIDE FOR UPDATES.
 - YOU WILL FIND
 - THE COMPETITION CHEERLEADING GUIDE
 - SPIRIT MANUAL (9 LEGAL DUTIES OF COACHING)
 - IMPORTANT DATES FOR CHEERLEADING
 - THE COMPETITIVE SEASON SCHEDULE
 - SCORES FROM EACH COMPETITION

IMPORTANT DATES – COMP CHEER

June 1	Deadline to request a regular season sanctioned event/tournament.
July 31	First Date for Practice. <ul style="list-style-type: none"> · Cheerleading teams are allowed to attend camp after the last day of school up until August 1. · No camps or clinics are allowed after August 1.
August 5	Deadline to register for regular season competitions. <ul style="list-style-type: none"> · Contracts are online.
August 12	Cancellation forms should be submitted to the GHSA office and all entering schools notified.
August 19	Confirmation of tournaments should be submitted to the GHSA office with a list of teams competing. Host must go online to GHSA MIS website (http://app.ghsa.net/) to complete their team list.
August 23 or later	An Athletic Director (AD) or principal must complete a form for each instance a team withdraws from an invitational explaining why they withdrew.
September 1	Competition schedules submitted to the GHSA office online by the competition host.
October 1	Deadline to submit rosters electronically for all competition teams on the GHSA MIS website .
November 8	<ul style="list-style-type: none"> · Region winners determined. · Sectionals for all teams.
November 15-16	State Competition. <ul style="list-style-type: none"> · Friday (15th): State Championships for 2A & 4A (10:00 AM); 1A & Private (3:00 PM) · Saturday (16th): State Championships for 3A & 5A (10:00 AM); 6A & Coed (3:00 PM)

IMPORTANT DATES SIDELINE/GAME DAY

- **2024 DATES FOR SPIRIT TEAMS:**
- **JUNE 5: DEADLINE TO APPLY TO HOST GAME DAY COMP.**
- **JULY 29: 1ST PRACTICE**
- **AUGUST 16: 1ST DATE FOR FOOTBALL GAMES**
- **SEPTEMBER 2: GAME DAY REGISTRATION OPENS**
- **SEPTEMBER 14: 1ST GAME DAY INVITATIONAL ALLOWED**
- **OCTOBER 21: 1ST DATE FOR BASKETBALL PRACTICE**
- **NOVEMBER 8: 1ST DATE FOR BASKETBALL GAMES**
- **NOVEMBER 30: LAST DAY FOR GAME DAY INVITATIONALS**
- **DECEMBER 11-12: GAME DAY STATE CHAMPIONSHIP**

OTHER IMPORTANT TOPICS

- VISIT THE GHSA.COM WEBSITE, GO TO SCHOOLS AND CLICK ON THE DIRECTORY.
- VISIT THE CLICK N CLEAR WEBSITE TO UPLOAD YOUR COMPETITION MUSIC BEFORE YOU USE IT TO COMPETE. THE LINK IS [HTTPS://VERIFICATION.CLICKNCLEAR.COM/MY-SEASONS/SEASON/31/INVITE?TOKEN=BDFE0CF6CB5F1870A953395D5BE93633&LP=N](https://verification.clicknclear.com/my-seasons/season/31/invite?token=BDFE0CF6CB5F1870A953395D5BE93633&LP=N) FHS
- CHECK TO BE SURE YOU AND ALL OF YOUR CHEERLEADING COACHES (INCLUDING YOUR COMMUNITY COACH) IS LISTED UNDER THE CORRECT RESPONSIBILITY. THIS IS WHERE OUR EMAIL LIST IS GENERATED. MAKE SURE OLD COACHES WHO ARE NO LONGER COACHING HAVE BEEN REMOVED. CONTACT YOUR AD TO UPDATE THIS LIST IF NEEDED.

OTHER IMPORTANT TOPICS

- DRAGONFLY
- IT IS IMPORTANT FOR YOU TO LOG INTO DRAGONFLY.COM TO GET YOUR COACHING PASS. WHILE YOU MAY NOT USE IT FOR GAMES, YOU WILL NEED IT FOR STATE FOOTBALL, FOOTBALL PLAYOFFS, AND REGION, SECTIONALS, STATE CHEERLEADING, BASKETBALL PLAYOFFS.
- IF YOU NEED ASSISTANCE, PLEASE ASK YOUR AD.
- THERE IS NO CLASS 7A THIS YEAR. CLASS A IS ONE DIVISION FOR GAME DAY AND COMP.
- DEFINITION OF COED CHEERLEADING IS ONE OR MORE MALE CHEERLEADER ON THE TEAM.

WHAT ARE THE MOST COMMON RULE VIOLATIONS FOR *SPIRIT* SQUADS?

- JEWELRY WORN WHILE AT PRACTICE, GAMES, COMPETITIONS.
- TAUNTING THE OPPOSING TEAM, CHEERLEADERS OR FANS.
- FINGERNAILS THAT ARE LONG AND EXTENDED PAST THE FINGERTIPS.
- ILLEGAL COACHING- COMMUNITY COACHES WHO COACH TEAM MEMBERS OUTSIDE OF THE SEASON.
- WEARING TIARAS, SASHES, CORSAGES, ETC DURING HOMECOMING GAMES, SENIOR GAMES.
- HOLDING RUN THROUGH SIGNS USING A STUNT.
- TEAMS STOMPING IN THE BLEACHERS AT A BASKETBALL GAME.

WHAT ARE THE MOST COMMON RULE VIOLATIONS FOR *COMPETITION* SQUADS?

- COACHES FAILING TO TAKE THE RULES CLINIC.
- COACHES FAILING TO SUBMIT ROSTERS ON TIME.
- ILLEGAL PRACTICES- CHOREOGRAPHY AFTER THE SUMMER IS OVER OR BEFORE SCHOOL IS OUT.
- ILLEGAL COACHING- COMMUNITY COACHES WHO COACH TEAM MEMBERS OUTSIDE OF THE SEASON.
- FAILING TO ATTEND A COMPETITION AFTER REGISTERING FOR ONE.
- HOLDING MANDATORY PRACTICES IN THE SUMMER.
- ALLOWING 7TH GRADERS TO TRY OUT FOR JV TEAMS. THEY MUST BE CURRENT 8TH GRADERS TO TRY OUT.
- LACK OF SPORTSMANSHIP

BEST PRACTICES

- IT IS BEST WHEN COACHES TREAT THEIR TEAM AS A SPORTS TEAM- NOT A CLUB.
- KNOW YOUR JOB- TO LEAD THE CROWD AT A GAME. THE EVENT IS NOT ABOUT THE CHEERLEADERS.
- IT IS BEST TO FOLLOW YOUR ATHLETIC HANDBOOK AT YOUR SCHOOL RATHER THAN HAVE YOUR OWN RULES. CHEERLEADING CONSTITUTIONS ARE A THING OF THE PAST.
- ALWAYS CHECK WITH THE GHSA CHEERLEADING DIRECTOR IF YOU HAVE A QUESTION CONCERNING A UNIFORM.
- HAVE A CHEERLEADING NOTEBOOK AND DOCUMENT EVERYTHING!

BEST PRACTICES

- SINCE SO MANY OF OUR CHEERLEADING TEAMS PRACTICE INDOORS DURING THE SUMMER AND EARLY FALL, JV AND VARSITY COACHES SHOULD HELP ACCLIMATE THEIR ATHLETES FOR THE HEAT AT PRACTICES AND FOOTBALL GAMES.
 - PRIOR TO THE BEGINNING OF FOOTBALL SEASON, CHEERLEADING TEAMS SHOULD GO THROUGH A ACCLIMATIZATION PERIOD OF PRACTICING OUTSIDE 5 DAYS FOR NO MORE THAN 1 HOUR.
 - AS TEAMS BECOME ACCLIMATED, PERIODS OF PRACTICE MAY BE EXTENDED IN PREPARATION.
 - FOOTBALL CONTESTS ALREADY HAVE A POLICY FOR MONITORING THE WBGT AND CHEERLEADERS SHOULD FOLLOW THAT PROTOCOL.

DID YOU KNOW?

- IN THE OFF SEASON, YOU CAN WORK WITH UP TO 4 ATHLETES. (THAT IS A WHOLE STUNT GROUP!). FIND OUT THE STIPULATIONS IN 2.69B OF THE CONSTITUTION. (PAGE 33)
- PHYSICALS ARE DUE AFTER 1 CALENDAR YEAR- NO MATTER WHEN THEY ARE TAKEN.
- MEGAPHONES CANNOT BE USED AT BASKETBALL GAMES.
- ANY COMBINATION OF CHEERLEADERS FROM ALL TEAMS CAN MAKE UP THE COMPETITION TEAMS FOR GAME DAY OR REGULAR COMPETITION.
- ANY ELIGIBLE STUDENT IN YOUR SCHOOL CAN BE ADDED TO YOUR TEAM THROUGHOUT THE SEASON IF IT IS APPROVED BY YOUR ADMINISTRATION.

DID YOU KNOW?

- THE ONLY "OUT OF SEASON" ACTIVITIES YOU CAN PARTICIPATE IN ARE:
 - 4 ATHLETES TO 1 COACH WORKING ON SKILLS
 - TRY OUTS IN THE SPRING (10 CONSECUTIVE DAYS)
 - CONDITIONING
- ALL SIGNS, INCLUDING RUN THROUGHS SHOULD BE POSITIVE AND NOT DEGRADE THE OPPOSING TEAM.
- CHEERING DURING THE OPPOSING TEAM'S FREE THROWS IS NOT ALLOWED.
- DEAD WEEKS ARE IN FORCE THE MONDAY-SUNDAY OF THE WEEKS THAT INCLUDE MEMORIAL DAY AND THE 4TH OF JULY.
 - KIDDIE CAMPS ARE ALLOWED.

WHAT YOU NEED FOR THE YEAR

- **COMPETITIVE COACHES NEED A LOG IN FOR THE MIS SITE.**
 - TO SUBMIT YOUR ROSTER ON OCT. 15
 - APPLY FOR SANCTIONED EVENTS
 - CREATE, SUBMIT, & EDIT CONTRACTS
- **DRAGONFLY PASS- APPLY AS SOON AS YOU GET THE INSTRUCTIONS FROM YOUR AD**
- **COMPLETE YOUR RULES CLINIC IN AUGUST (LEARN.GHSA.NET)**
- **NFHS RULES BOOK, SPIRIT AND/OR COMPETITIVE MANUAL.**
- **ALL CONTRACTS IN TO HOST SCHOOLS BY AUGUST**

QUESTIONS?

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