

CHEERLEADING (18.4)

The NBCA/SCNB Information Guide will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Rules and Guidelines

A majority of SSNB registered cheerleading coaches MUST be International Cheer Union (ICU) credentialed to a minimum of level 2 in all disciplines (stunts, tosses and tumbling) and MUST be present with the team during all cheerleading related activities (i.e.: practices, games, competitions etc.).

A majority of coaches must be Level 2 ICU/credentialed coach from each school must attend the Safety Clinic. It is required that credentialed coaches be present to help ensure athlete safety.

Cheerleading teams will be limited to the rules and stunt guidelines as set forth by the NBCA and SSNB. These rules and guidelines will be reviewed at the Coaches Safety Clinic and will be available to all coaches in the NBCRRG.

- Pyramids do not exceed 2 levels.
- No inversions from off the ground (cannot flip from someone's shoulders or hands).
- Legal suspended rolls will be allowed (forward suspended rolls off multi-base stunts, shoulder height or below, where the top person maintains continuous hand to hand/arm contact with the original two bases).
- Inverted dismounts are not permitted (except legal suspended rolls).
- Reversed vaults are not permitted.
- The insurance will not cover activities such as inversions and stunts higher than two people.

Team Personnel Form

Schools may register as many students as they desire. Individuals wearing the school mascot costume must be included on the cheerleading team personnel form.

COMPETITIVE TEAM

Teams must decide if they wish to operate as an exhibition team or a competitive team. The purpose of an exhibition team is to support your school's sport teams until one week prior to the Provincials. The purpose of a competitive team is to compete at the Provincial Championship and they may also support other sport teams at their school.

Start Date - Tryouts and practices can begin three weeks prior to the beginning of the fall season. Please refer to O.R. 15.13.

Stunt Limitations - Stunts may not exceed two people high. Further rules are covered in NBCRRG.

Team Composition for Competition

A team may consist of twenty-five (25) or fewer members. Gender designation not applicable.

Invitational Competitions

Competitive Teams have the option of competing at any Invitational Competition which follow the SSNB guidelines.

Provincial Championship

1. Competitive Teams must compete at the SSNB Provincial Championship, which will be held on the second Saturday of February.
2. The host team will be determined at the NBCA/SCNB AGM.
3. The facility shall be centrally located with adequate space and be accessible to hotels, motels, eating establishments and must be able to hold as many spectators that wish to attend.

4. Entry Fees will be charged to schools to cover the cost of the facility rental (where applicable) and judges.
5. Admission fees will be charged, please refer to O.R. 5.3.
6. Five (5) neutral judges will be engaged to officiate at the Provincial Championship, consisting of one (1) for each of the following categories:
 - a) Building Skills
 - b) Jumps and Tumbling
 - c) Tosses and Overall
 - d) Two (2) LegalitiesJudges must have taken the NBCA prescribed training for the current competition year and must have satisfactorily completed training in the categories that they are assigned to judge.
7. There will be a call back of the top 4 teams to perform their routine a second time and that the two scores be added together for a total to arrive at the actual winner.

Participation in other Activities

Teams, with permission from their principals, may participate in other school activities, but they do so without SSNB accident and liability insurance.