



SSSAD ACTIVITY POLICY – CHEER/DANCE

1. Sport Committee - See SSSAD Constitution – Section E – Article 6.5
 - a. Create the Cheer/Dance Sport Committee at the pre-season meeting.
 - b. A commissioner will be decided upon or announced at the pre-season meeting.
2. Sport Season
 - a. SSSAD – As Defined by the SSSAD Bylaws – Section F – Article 15.7 - Competition Requirements.
 - i. SSSAD Opening: Last Monday in October.
 - ii. SSSAD Closing: March 31
3. Student Athlete Eligibility
 - a. It is the responsibility of the participating school to ensure that each athlete meets the eligibility requirements of the SSSAD according to:
 - i. SSSAD – See SSSAD Bylaws – Section F – Article 13
 - b. SSSAD Eligibility Forms (E5) must be completed and emailed to the SSSAD Office 24 hours prior to the first competition or scheduled event for the school. Additions and deletions to your roster may be made up to 24 hours prior to the city final.
 - c. SSSAD Athlete Registration, parent consent forms and waivers must be completed in full on the SSSAD website by the parent and athlete. Email confirmation must be received prior to participation in the sport.
4. SSSAD Rules of Play
 - a. Rules for Individual Eligibility:
 - i. A cheer athlete may not compete on a level one and a level two or three team at the same time.
 - ii. An athlete may participate on a cheer and a dance team at the same time as they are deemed different sports, not different levels of the same sport.
 - iii. An athlete may participate on more than one dance team (ie. jazz and hip hop, or any other future SCA categories) as they are deemed different sports, not different levels of the same sport.
 - iv. A dance athlete may not compete on a junior dance and a senior dance team at the same time.

- v. You may register an athlete on a junior team and a senior team on an E-5, to use them as an alternate, providing they are age appropriate, but they must only compete with one of the teams.

b. Rules for Team Eligibility:

- i. For eligibility to the City Championship, both dance and cheer teams must:
 - 1. perform at 3 events during the season (pep rally, open house, community events etc.)
 - 2. One must be a SSSAD sanctioned event.
 - 3. One of these must take place at the school.
 - 4. The eligibility for City Championships must be submitted with registration for the city championship.

c. Safety Guidelines for Cheer/Dance

- i. Medical personnel must be present at all SSSAD sanctioned Cheer/Dance events (doctor, nurse, or physiotherapist).
- ii. Safety guidelines for cheerleading/dance and stunting will follow Saskatchewan Cheerleading Association (SCA) rules for practice, sideline, pep rallies, competitions, and all other functions for Junior and Senior athletes.
- iii. A school approved supervisor must be present for all cheerleading activities including practices, camps, performances, competitions, etc.
- iv. For all SSSAD sponsored cheerleading/dance activities, competitions and practices, safety mats are mandatory when any type of stunts or tumbling skills are attempted.
 - 1. Exception: At basketball, football games and school functions when safety mats are not being used, teams are restricted to level 1 stunts following USASF rules.
- v. Coaches/supervisors must ensure that each athlete has completed the registration process, including all permission and waiver forms, on the SSSAD website and have access to medical forms and a medical kit with them at all practices, games, and competitions.
- vi. Coaches/supervisors must regulate a team's activities according to the ability of the team and coaching experience.
- vii. It is required that all cheerleading/dance coaches be certified by the SCA (or equivalent) up to the level that they will be coaching. Certification includes stunt progressions, spotting techniques and general safety. New coaches are given a one-year grace period to be certified.
- viii. Coaches/supervisors will have access to the SCA rule book for cheerleading/dance.
- ix. Coaches/supervisors will follow USASF general safety rules and specific leveling rules.
- x. Scoring will follow Cheer Canada guidelines.
- xi. Stunts shall not be performed during a basketball game when the ball is in play. Stunts may be performed on mats (unless only executing USASF level 1 stunts) during time outs, half times and when the ball is whistled dead.

5. League Structure

a. Philosophy

- i. The SSSAD sponsors cheerleading/dance with the understanding that cheerleading/dance is to promote school spirit within the school and community. This does not preclude the opportunity to participate in competitions if:
 1. The competitions take place within the boundaries of the sports season.
 2. The eligibility requirements to participate in a City Championship are followed.
 3. The recommendations and guidelines for cheerleading /dance safety are adhered to.
 4. Cap of \$30.00 per athlete per competition or \$35 per athlete for a two-day competition.

b. Supervision

- i. Coaches or teacher supervisors are required to supervise their team for all games, competitions, and practices.

c. Mats

- i. Safety mats are mandatory for all junior and senior cheerleading competitions and practices where teams are executing stunts beyond USASF level 1.
 1. These may be wrestling, gymnastic or cheerleading mats.

d. Travel Regulations

- i. Cheerleading/dance teams will be allowed to travel to two in-province and one out-of-province competitions. Teams may also attend any competition within a 100 km radius of Saskatoon, this does not count as one of the two in-province competitions. All travel is subject to the travel regulations as outlined by the Principals' Committee. (SSSAD Handbook – Section B - Employing Boards Regulations - Article 2 – Principal Committees – Part B – Guidelines for Team Travel).

e. City Championships

- i. The City Championship will be held the week after the Basketball City Championships.
- ii. Scoring for the City Championship will be 100% from the night's performance.
- iii. City championship format will consist of a 2 – 2.5-minute routine.
- iv. Time penalties will be assessed for going over 2.5 minutes.
- v. For eligibility to the City Championship, both dance and cheer teams must:
 1. perform at 3 events during the season (pep rally, open house, community events etc.)
 2. One must be a SSSAD sanctioned event.
 3. One of these must take place at the school.
 4. The eligibility for City Championships must be submitted with registration for the city championship.
- vi. The City Championship for dance and cheer will be exclusive to teams in Saskatoon and all will be SSSAD affiliated. Demo teams for the City Championship must not be high school all-star teams but can include non-high school elementary aged community cheer teams and community dance groups.

6. Tie Breaking Criteria

- a. None noted

7. Awards

- a. Wendy Mason City Championship trophy for Cheer teams.
 - i. Medals for 1st and 2nd place teams.
- b. SSSAD City Championship Dance Trophy (highest mark achieved regardless of division).
 - i. Medals for 1st and 2nd place (senior and junior dance teams).

8. Discipline/Ejection

- a. **Breach of bylaws by students or teams – SSSAD Bylaws – Section F – Article 20 – Breach of Bylaws**
- b. **Player Ejection - SSSAD – See SSSAD Bylaws – Section F – Article 17.4 – Conduct**
 - The head official shall complete an Officials Special Report Form (E9) found on the SHSAA website (under forms). The E9 Form must be emailed to the Athletic Consultant immediately following the game.
 - Coaches are required to report the player ejection to the Athletic Consultant
 - Such suspensions shall be automatic.
 - An appeal may be submitted by email by the Head Coach, Athletic Director and Principal to the Consultant (Athletics) by 5:00 p.m. on the next school day.
- c. **Coach Ejection**
 - i. **SSSAD – See SSSAD Bylaws – Section F – Article 17.5 - Conduct**