



2010-2011 MHSAA Online Spirit Clinic Handouts

Coaches: All of these slides are presented as part of your clinic.

- Slide 1** Welcome to the MOA/MHSA online clinic presentations. I am Mark Beckman, Executive Director of the MHSAA and Commissioner of the MOA. The MHSAA/MOA is again presenting the rules clinics in this electronic format for coaches and officials throughout the state. This format saves travel time and costs for schools and officials, and by eliminating travel to clinic sites, this online format provides a safer more flexible means of delivering this necessary information.
- Everyone will view the same clinic, providing consistency for coaches and officials. The clinic will be accessible during the season so you can go back and review a particular section. If you have any questions or comments regarding this format please contact Brian Michelotti at the MHSAA office; his email address is bmichelotti@mhsaa.org.
- All head coaches must view the clinic for their activity in order to meet the clinic requirement. However, all other members of the coaching staff, as well as activities directors, are encouraged to view the clinics.
- Please follow the directions at the end of the presentation to sign in and receive credit for completing the clinic requirement. We encourage you to print two copies of the verification page confirming that you have viewed the clinic. Keep one copy for your records, and if you are a coach, provide a copy to your administrator as proof of your completion of this clinic.
- Again, please feel free to contact the MHSAA office with any questions or comments concerning the online presentations of the MHSAA/MOA rules clinics.
- Welcome to the 2010-11 MHSAA Spirit Rules Clinic. On behalf of the MHSAA we trust you will find the information essential as you continue to maintain quality spirit programs and promote risk minimization
- Slide 2** You are about to view the mandatory clinic for your activity. You must view the entire presentation in order to receive credit. Complete the information on the last page to ensure that your attendance has been submitted. Properly recording your attendance after the viewing is complete will fulfill the MHSAA requirement.
- Slide 3** Janie Holmes, MHSAA Spirit Liaison
www.mhsaa.org; jholmes@mhsaa.org; 406.442.6010 (office); 406.439.2722 (cell)
The areas that will be specifically covered in today's presentation are 2010-11 Rules Changes, Points of Emphasis, Editorial Changes and MHSAA Handbook Changes and Additions.
- Slide 4** Let's first go over a brief overview of the philosophy behind the NFHS rules writing process
- Slide 5** The National Federation of State High School Associations has led the development of education-based interscholastic sports and activities that help students succeed in their lives.
- Rules provide direction
 - Rules build awareness
 - Rules support activities
 - Rules improve activities
 - Rules establish a consistent standard
- The NFHS Spirit Rules committee meets annually to review rules submissions and evaluate current trends. Proposed rule changes can be submitted through the MHSAA.
- Slide 6** Please remember that all rules of the NFHS rules book as well as rules listed in the MHSAA Handbook shall be in effect for all cheer and dance activities including practices, games, and performances. Violations of these regulations are subject to penalties as outlined in the MHSAA Handbook.
- Slide 7** It is the professional integrity of our coaches that we need to rely on to make sure all rules are followed.
- Questions and concerns should be handled with your administration or with the MHSAA office.
- Resources are available to be knowledgeable regarding the spirit rules.
We all must continue to be advocates for the clear education of our safety rules.
- Slide 8** First of all, let's discuss why rules are necessary. Rules provide direction, build awareness, and support and improve the activity. You, as coaches, cannot pick and choose which rules you'd like your team to follow. We must rely on the integrity of coaches to make certain the rules are being followed.. Now let's review the six spirit rule changes for this school term.

- Slide 9** An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. **(Please see NFHS Suggested Guidelines for Management of Concussion on page 73).** *Comment: Clarification from NFHS Sports Medicine Advisory Committee for all NFHS Rules Books.*
This rule addresses the guidelines and management of concussions. This is the National Federation's rule which has been added to all sports' rules books.
- Slide 10** However, the MHSA has expanded the scope to include possible concussions and other serious injuries. The new rule and the MHSA Return to Play Rule procedures are as follows:

MHSA Rules and Regulations item (4) states:

A participant in any MHSA sanctioned sport who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) or other serious injury shall be immediately removed from the game, evaluated by the coaching staff in regard to the nature of the injury, and if it is determined to be a possible concussion or other serious injury, the player shall not return to play until cleared by an appropriate health-care professional (MD, DO, PAC or NP).

The MHSA has implemented specific procedures for managing possible injury situations during Association activities.
- Slide 11** To help in recognizing possible concussions, the most common symptoms are listed in NFHS Rules Books. Symptoms include:

headache, fogginess, difficulty concentrating, easily confused, slowed thought processes, difficulty with memory, nausea, lack of energy, tiredness, dizziness, poor balance, blurred vision, sensitivity to light and sounds, or mood changes - meaning the athlete is irritable, anxious or tearful
- Slide 12** Officials, coaches and administrators are being asked to make all efforts to ensure the safety of athletes who participate in MHSA activities. In regard to participants experiencing possible concussions or other serious injuries during MHSA contests or practices, the procedures outlined in the next several slides have been implemented:
- Slide 13** **Coaches' Responsibilities:**

After the official has notified the coach of the injury and has sent the athlete off of the field or court, or if a coach witnesses an incident in practice, the coach must then make the initial determination of the injury. For instance, if the coach knows that a player is diabetic, and may be experiencing a diabetic episode, the coach should have the student treated appropriately and then return the player to play or practice.

If the coach suspects the athlete is exhibiting the signs, symptoms or behaviors consistent with a concussion, then the coach must have the player evaluated by an appropriate health-care professional. (MD, DO, NP or PAC)

If an appropriate health-care professional on the sideline determines that the athlete HAS NOT suffered a concussion, the athlete may return to play.

If an appropriate health-care professional is not available to evaluate the athlete, the athlete SHOULD NOT be allowed by the coach to return to play.

In game situations, the official does not need written permission for an athlete to return to play nor does the official need to verify the credentials of the appropriate health-care professional.

Ultimately, the decision to return an athlete to competition or practice rests with the coach, after the affected player is evaluated by an appropriate health care professional.
- Slide 14** This flow chart summarizes MHSA procedures as presented in this clinic. Feel free to pause the clinic to review these steps.
- Slide 15** This presentation and additional resources are available on the MHSA website. Visit www.mhsa.org and proceed to the Sports Medicine page by using the link on the home page.
- Slide 16** 2. Rule 2-2-8 addresses a participant wearing a cast. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow recovery foam padding no less than one-half inch thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt. *Clarification: from NFHS Sports Medicine Advisory Committee for all NFHS Rules Books.*
- Slide 17** Although still relatively rare, the use of insulin pumps by athletes with diabetes has become more commonplace over the past few years. With the wider use of insulin pumps, as well as other medical devices such as heart monitoring equipment, concerns have been raised regarding the safety of the athlete wearing the device, teammates, opponents, and the device itself.
- Slide 18** When it is necessary for an athlete to wear a medical appliance (such as an insulin pump) during athletic competitions, the device shall be padded and securely attached to the player's body underneath the uniform. Devices attached to the head (such as hearing aids and cochlear implants) do not need to be padded, but shall be firmly secured to the body. No medical appliance should pose a risk of injury to others.

- Slide 19** **Rule 2-6-7: Add exception:** 1 ¼ twists are permitted from side-facing stunts.
Comment: This rule now allows an extra quarter twist from side-facing stunts on hard surfaces because it presents only minimally more risk than a single twist and allows the flyer to face forward before completing the rotation.
 This rule addresses the 1 ¼ turn when dismounting from side facing stunts
- Slide 20** Rule 2-8-14 clarifies the use of braces during suspended splits. We saw this rule last year as it clarified that as previously written it was illegal during the 2009-10 season – Now the skill is permitted by rule. Suspended splits involving bracer(s) that originate at any height and drop to any level are legal provided all the following conditions are met:
- ⑩ The flyer has both hands in contact with the bracer(s).
 - ⑩ The flyer does not become inverted.
 - ⑩ The flyer has at least two bases.
 - ⑩ The flyer and bracer(s) each have a separate spotter. (exception – braces in shoulder sits or thigh stands.
 - ⑩ In suspended splits when the flyer is not released by the bases, the bracer(s) must maintain hand/arm contact with the flyer until she/he is no longer in a split position.
 - ⑩ In suspended splits when the flyer is released by the bases, the release must be a continuous, vertical up-and-down movement in which the flyer remains over the base(s). The bracers must maintain hand/arm contact with the flyer during the entire loss of contact with the bases. (Note: See 2-12-1).
- Slide 21** This slide shows an example of a stunt involving suspended splits that involve bracers. **COMMENT:** Bracers are frequently used in many types of stunts. This rule allows a flyer in suspended splits to have contact with bracer(s) rather than with base(s).
- Slide 22** Rule 3-1-6 **Added**
Exception: Dance paws and pedini-style dance shoes that have heels of sufficient height to raise the bottom of the foot off the floor. Dance paws allow movement of the foot without compromising the look and feel of barefoot dancing. Dance paws also help protect the foot by preventing friction burns and skin tears.
 Allows the use of dance paws for spirit teams
- Slide 23** Rule 3-7 addresses the use of assisted inverted floor stunts in the dance section of the spirit rules book and it states **Added** - Assisted Inverted Floor Stunts (*New Section*)
 Assisted inverted floor stunts are legal provided both the following conditions are met:
- a. The inverted participant is in direct weight-bearing contact with the performing surface and provides primary self-support throughout the stunt.
 - b. The assisting non-inverted participant is in direct, weight-bearing contact with the performing surface and provides only partial support for the inverted participant.
- Assisted floor stunts are becoming common, especially in hip hop routines. Previously, the only reference to this type of stunt was a situation/ruling in Rule 2.
- Slide 24** The editorial change for this year addresses rule 2-6-12a transitional stunts
- Slide 25** Section 12: Please review this section as it was reorganized by the spirit rules committee to clarify all of the provisions
- Slide 26** It is very important to know what is legal at the end of loss of contact (loc) stunts. When the loc involves suspended splits, bracers must maintain contact during the entire loc with the bases. In other loc stunts that go to a cradle, the bracers may release the flyer once she is in a descending mode. *Most importantly to note is that on the dismount the flyer maintains hand/arm contact with at least one bracer until the descent.*
- Slide 27** There are four points of emphasis for the 2010-11 year that we would like to bring to your attention
- Slide 28** As we have seen more national attention addressing concussions we want to emphasize the importance of making prudent decision with your student athletes. Please review previous slides that pertain to concussions.
- Slide 29** Double downs continue to be an area of concern for the NFHS Spirit Rules Committee.
- Slide 30** It has been stressed to spirit coaches that they are responsible for teaching and enforcing general risk management rules, identifying teams' ability levels, and **following proper progressions** in learning new skills. It is the NFHS's responsibility to revise rules to minimize risk whenever trends indicate a continuation of poor execution of skills resulting in injuries. Remember that proper progressions must be followed. Never move on to the next skill until the previous skill in the progressions listing are mastered. Teach your team **PERFECTION BEFORE PROGRESSION**.
- Slide 31** The NFHS will continue to monitor these skills during the 2010-11 season. For this reason, the NFHS is calling attention to the fact that double downs/twists will no longer be allowed at the high school level after this year if coaches continue to allow athletes to perform this skill with improper technique.
- Slide 32** In order to retain double downs/twists in the future, it is imperative that coaches insist upon "perfection before progression" when allowing teams to stunt.

- Slide 33** Another point of emphasis this year regards jewelry. I hate that we have to remind coaches of this rule but we continue to notice infractions. Please consistently reinforce these rules to your parents and spirit participants this season. It's really fairly simple. Either they remove the jewelry or they don't participate. The most simple way to determine what is considered jewelry is..... If the participant was not born with it, then it is illegal to wear (except for braces and glasses of course).
- Slide 34** Spirit coaches are expected to follow the rules written for the safety of all participants of cheerleading and dance. The spirit rules regarding jewelry (**2-2-1 and 3-1-2**) apply to all spirit activities, which includes both practices and performance events.
** Nose piercings are not allowed – It is not acceptable to cover the piercing with tape or fill a piercing with a spacer or clear stud*
It is your responsibility to teach and enforce this rule. Recent fashion trends have coaches and participants questioning this simple ruling with unnecessary challenges.
- Slide 35** With the **exception of religious and medical medals**, examples of jewelry include, but are not limited to: necklaces, bracelets, rings, all facial and body piercings (*includes spacers and fishing line*), wrist bands, corsages, and hair ties on wrists. This rule is consistent with rules concerning jewelry in the NFHS rule books for other athletic activities. **"No jewelry" means NO JEWELRY.**
The jewelry rule is consistent in all of the NFHS Spirit Rules Books
- Slide 36** Coaches' Responsibilities : <http://www.nfhs.org/content.aspx?id=3084>. Use the NFHS website as a resource.
- Slide 37** There is one major rule book correction for this year.
- Slide 38** Please note that page 60 and 61 are the same. Please direct your coaches to the fact that page 60 should have the correct 2-8-13 as written on page 20.
- Slide 39** The correction can be found on page 20.
- Slide 40** Here are some courses you may take online through the National Federation's website.
New Course on Concussions, Fundamentals of Coaching Cheer & Dance, Courses located www.nfhslearn.com
- Slide 41** Fundamentals of Coaching Cheer and Dance
- Slide 42**
- MHSА member schools' spirit squads and dance teams are allowed to perform stunts ONLY if the coach has completed and is current with the AACCA Safety Certification Course. To access the course please follow these instructions.
 - Go to: <http://www.nfhslearn.com>
 - Dark Grey: Sport Specific Courses: AACCA Safety Certification
 - Orange: Register, create login, and purchase \$75 by credit card
 - Click: Course
 - Click: Sport Specific Course
 - Click: Spirit
- Slide 43** These are the major changes made to the MHSА Handbook. The Association prohibits spirit teams from participating in any spirit related activity on a Sunday.
If stunting, spirit teams should be at a safe and appropriate distance away from player intros and/or starting line-ups.
All team members must be in a position of close proximity to the playing field (team members may not be brought out of the stands to stunt).
"Bump-its" or any device to lift the hair are not considered safe and secure.
- Slide 44** All spirit team members must be dressed appropriately for the activity, i.e. a uniform designated by the school. Also, slippers would not be considered appropriate footwear. If glitter is used on a sign, the sign shall be laminated.
- Slide 45** Any toss, other than a popped cradle, is considered a multi-based toss. (A toss cannot significantly exceed the height of the intended stunt).
A mat is required....
- Slide 46** MHSА member schools' dance/drill teams are allowed to perform stunts ONLY if their coach has completed and is current with the AACCA Safety Certification Course.
- Slide 47** One NFHS Rule Book is provided to each school. If additional rule books are required, they can be purchased for \$6.50 plus postage.
Contact the MHSА office for additional books.
- Slide 48** If there are questions throughout the year, please contact me.
- Slide 49** It is vital that your clinic attendance be recorded. You must verify that you have viewed this entire presentation in order to meet your clinic requirement for this activity.
Please use the link to access the registration page.
If you are not directed to the registration page after you click the link, try again by simultaneously holding the control key and clicking the link.
Do not close this presentation until you have verified that your attendance has been recorded using the appropriate link.
Thank you for viewing the 2008-09 MHSА Spirit rules clinic. If I can be of any assistance during the year, please give me a call. Have a great season!