



**GAMEDAY
CHEERLEADING
HANDBOOK**

2025-2026

Sport Coordinator: Jennifer Keane, Wantagh High School
HS Representative: John Franchi, Bethpage High School

Cheerleading Committee

Laurie Kolodny, Freeport High School
Rosemarie Abrignani – Plainedge High School
Cristen Ronzo – Division High School
Kayla Bettineschi, Massapequa High School
Ashleigh Longo, Syosset Middle School
Samantha Chaback, Oceanside High School
Jessica Thompson, Great Neck South High School
Katie Savage – Wantagh High School
Caitlin Beatrice - Farmingdale High School
Katelynn Romano - Cold Spring Harbor

The National Federation High School Spirit Rule Book will be followed.

Classifications –

Class A 849 - up
Class B 479 - 848
Class C 478 - below

Coaching Requirements -

USA Cheer Safety & Risk Management Course (Every 4 Years)

High School NFHS Rules Courses for Coaches (Comprehensive Course the first year, then the Comprehensive Course or Changes Only Course, annually)

Encouraged: RefReps NYS Cheerleading Training Course (Annually)

Note: These are in addition to the required courses for all coaches

Number of practices prior to first competition is a minimum of 6.

Team Size - Up to 32 Athletes, including Mascot

Uniforms - Any cheerleading uniform may be used, however, theme-based uniforms are not encouraged in NYS Game Day.

Competition Standards – Duration of competition is 3 minutes. Section VIII will be utilizing the NYSPHSAA score sheets for the 25-26 season.

Game Day Routines - NYS Game Day showcases what traditional cheerleading is all about - leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations/performance, motion/dance, and overall routine.

Post Season Representation – In order to qualify for post-season, your team must have competed in THREE competitions within New York State under the NYSPHSAA rules and regulations. An individual competitor must be eligible for a minimum of three competitions as per the NYSPHSAA representation rule. (UCA does not count towards the required # of competitions for representation).

Qualifying for the Section VIII Cheerleading Championships will be based on scores achieved during the competition season using NYSPHSAA score sheets. The TOP 50% of the schools in each division based on an average of 3 scores will compete in the Nassau County Championships. If your team DOES NOT show up for a scheduled competition, they will receive a zero. This score will be one of the (3) scores that is averaged into your playoff eligibility.

Qualifying for the NYS Cheerleading Championships – The winner of each classification at the Nassau County Championship

Qualifying for the NYS Cheerleading Championships – The winner of each classification at the Nassau County Championship will go onto the State Championship.

Resources - Please utilize the following website as a resource for Cheerleading. <https://nysphsaa.org/sports/cheer>

Competition Dates-

JV teams will start at 5:00pm and Varsity teams will start at approximately 6:30pm.

Tuesday, October 7th @ TBA - All participating JV and Varsity Class B Schools

Wednesday, October 8th @ TBA - All participating JV and Varsity Class A and C Schools

Tuesday, October 14th @ TBA - All participating JV and Varsity Class B Schools

Wednesday, October 15th @ TBA - All participating JV and Varsity Class A and C Schools

Tuesday, October 21st @ TBA - All participating JV and Varsity Class B Schools

Wednesday, October 22nd @ TBA - All participating JV and Varsity Class A and C Schools

POST SEASON

November 2, 2025

Nassau County Championship @ Farmingdale State College

November 9, 2025

NYSPHSAA Championship @ Visions Federal Credit Union Veterans Memorial Arena,
Binghamton

Section VIII
CHEERLEADING
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SCORESHEETS

**NEW YORK STATE CHEERLEADING
GAME DAY/ CROWD LEADING SCORE SHEET**



TEAM NAME: _____

DIVISION: _____ **JUDGE 1 & 2** _____

CROWD LEADING (40)	POINTS	SCORE
Game Day Relevance of Situational Sideline <i>Sideline effectively conveyed an offense/defense situation.</i>	5	
Crowd Effectiveness <i>Clarity of the cheer - Voices had a consistent volume. Pace/flow was appropriate to clearly understand all words.</i>	5	
Formations & Spacing <i>Choreography of formations and transitions</i> <i>Crowd coverage & effectiveness of formations.</i> <i>Formations allowed for maximum crowd coverage. Ability to elicit a crowd response.</i>	5	
Motion Technique <i>Execution of Motions - Technique, sharpness, synchronization, and consistency in placement of motions.</i>	5	
Crowd Leading Tools <i>Choreography and Execution of Props - Proper use of signs, poms, megaphones and flags. Technique, sharpness, consistency in placement of props.</i>	5	
Effectiveness of Stunt/Tumbling <i>Choreography of Skills - Skills chosen were effective and appropriate for the Game Day environment. Clean and crowd effective stunts and tumbling.</i>	5	
Execution of Stunt/Tumbling <i>Execution of Skills - Technique, stability, synchronization and spacing</i>	5	
Overall Impression <i>Leadership, School Spirit & Energy in the sideline/crowd leading cheer and transition entering that section.</i> <i>Leadership to engage and connect with the crowd. Genuine School Spirit and Energy. Transition going into the sideline/crowd leading section, maintained crowd coverage/engagement and was minimal/clean.</i>	5	
TOTAL POSSIBLE POINTS	40	

**NEW YORK STATE CHEERLEADING
GAME DAY/ BAND CHANT/ FIGHT SONG SCORE SHEET**



TEAM NAME: _____

DIVISION: _____ **JUDGE 3 & 4** _____

BAND CHANT (30)	POINTS	SCORE
Game Day Material & Crowd Effectiveness <i>Choreography of material - Crowd was engaged, entertained and/or encouraged to respond in all material. Creative visuals (levels/ripples/synchronization) entertained and engaged the crowd. Voices were clear and the chant fit the music.</i>	5	
Formations & Spacing <i>Choreography of formations and transitions Crowd coverage & effectiveness of formations. Variety/spacing of formations. Synchronization/visuals during transitions.</i>	5	
Motion Technique <i>Execution of Motions - Technique, sharpness, synchronization, and consistency in placement of motions.</i>	5	
Crowd Leading Tools <i>Choreography and Execution of Props - Proper use of signs, poms, megaphones and flags. Technique, sharpness, consistency in placement of props.</i>	5	
Game Day Visual Appeal <i>Creative movements and musicality (dance/chant/call-back matches the beat of the music). Use of level changes, ripples, & other techniques.</i>	5	
Overall Impression <i>Leadership, School Spirit & Energy in the band chant and transitions entering that section. Leadership to engage and connect with the crowd. Genuine School Spirit and Energy. Transition into the band chant maintained crowd coverage/engagement and were minimal/clean.</i>	5	
FIGHT SONG (30)	POINTS	SCORE
Game Day Material & Crowd Effectiveness <i>Choreography of material - Crowd was engaged, entertained and/or encouraged to respond in all material. Creative visuals (levels/ripples/synchronization) entertained and engaged the crowd. Voices were clear and the chant fit the music.</i>	5	
Formations & Spacing <i>Choreography of formations and transitions Crowd coverage & effectiveness of formations. Variety/spacing of formations. Synchronization/visuals during transitions.</i>	5	
Motion Technique <i>Execution of Motions - Technique, sharpness, synchronization, and consistency in placement of motions.</i>	5	
Crowd Leading Tools <i>Choreography and Execution of Props - Proper use of signs, poms, megaphones and flags. Technique, sharpness, consistency in placement of props.</i>	5	
Effectiveness & Execution of Stunt/Tumbling <i>Choreography of Skills - Skills chosen were effective and appropriate for the Game Day environment. Clean and crowd effective stunts and tumbling. Execution of Skills - Technique, stability, synchronization and spacing</i>	5	
Overall Impression <i>Leadership, School Spirit & Energy in the Fight Song and transitions entering that section. Leadership to engage and connect with the crowd. Genuine School Spirit and Energy. Transition into the Fight Song maintained crowd coverage/engagement and were minimal/clean.</i>	5	
TOTAL POSSIBLE POINTS	60	

NYSPHSAA Game Day - Safety Deductions & Violations Score Sheet

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DEDUCTIONS

2025 - 2027 NYS Defined Deductions

Both Competitive and Game Day

Performance Error (2.0)

NFHS rules violations that were not choreographed into the routine. Performance error skills are still counted toward difficulty and execution scoring. Cited per occurrence.

Choreographed Violations (3.0)

Any NFHS rule violation that was choreographed into the routine. Choreographed Violation skills do NOT count towards difficulty and execution scoring.

**If it is not clear whether it is a choreographed Violation or Performance error (such as when there is a single stunt group) then the official will err on the side of the athlete and give a performance error.*

Apparel/Jewelry & Prop Violations (0.5)

- Cited per occurrence
- Additional NYS Hair Rule: Shoulder length and beyond hair must be secured back during Competition.
 - Added to clarify that the expectation for hair applies to all participants on the floor, not just those performing skills.

Out of Bounds (0.5)

Two hands, feet, or body parts are completely outside of the performance Surface. Assessed per occurrence. Note: All athletes must start the routine on the mat. Any athlete not on the mat at the start of the routine will receive an OOB deduction.

Athlete Bobble (0.25)

- Landing on hands during tumbling or jumps.
- Tumbling/Inversion transitions in and/or out of a building skill.
- Does NOT include:
 - An athlete that trips while walking during a transition.
 - An athlete that trips/falls following a controlled completion of a tumbling or jump skill.

Athlete Fall (0.5)

- Landing on head, shoulders, backside or other compromising positions during tumbling or jumps
- Drops from airborne tumbling or jump skills to knees
- Does NOT include:
 - Hand/hands down during tumbling or jump skill.

Building Bobble (0.25)

- Stunts, tosses, or pyramids that almost drop or fall.
- Drops to the performing surface from a thigh stand and/or waist level style stunt on to their feet (not a timing issue).
- Dropping from an extended or prep level skill where at least one foot of support is at/above prep level.
- Dropping from an extended/prep level to a level where at least one foot of support is below prep level.
- Pyramid skills that would fall without the bracer or bracer's support.
- Both feet/hands coming in contact with the performance surface during a cradle/prone.

Minor Building Fall (1.0)

Drops and/or Controlled lowering from a building skill or transition during a stunt or pyramid:

- Lowering/Dropping from prep, extended or level in between to a load in (including 1 foot on the ground), cradle, prone or flat back position.
- Lowering/dropping of stunts, including single based/coed style skills, in a controlled manner to the performance surface with assistance from the base and/or spotter.
- Top person incorrectly becomes weight bearing on a base or spotter.
- Base or spot landing on the performance surface anytime during a stunt, transition, or dismount.
- Dismounts - Incomplete twisting that lands in a prone (on stomach) position.

Major Building Fall (2.0)

Drops to the performance surface from a stunt, pyramid, or toss by the top person or more than 1 base and/or spotter. Uncontrolled lowering or drops to a compromising position not listed under minor building fall. Major Building Fall will include:

Stunts/Pyramids

- Top person falls to the performance surface.
- Dropping to a load in, cradle, prone/flatback position or compromising position.
- Top person falls from a stunt and lands in a compromising and unintentional head down position.
- Multiple bases/spotters or a top landing on the performance surface.
- Top person lands on a base or spotter who drops to the performance surface.

Dismounts/Tosses

- Dismounts that land in upright (feet down) or inverted (head down) position.
- Tosses that land in prone (on stomach), upright (feet down) or inverted (head down) position.

Pyramid Collapse (3.0)

- Building bobbles and falls will be used until a single pyramid has received 3.0 in deductions. Once the pyramid has received 3.0 or more points in deductions, the Pyramid Collapse deduction will be used.
- When multiple pyramids are built at the same time, each pyramid will be treated separately.
- If additional deductions are a result of the initial fall/falls, only 1 Pyramid Fall will be issued for that pyramid.
- Once a pyramid is rebuilt and shows stability, additional deductions can be given.

Game Day Only

Game Day Timing

3:00 Maximum - Game Day timing will not include the team spiring, rallying, jumping, kicking, or tumbling prior to the start of the routine. Timing will begin when the Band Chant music starts. Game Day Routine timing will end with the last synchronized voice or note of music. This would include call backs after the music has ended. Judges will not issue a time deduction until 3:04 for the full routine.

- **Overall Routine 4 - 5 seconds over (-1.0)**
- **Overall Routine 6 seconds or more over (-2.0)**

Game Day Format Violations (1.0 per bullet point per routine)

- Teams must use recorded marching band music for the Fight Song and Band Chant elements. Teams may use traditional fight song and band chant music or use songs, if they are performed by a traditional marching band. Teams must avoid the use of overly produced or highly synthesized music. Voiceovers and sound effects are not permitted.
- Skills that do not meet the additional skill restrictions for a Game Day Performance:
 - Tosses (basket, sponge, or elevator) are NOT allowed.
 - Inversions are NOT allowed.
 - Twisting Released Dismounts are NOT allowed.
 - Single leg stunts are limited to liberties and liberty hitches.
 - Running Tumbling is NOT allowed.
 - Standing Tumbling is allowed. Connected tumbling skills are NOT allowed and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled Single Back Handsprings would be allowed. Jump tumble (single skill) would be allowed.
 - Tumbling during the Band Chant.
- Stunting outside the allotted restrictions (Band Chant, before a routine begins and in between sections; excludes stunting between the Situational Sideline and Crowd Leading Cheer)
- The performance will follow this order: Band Chant, Situational Sideline, Cheer, followed by the Fight Song.
- Exceeding 3 consecutive 8-counts of incorporation during the fight song
 - Building Skills that are stationary prior to the end of the 3rd 8-count may remain stationary until the end of the routine.

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FORMS

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

TEAM ROSTER

DATE _____
LEVEL _____

SPORT
SCHOOL[illegible]

Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.

School _____ Sport _____

Athlete _____ Date Request Submitted _____

Nature of Injury/Illness _____

Date of Injury/Onset of Illness _____ Date of Medical Clearance _____

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>	<u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u>
1. _____	_____	* _____
2. _____	_____	* _____
3. _____	_____	* _____
4. _____	_____	* _____
5. _____	_____	* _____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material **MUST VERIFY** the date of onset of the illness/injury and date physical activity may resume. **NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.**

Medical Documents Attached:

1. _____ 3. _____
2. _____ 4. _____

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.

Signature of Athletic Director

Office of Interscholastic Athletics
George Farber Administrative Center
P.O. Box 9195 – 71 Clinton Road
Garden City, NY 11530-9195
Fax# 997-2916 – 997-2018

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

SECTION VIII UNSPORTSMANLIKE BEHAVIOR/INCIDENT/DISQUALIFICATION REPORT

This report is to be completed and submitted by game officials and athletic directors of both schools within 24 hours of the incident and/or violation. This must be completed and sent to SECVIII.

Sport: _____ Level: _____ Date of the Event: _____
Home School: _____ vs. Opponent: _____

Player(s) / Coach(es) / Official(s) / Spectator(s) Involved:

Name: _____ School: _____ Number: _____

Name: _____ School: _____ Number: _____

Brief Description of the Incident (use additional sheets if necessary):

Action taken:

Supervisor(s):

Name: _____ School: _____ Phone: _____

Name: _____ School: _____ Phone: _____

Official(s) assigned:

Name: _____ Number: _____ Phone: _____

Name: _____ Number: _____ Phone: _____

Person filing this report:

Name: _____ Position: _____ School: _____

Return to: Section VIII - Interscholastic Athletics
George Farber Administrative Center
71 Clinton Road - P.O. Box 9195
Garden City, N.Y. 11530
FAX: 516-997-2916 or 2018

Athletic Director's Signature _____
(or acting administrator)

OR

Game Official's Signature _____

Date Received _____

SECTION VIII CHEERING/GYMNASTICS/SWIM ATTENDANCE SHEET

MEET SITE: _____ DATE: _____

SCHEDULED START TIME: _____ COMPLETION TIME: _____

OFFICIALS ASSIGNED AND WORKED CONTEST

BOCES #	NAME	HRS WORKED	FEE

I attest the officials listed above performed officiating services as described

above: _____ (Signature of Head Official)

Mail, e-mail, or fax to BOCES ATHLETICS after each contest:

Attn: Grace Chianese 71 Clinton RD., Garden City, NY 11530

Fax# : 516-997-2018 E-MAIL: gchianese@nasboces.org

Section VIII
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AWARDS CRITERIA

Section VIII Gameday County Award Criteria

Scholar Athlete – Given to the athlete on your team, no matter what grade, who has the highest weighted GPA,

Coaches Award – Given to an athlete on your team who is extremely dedicated and passionate about cheer. This athlete exhibits qualities such as being coachable, displaying good sportsmanship, and presenting a positive attitude. He or she is a person you can rely on and someone who embodies what it means to be a cheerleader.

All Class Award – Given to one of the best athletes on your team that executes all cheerleading skills at a high level.

All County Award – Given to the best overall athlete on a team. This person executes stunts, tumbling, and skills at the highest level possible and is an asset both on and off the mat.

Assistant Coach of the Year – This coach must possess the following criteria: be an integral contributor to the growth and success of the program, show a commitment to cheerleading education, be key in player development, and must strive for a commitment to excellence.

Coach of the Year – This award is to honor a coach who has demonstrated a sound ability to develop and improve individual and team performance throughout the year by promoting sportsmanship, fairness, participation, respect, and upholding the rules values, and goals of Section VIII.

Gameday Cheerleader of the Year – Given to the best Gameday athlete in Nassau County, from each Class. The winner will be selected from the performer in each Class. The criteria are a written coaches recommendation and full Gameday video from a competition this season. Aside from their powerful skills, the athlete should be an expert in their ability to create an atmosphere of rally support, incorporating strong motions, and high energy as well as demonstrating passionate crowd appeal. They also must display good character, and athletic ability.

Sportsmanship Award - A team sportsmanship award is an honor given to the sports team that best exemplifies the ideals of good sportsmanship, including fair play, ethics, and respect for opponents, officials, and the game itself. It recognizes the team's collective behavior, both on and off the field, that prioritizes honor over winning at all costs.