



GHSA SPECIAL RULES MODIFICATIONS FOR HOSTING/ATTENDING CHEERLEADING/DANCE COMPETITIONS

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment during practice and competition.

1. Host school responsibility (considerations- please check with your AD and Department of Public Health to compare with other events held in your school)
The host school should:
 - Sanitize/clean the mats before the competition. This includes **all mats** used for stretching, warm ups and the main floor.
 - Provide hand sanitizer for all teams attending.
 - Limit the number of teams allowed to compete in each session to accommodate spectator seating. (Limiting the number of spectators is also highly encouraged.)
 - Highly recommend social distancing requirements in spectator areas. (this is facilitated by limiting the number of teams per session)
 - Sanitize all officials' tables and chairs between sessions.
2. Player equipment
 - Face masks/coverings are allowed in the warm up areas and/or the main competitive floor for all athletes.
 - Please use safety precautions when using masks to stunt or tumble- masks could slip and cover the eyes. If at team chooses not to wear the masks during warm ups and performance, it is highly recommend that they put them back on when they are not on the mat. Hosts should allow a recovery area for after the performance if possible.
 - Athletes use their own water bottles during warm ups and after the competition.
 - Team members should arrive dressed and ready for competition. Dressing rooms should not be available.
 - We highly recommend that all staff members working the warm up areas wear face coverings.
3. Signing in
 - Upon arrival, masks are highly recommended for teams entering the building and any time they are moving around the building.
 - Masks and/or plastic barriers are highly recommended for hosts checking the teams in. Provide as much "self-check in" as possible by providing needed materials in a zip lock bag.
 - Teams will be taken to the cafeteria or individual classrooms for holding and waiting for warmups. In either scenario, the area must be sanitized before new teams are allowed to enter at the beginning of the next session. (teams could be asked to stay on or near their bus and enter the building at a specific time, if the host school chooses)
 - Have extra masks available.
4. Main competition floor
 - Teams should put their water bottle in their bag and leave it in a designated spot while competing.
 - Team huddles before taking the floor are not recommended.

- “On deck” and “in the hole” areas should be spaced as far apart as possible to maintain social distancing regulations.
 - Coaches will stand in a designated area during the team’s performance.
 - Wearing masks/plastic shields for officials is mandatory. Spectators should be more than 6 feet from the officials. Also, make sure that the judges have the option to socially distance.
 - DJ’s are encouraged to wear face masks/coverings/gloves.
 - All coaches and athletes should use hand sanitizer before and after routine.
5. Awards
- Scan and email the scoresheets to the coaches after the event no later than Sunday afternoon or Monday morning.
 - Scan and email the master score sheets to Penny Mitchell at the GHSA office. penny@ghsa.net by the Monday morning after the event.
 - Teams should stay socially distanced from other teams while awards are being announced. One athlete or coach with face covering/mask should pick up the trophy. Or, the host can mail the trophy to the team after the event.
 - Teams should leave the host school as soon as their session has ended.
6. Concessions/hospitality rooms
- Food at concession stands should be packaged.
 - Boxed lunches should be available rather than open food for hospitality rooms. Some schools may opt not to have a hospitality room- make sure you inform the coaches in this case.
 - Multiple hand sanitizer bottles should be available at both places.
 - Masks for workers in the concession stands and in hospitality areas are highly recommended.
7. Spectator entrance
- All ticket takers should wear masks and gloves or sit behind a protective barrier.
 - All social distancing guidelines of staying 6 feet from others should be marked for the ticket line or provide an option for online ticketing. (ask your AD)
 - Limit the number of fans allowed if necessary.

Updated deadlines/rulings for this year

- October 15: deadline to have your team’s competition schedule set
- Due to tight budgets, late ordering dates, etc. teams will not be fined if all uniforms do not match.

For games and competitions, if orders have not been received or unable to buy due to lack of funds, cheerleading teams may alter their uniforms with the following:

a. matching T-shirts/tank and shorts (please tuck in shirts that have a tendency to slide up during tumbling) If unsafe conditions occur with the shirt, a deduction may be given.

b. similar uniforms that are not completely matching (different skirt or top)

c. Matching skirt or practice skirt with tank or T shirt. (for competition, shirts must not be unsafe- may need to be tucked in) If unsafe conditions occur with the shirt, a deduction may be given.

***Note: Leggings or tights cannot be worn as a uniform at any time during a game or competition unless they are worn under a skirt or shorts. This does not apply to dance teams if it is a part of the costume/uniform.**