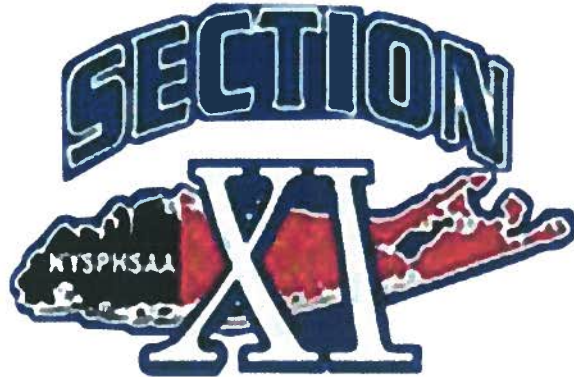


SUFFOLK COUNTY CHEERLEADING



Scott Reh

Cheerleading Coordinator

Mount Sinai School District

Director of Athletics, PE, Health, Nursing & Grounds

631-870-2900

sreh@mtsinai.k12.ny.us

11/20/17



SUFFOLK COUNTY CHEERLEADING

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November 2017

Dear Suffolk County Cheerleading Coach,

Welcome to another season of Section XI Cheerleading. It is my pleasure to serve all of you as your Sports Chairperson and I look forward to working with the Cheerleading Coaches Association.

Enclosed is pertinent information and forms etc. to help you throughout the season. These forms and packet will be on both the www.sectionxi.org and www.suffolkcountycheer.com websites.

It is my job to serve as your liaison to the New York State Public High School Athletic Association and Section XI. Please do not hesitate to call me at the Mount Sinai Athletic Office at 631-870-2900 or email me at sreh@mtsinai.k12.ny.us should you have any questions or concerns.

I wish each and every one of you an enjoyable and successful season.

Sincerely,

**Scott Reh
Suffolk County Cheerleading
Coordinator
Mount Sinai School District
Director of Athletics, PE,
Health, Nursing & Grounds**



Section XI CHEERLEADING
2017/2018 Suffolk County Schedule
Varsity Schedule

| <u>Date</u> | <u>Host School</u> |
|-----------------------|---------------------------|
| Saturday 12/9 | Longwood |
| Saturday 12/16 | Comsewogue |
| Saturday 1/6 | Smithtown East |
| Saturday 1/13 | Sachem East |
| Saturday 1/20 | Sachem North |
| Saturday 1/27 | West Babylon |
| Saturday 2/3 | Smithtown West |

Suffolk County Championship: Saturday, February 24th @ West Islip

Junior Varsity Schedule

| <u>Date</u> | <u>Host School</u> |
|---------------------|---------------------------|
| Sunday 12/3 | Newfield |
| Sunday 12/17 | Centereach |
| Sunday 1/14 | Babylon |
| Sunday 1/21 | Walt Whitman |
| Sunday 1/28 | Kings Park |
| Sunday 2/4 | Connetquot |

Middle School Schedule

| <u>Date</u> | <u>Host School</u> |
|---------------------|---------------------------|
| Sunday 12/3 | Mount Sinai |
| Sunday 12/17 | Hauppauge |
| Sunday 1/7 | Rocky Point |



2017-2018 Middle School Cheerleading Teams

| | |
|-------------------------------------|--------------------------------|
| 1. BAY SHORE | 2. NORTHPORT |
| 3. DAWNWOOD (CENTEREACH) | 4. RIVERHEAD |
| 5. CENTRAL ISLIP | 6. ROCKY POINT |
| 7. COMMACK | 8. SAGAMORE (SACHEM) |
| 9. COMSEWOGUE | 10. SENECA (SACHEM) |
| 11. OAKDALE-BOHEMIA (CONNETHQUOT) | 12. SAMOSET (SACHEM) |
| 13. RONKONKOMA (CONNETHQUOT) | 14. SAYVILLE |
| 15. EAST ISLIP (Dropped) | 16. ACCOMPSETT (SMITHTOWN) |
| 17. HAMPTON BAYS | 18. GREAT HOLLOW (SMITHTOWN) |
| 19. OLDFIELD (HARBORFIELDS) Dropped | 20. NESAQUAKE (SMITHTOWN) |
| 21. HAUPPAUGE | 22. STIMSON (SOUTH HUNTINGTON) |
| 23. KINGS PARK | 24. GELINAS (WARD MELVILLE) |
| 25. LONGWOOD | 26. MURPHY (WARD MELVILLE) |
| 27. MILLER PLACE | 28. WEST BABYLON |
| 29. MT. SINAI | 30. UDALL (WEST ISLIP) |
| 31. SELDEN (NEWFIELD) | 32. BEACH (WEST ISLIP) |
| 33. BRIDGEHAMPTON | |

Revised 11/3/17



JV CHEERLEADING TEAMS 2017-2018

| SMALL | LARGE |
|------------------------|-------------------------------|
| Amityville | Lindenhurst |
| Brentwood | Rocky Point |
| Bridgehampton | Smithtown East |
| Comsewogue | Sayville |
| Connetquot | Sachem North |
| Centereach | Ward Melville |
| Commack | West Islip |
| Hauppauge | South Huntington Walt Whitman |
| Half Hollow Hills West | |
| Kings Park | |
| Longwood | |
| Mount Sinai | |
| North Babylon | |
| Northport | |
| Newfield | |
| Patchogue Medford | |
| Riverhead | |
| Smithtown West | |
| Sachem East | |
| West Babylon | |



VARSITY CHEERLEADING TEAMS 2017-2018

| SMALL | MEDIUM | LARGE |
|-------------------------------|---------------|---------------|
| Babylon | Brentwood | Centereach |
| Bayport-Blue Point | Bay Shore | Commack |
| Bellport | East Islip | Connetquot |
| Comsewogue | Hampton Bays | Lindenhurst |
| Center Moriches | Harborfields | Mount Sinai |
| Central Islip | Kings Park | Sachem North |
| Eastport- South Manor | Miller Place | West Babylon |
| Hauppauge | Northport | Ward Melville |
| Half Hollow Hills West | Newfield | |
| Longwood | Rocky Point | |
| McGann Mercy | | |
| North Babylon | | |
| Patchogue Medford | | |
| Riverhead | | |
| Southold | | |
| Shoreham Wading River | | |
| Smithtown East | | |
| Smithtown West | | |
| Sayville | | |
| Sachem East | | |
| West Islip | | |
| Westhampton | | |
| William Floyd | | |
| South Huntington Walt Whitman | | |
| | | |
| | | |
| | | |



MOUNT SINAI COMPETITION: Sunday, 12/3

Middle School

Session 1

(not order of performance)

| | |
|------------------------------|------------------------|
| Mount Sinai | Northport |
| Dawnwood (Centereach) | Nesaquake (Smithtown) |
| Central Islip | Udall (West Islip) |
| Commack | Murphy (Ward Melville) |
| Seneca (Sachem) | Comsewogue |
| Oakdale-Bohemia (Connetquot) | |

Session 2

(not order of performance)

| | |
|----------------------------|-----------------------------------|
| Samoset (Sachem) | Rocky Point |
| Sayville | East Islip (dropped) |
| Accompsett (Smithtown) | Hampton Bays |
| Ronkonkoma (Connetquot) | Oldfield (Harborfields) (dropped) |
| Riverhead | Hauppauge |
| Stimson (South Huntington) | |

Session 3

(not order of performance)

| | |
|-------------------|--------------------------|
| Kings Park | Gelinas (Ward Melville) |
| Longwood | Miller Place |
| Sagamore (Sachem) | West Babylon |
| Bay Shore | Great Hollow (Smithtown) |
| Selden (Newfield) | Beach (West Islip) |
| Bridgehampton | |



HAUPPAUGE COMPETITION: Sunday, 12/17

Middle School

Session 1

(not order of performance)

| | |
|-----------------------|--------------------------|
| Samoset (Sachem) | Hauppauge |
| East Islip (Dropped) | Gelinas (Ward Melville) |
| Dawnwood (Centereach) | Great Hollow (Smithtown) |
| Seneca (Sachem) | Udall (West Islip) |
| Miller Place | Ronkonkoma (Connetquot) |
| | Bridehampton |

Session 2

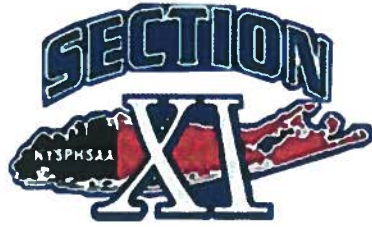
(not order of performance)

| | |
|-----------------------------------|----------------------------|
| Mount Sinai | Rocky Point |
| Nesaquake (Smithtown) | Commack |
| OldField (Harborfields) (dropped) | Accompsett (Smithtown) |
| Selden (Newfield) | Stimson (South Huntington) |
| Comsewogue | West Babylon |
| Longwood | |

Session 3

(not order of performance)

| | |
|------------------------|------------------------------|
| Kingspark | Beach (West Islip) |
| Riverhead | Hampton Bays |
| Murphy (Ward Melville) | Sagamore (Sachem) |
| Bayshore | Oakdale-Bohemia (Connetquot) |
| Sayville | Central Islip |
| Northport | |



ROCKY POINT COMPETITION: SUNDAY, 1/7

Middle School

For the third and final middle school competition at Rocky Point, the divisions will be determined by each team's average score from the first 2 competitions. We will do three sessions by highest average all the way down to lowest averages, thus putting each team of similar ability in the same session. I will have that to you the week of 12/18.



Longwood Varsity Competition: Saturday, 12/9/2017

Session 1: Small Varsity - 9:00 AM

(Not order of performance)

| | |
|-------------|----------------|
| Bayport | North Babylon |
| Bellport | Sayville |
| Comsewogue | Smithtown East |
| H.H. H West | Southold |
| Hauppauge | West Islip |
| Longwood | West Hampton |

Session 2: Medium Varsity - 12:00 PM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |

Session 3: Large Varsity - 2:30 PM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |

Session 4: Small Varsity - 4:30 PM

(Not order of performance)

| | |
|-----------------|----------------|
| Babylon | Riverhead |
| Center Moriches | Sachem East |
| Central Islip | Smithtown West |
| ESM | SWR |
| McGann Mercy | Walt Whitman |
| Pat- Med | William Floyd |



Comsewogue Varsity Competition: Saturday, 12/16/2017

Session 1: Small Varsity - 9:00 AM

(Not order of performance)

| | |
|---------------|----------------|
| Bayport | North Babylon |
| Central Islip | Pat - Med |
| Comsewogue | Riverhead |
| Hauppauge | Smithtown West |
| HHH West | Walt Whitman |
| McGann Mercy | William Floyd |

Session 2: Large Varsity - 12:00 PM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |

Session 3: Medium Varsity - 2:00 PM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |

Session 4: Small Varsity - 4:30 PM

(Not order of performance)

| | |
|-----------------|----------------|
| Babylon | Sayville |
| Bellport | Smithtown East |
| Center Moriches | SWR |
| ESM | Southold |
| Longwood | Westhampton |
| Sachem East | West Islip |



Smithtown East Varsity Competition: Saturday, 1/6/2018

Session 1: Small Varsity – 9:00 AM

(Not order of performance)

| | |
|-----------------|----------------|
| Bayport | Smithtown East |
| Center Moriches | Smithtown West |
| Central Islip | SWR |
| Comsewogue | West Hampton |
| Pat Med | West Islip |
| Riverhead | William Floyd |

Session 2: Small Varsity – 11:45 AM

(Not order of performance)

| | |
|-----------|---------------|
| Babylon | McGann Mercy |
| Bellport | North Babylon |
| ESM | Sachem East |
| HHH West | Sayville |
| Hauppauge | Southold |
| Longwood | Walt Whitman |

Session 3: Large Varsity – 2:45 PM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |

Session 4: Medium Varsity – 5:00 PM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |



Sachem East Varsity Competition: Saturday, 1/13/2018

Session 1: Small Varsity - 9:00 AM

(Not order of performance)

| | |
|-----------------|----------------|
| Bayport | Sayville |
| Center Moriches | SWR |
| Comsewogue | Smithtown East |
| HHH West | Smithtown West |
| Longwood | Southold |
| Sachem East | William Floyd |

Session 2: Small Varsity - 11:45 AM

(Not order of performance)

| | |
|---------------|---------------|
| Babylon | North Babylon |
| Bellport | Pat Med |
| Central Islip | Riverhead |
| ESM | Walt Whitman |
| Hauppauge | Westhampton |
| McGann Mercy | West Islip |

Session 3: Medium Varsity - 2:45 PM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |

Session 4: Large Varsity - 5:00 PM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |



Sachem North Varsity Competition: Saturday, 1/20/2018

Session 1: Large Varsity – 9:00 AM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |

Session 2: Small Varsity – 11:00 AM

(Not order of performance)

| | |
|--------------|----------------|
| Babylon | Riverhead |
| Bayport | Sayville |
| Bellport | Smithtown East |
| Comsewogue | Southold |
| McGann Mercy | West Islip |
| Riverhead | William Floyd |

Session 3: Medium Varsity – 1:45 PM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |

Session 4: Small Varsity – 4:30 PM

(Not order of performance)

| | |
|-----------------|----------------|
| Center Moriches | North Babylon |
| Central Islip | Pat Med |
| ESM | Smithtown West |
| Hauppauge | SWR |
| HHH West | Walt Whitman |
| Longwood | Westhampton |



West Babylon Varsity Competition: Saturday, 1/27/2018

Session 1: Large Varsity – 9:00 AM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |

Session 2: Medium Varsity – 11:00 AM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |

Session 3: Small Varsity – 1:30 PM

(Not order of performance)

| | |
|---------------|-------------|
| Bellport | Pat Med |
| Central Islip | Sayville |
| HHH West | SWR |
| Longwood | ESM |
| McGann Mercy | West Islip |
| North Babylon | Westhampton |

Session 4: Small Varsity – 4:30 PM

(Not order of performance)

| | |
|-----------------|----------------|
| Babylon | Sachem East |
| Bayport | Smithtown East |
| Center Moriches | Smithtown West |
| Comsewogue | Southold |
| Hauppauge | Walt Whitman |
| Riverhead | William Floyd |



Smithtown West Varsity Competition: Saturday, 2/3/2018

Session 1: Small Varsity – 9:00 AM

(Not order of performance)

| | |
|-----------------|----------------|
| Babylon | Riverhead |
| Center Moriches | Sachem East |
| Central Islip | Smithtown East |
| Longwood | Smithtown West |
| McGann Mercy | Southold |
| North Babylon | Westhampton |

Session 2: Medium Varsity – 11:45 AM

(Not order of performance)

| | |
|--------------|--------------|
| Brentwood | Kings Park |
| Bay Shore | Miller Place |
| East Islip | Northport |
| Hampton Bays | Newfield |
| Harborfields | Rocky Point |

Session 3: Large Varsity – 2:00 PM

(Not order of performance)

| | |
|-------------|---------------|
| Centereach | Mount Sinai |
| Commack | Sachem North |
| Connetquot | West Babylon |
| Lindenhurst | Ward Melville |

Session 4: Small Varsity – 4:15 PM

(Not order of performance)

| | |
|------------|---------------|
| Bayport | Pat Med |
| Bellport | Sayville |
| Comsewogue | SWR |
| ESM | Walt Whitman |
| Hauppauge | West Islip |
| HHH West | William Floyd |



Newfield Junior Varsity Competition: Sunday, 12/3/2017

Session 1: Large Junior Varsity - 9:00 AM

(Not order of Performance)

- Lindenhurst
- Rocky Point
- Sachem North
- Sayville
- Smithtown East
- Walt Whitman
- Ward Melville
- West Islip

Session 2: Small Junior Varsity - 11:30 AM

(Not order of Performance)

- Brentwood
- Centereach
- Comsewogue
- Longwood
- Mount Sinai
- Newfield
- Pat-Med
- Riverhead
- Sachem East
- West Babylon

Session 3: Small Junior Varsity - 2:00 PM

(Not order of Performance)

- Amityville
- Bridgehampton
- Commack
- Connetquot
- Hauppauge
- HHH West
- Kings Park
- North Babylon
- Northport
- Smithtown West



Centereach Junior Varsity Competition: Sunday, 12/17/2017

Session 1: Small Junior Varsity – 9:00 AM

(Not order of Performance)

- Brentwood
- Centereach
- Comsewogue
- Connetquot
- Hauppauge
- Mount Sinai
- Newfield
- North Babylon
- Riverhead
- Smithtown West

Session 2: Large Junior Varsity – 12:00 PM

(Not order of Performance)

- Lindenhurst
- Rocky Point
- Sachem North
- Sayville
- Smithtown East
- Walt Whitman
- Ward Melville
- West Islip

Session 3: Small Junior Varsity – 2:00 PM

(Not order of Performance)

- Amityville
- Bridgehampton
- Commack
- HHH West
- Kings Park
- Longwood
- Northport
- Pat-Med
- Sachem East
- West Babylon



Babylon Junior Varsity Competition: Sunday, 1/14/2018

Session 1: Small Junior Varsity - 9:00 AM

(Not order of Performance)

- Amityville
- Bridgehampton
- Centereach
- Commack
- Hauppauge
- Kings Park
- Longwood
- Northport
- Sachem East
- West Babylon

Session 2: Small Junior Varsity - 12:00 PM

(Not order of Performance)

- Brentwood
- Comsewogue
- Connetquot
- HHH West
- Mount Sinai
- Newfield
- North Babylon
- Pat-Med
- Riverhead
- Smithtown West

Session 3: Large Junior Varsity - 2:00 PM

(Not order of Performance)

- Lindenhurst
- Rocky Point
- Sachem North
- Sayville
- Smithtown East
- Walt Whitman
- Ward Melville
- West Islip



Walt Whitman Junior Varsity Competition: Sunday, 1/21/2018

Session 1: Large Junior Varsity - 9:00 AM

(Not order of Performance)

- Lindenhurst
- Rocky Point
- Sachem North
- Sayville
- Smithtown East
- Walt Whitman
- Ward Melville
- West Islip

Session 2: Small Junior Varsity - 11:30 AM

(Not order of Performance)

- Bridgehampton
- Centereach
- Hauppauge
- Kings Park
- Longwood
- Newfield
- North Babylon
- Pat- Med
- Riverhead
- West Babylon

Session 3: Small Junior Varsity - 2:00 PM

(Not order of Performance)

- Amityville
- Brentwood
- Commack
- Comsewogue
- Connetquot
- HHH West
- Mount Sinai
- Northport
- Sachem East
- Smithtown West



Kings Park Junior Varsity Competition: Sunday, 1/28/2018

Session 1: Small Junior Varsity - 9:00 AM

(Not order of Performance)

- Amityville
- Brentwood
- Commack
- Connetquot
- Hauppauge
- HHH West
- Kings Park
- Northport
- Pat-Med
- Sachem East

Session 2: Large Junior Varsity - 12:00 PM

(Not order of Performance)

- Lindenhurst
- Rocky Point
- Sachem North
- Sayville
- Smithtown East
- Walt Whitman
- Ward Melville
- West Islip

Session 3: Small Junior Varsity - 2:00 PM

(Not order of Performance)

- Bridgehampton
- Centereach
- Comsewogue
- Longwood
- Mount Sinai
- Newfield
- North Babylon
- Riverhead
- Smithtown West
- West Babylon



Connetquot Junior Varsity Competition: Sunday, 2/4/2018

Session 1: Small Junior Varsity - 9:00 AM

(Not order of Performance)

- **Bridgehampton**
- **Comsewogue**
- **Connetquot**
- **Hauppauge**
- **Longwood**
- **Mount Sinai**
- **Newfield**
- **Riverhead**
- **Sachem East**
- **Smithtown West**

Session 2: Small Junior Varsity - 12:00 PM

(Not order of Performance)

- **Amityville**
- **Brentwood**
- **Centereach**
- **Commack**
- **HHH West**
- **Kings Park**
- **North Babylon**
- **Northport**
- **Pat-Med**
- **West Babylon**

Session 3: Large Junior Varsity - 2:00 PM

(Not order of Performance)

- **Lindenhurst**
- **Rocky Point**
- **Sachem North**
- **Sayville**
- **Smithtown East**
- **Walt Whitman**
- **Ward Melville**
- **West Islip**



Section XI CHEERLEADING
2018 Suffolk County Championship
Saturday, February 24th @ West Islip

TENTATIVE

Session 1 - Division 1 & 2 SMALL

- 7:45am-8:30am** Team Registration
8:35am Warm-Ups Begin
9:00am National Anthem & Competition Begins
10:15am Awards then Empty Gymnasium

Session 2 - Division 1 & 2 MEDIUM

- 9:45am-10:15am** Team Registration
10:35am Warm-Ups Begin
11:00am National Anthem & Competition Begins
12:30pm Awards then Empty Gymnasium

Session 3 - Division 1 & 2 LARGE

- 12:00pm-12:30pm** Team Registration
12:50pm Warm-Ups Begin
1:15pm National Anthem & Competition Begins
3:30pm Awards

Competitive Cheerleading

Any Cheerleading squad that stunts or tumbles (see below) will be considered a Competitive Cheer Squad and is subject to all SED and NYSPHSAA rules and regulations. A team that does not stunt or tumble would be considered a traditional squad and not subject to SED and NYSPHSAA rules and regulations.

- **Stunt:** One or more persons supporting one or more top persons off the ground.
- **Tumbling:** Gymnastics skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. **NOTE:** Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

Cheerleading Scrimmage: A cheerleading scrimmage must alter format so it does not follow the regular 2 ½ minute routine in its entirety. Suggested formats include but are not limited to:

- Break out cheer, pyramid, stunting and tumbling.
- Competition rules must be altered.
- A scrimmage is a practice that is a **SIMULATED CONTEST**.
- In scrimmages: squads can use the same mat simultaneously with coaches making corrections and giving instructions.
- No uniforms.
- No admission is charged.
- No official score is kept or a score given therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or not-league standing.
- The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules. *(updated 9/19/17)*

NYSED Regulations

Schools with Competitive Cheer Squads are required to follow the following NYSED regulations:

- Mixed Competition
- Advanced Athletic Placement
- Coaching Certification: Any outside clinician that works with a team more than 5 days during a season must be coaching certified.

NYSPHSAA/Section XI Guidelines

- Competitive Cheerleading Season is WINTER only in Section XI. No teams are permitted to compete in any other season.
- Each performance routine presentation must include at least one cheer or sideline chant. The musical portion must not exceed 1 minute and 30 seconds. Total time limit is 2 minutes and 30 seconds. Timing will begin with the first movement, voice, or note of music, whichever comes first.
- All competitive Cheerleading coaches must have a current AACCA safety course completed. (Oct 2014)
- All coaches should have an NFHS spirit rule book.

- NFHS Spirit Rule Book will be followed.
- Practice Requirements: 10 team/8 individual.
- Post Season Representation: In order to qualify for post-season, a team or individual must have competed in at least **four** (4) competitions within New York State under the NYSPHSAA rules and regulations.
- Official fees and DJ cost will be split by all schools.
- Varsity will participate in 7 section scheduled contests. Up to 3 more at your discretion (example: regionals, nationals and 1 invitational; must be all sanctioned)
- JV will participate in 6 section scheduled contests.
- Middle school will participate in 3 section scheduled contests.
- Concession, spectator admission and t-shirt sales go to host school during the regular season. There will be no team registration fees.
- If an injury occurs during a routine the team will have the option of starting over, however the score up to that point will remain and judges will score from end of injury to ends of routine.
- Maximum Number of Contests: The maximum number of competitions will be Varsity-10; JV-6; and Modified-3.
- Admission is not to exceed \$4 dollars per person during the regular season.
- Section XI SCORING WILL BE USED during Section XI scheduled contests and Suffolk County Championship.
- Schools will be asked if they can host a competition and then selected by Section XI.
- Schools with proper equipment (9 practice cheer mats & 9 competition mats) will only be selected; no wrestling mats.
- Warm-ups: 10 minutes on 9 practice cheer mats. Coach decides what to do in warmup. Safety judge monitors time and looks for any illegal stunts etc.
- Once a division is selected and a date is set there will be no moving divisions.
- Order of teams at section scheduled events will be decided by Host School and in County Championship it will be the order they finished during the year; example; highest point average 1st and so on.
- Your average score will be tallied from the 7 section scheduled contests. A forfeit will result in 0 points per forfeit.
- If a team cannot attend a Section scheduled contest (only because superintendent does not let bus out, weather) they will not be charged with a forfeit and their average score will be based on the contests attended. Circumstances beyond the control of the athletic department, example; senior trip, will be taken into consideration and reviewed by the sports chair and executive director for an excusable exemption from a competition.

Recognizing the massive commitment and preparation in hosting a cheerleading competition, the next available date for a Varsity competition will be on Sunday (the day after the scheduled event) if the host school CAN accommodate. (For participating schools that are not permitted to attend due to weather related conditions, they will not be penalized in the season long scoring procedure). If the host school CANNOT accommodate the Sunday competition, the next available date for that competition will be on Monday of the scheduled week for the original competition.

- Number of Night's Rest: Minimum 1 night's rest between competitions.
- Competitions are limited to 1 per day.
- Competition Standards: Duration of competition is 2 minutes and 30 seconds, including cheer and dance.

Competitive Divisions: Three divisions: Small (5-12), Medium (13-16), and Large (17 & up). No enrollment will be used during the season; everyone in each division competes against one another. For the County Championship, enrollment will be used (Large School Division (750+) Small School Division (749 and below); the top 50% will make counties in each division; resulting in 6 county champion's small division 1 & 2; medium division 1 & 2; and large division 1 & 2). If we participate in the State Championship, the County Champion in large will go and the team with the highest score between small and medium in the County final will go and represent Section XI. Should a team with a male(s) qualify for state championship competition, the team must either enter the co-ed division or not allow participation by the male(s) at the state competition.

JV (Small 5-15) (Large 16+)

Middle School (1 division)

Post-Season Qualifying

Section XI Championship

- Qualification for Section XI Championship will be based on scores achieved during the competitive season using the Section XI scoring system. Your average score will be tallied from the 7 section scheduled contests. A forfeit will result in 0 points per forfeit. The top 50% of the schools based on the scores will qualify for the Section XI Championship.
- Admission will be \$6 dollars

NYSPPHSAA Championship

- The winner of each division will qualify for the NYSPPHSAA Championship. In the event of a tie in the Section XI Championship both teams will advance.

Awards

The winner and runner-up in each division at the Section XI Championship will receive a plaque. Medals will be presented to the participants on the championship team for each division.

SR/June 2017



TIME LIMITATIONS

- Each performance routine presentation must include at least one cheer or sideline chant. **The musical portion must not exceed one minute and thirty seconds. Total time limit is two minutes and thirty seconds.** Timing will begin with the first movement, voice, or note of music, whichever comes first.
- If a team exceeds the time limit, a penalty will be assessed for each violation.
 - 0.25 point deduction for 1-5 seconds over
 - .5 point deduction for 6-10 seconds over
 - 1 point deduction for 11 seconds and over.
- Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 3 seconds over the allotted time.
- It is recommended that all teams time their performance prior to competition.

INTRODUCTIONS

- All introductions (tumbling, entrances, chants, spell outs, etc.) are considered part of the routine and will be timed as part of the performance.
- All team breaks, rituals and traditions need to take place prior to entering the mat.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.
- All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE point deduction.
- There should not be any organized exits or other activities after the official ending of the routine.

1 Suffolk County Cheerleading Judging Sheet



Team Name: _____

Date: _____

Division: _____

Host Site: _____

Judge Name: _____

| Partner Stunts – (25 Points) | | Points | Score |
|--|--|----------|-------|
| Perfection of Skill- Proper Technique, Synchronization & Spacing | | 15 | |
| Difficulty- Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety | | 10 | |
| | | | |
| Pyramids – (15 Points) | | Points | Score |
| Perfection of Skill- Proper Technique, Synchronization & Spacing | | 10 | |
| Difficulty- Level of Skills, Number of Stunts Performed, Number of Bases Used | | 5 | |
| | | | |
| Building Overall Impression – (5 Points) | | Points | Score |
| Transitions & Creativity | | 5 | |
| | | | |
| Total | | Possible | 45 |

2 Suffolk County Cheerleading Judging Sheet



Team Name: _____

Date: _____

Division: _____

Host Site: _____

Judge Name: _____

| Crowd Leading – (15 Points) | | Points | Score |
|--|-----------------|-----------|-------|
| Crowd Effective Material- Voice, Pace & Flow | 5 | | |
| Ability & Energy to Lead the Crowd | 5 | | |
| Proper Use of Signs, Poms or Megaphones & Motion Technique | 5 | | |
| | | | |
| Skills Incorporations- (15 Points) | | Points | Score |
| Proper Use of Skills to Lead the Crowd | 5 | | |
| Execution- Proper Technique, Synchronization & Spacing | 10 | | |
| | | | |
| Cheer Overall Impression- (5 Points) | | Points | Score |
| Flow, Overall Crowd Effectiveness & Difficutly of Practical Skills | 5 | | |
| | | | |
| Total | Possible | 35 | |

3 Suffolk County Cheerleading Judging Sheet



Team Name: _____

Date: _____

Division: _____

Host Site: _____

Judge Name: _____

| Standing/ Running Group Tumbling- (10 Points) | | Points | Score |
|---|--|----------|-------|
| Execution- Proper Technique, Form & Synchronization | | 5 | |
| Difficulty- Difficulty of Skills Performed in Groups | | 5 | |
| | | | |
| Jumps/ Dance- (5 Points) | | Points | Score |
| Performance- Proper Technique, Form, Height, Synchronization, Type of Jump(s), Connections/ Combos or Variety | | 3 | |
| Motions/ Dance- Technique, Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreography & Visual Appeal | | 2 | |
| | | | |
| Overall Impression -(5 Points) | | Points | Score |
| Routine Creativity, Flow & Use of Formations/ Transitions | | 5 | |
| | | | |
| Total | | Possible | 20 |



SECTION XI CHEERLEADING COMPETITION COVER SHEET

TEAM: _____ **Level:** (circle) 7/8 JV- S L Varsity- S M L

Date: _____ **Host School:** _____

SCOREHEET 1 – BUILDING
Partner Stunts/Pyramids/
Building Overall Impression

Judges Initials _____ Possible 45 SCORE _____

SCORESHEET 2 - CHEER
Crowd Leading/Skill Incorporations/
Cheer Overall Impression

Judges Initials _____ Possible 35 SCORE _____

SCORESHEET 3 - OVERALL
Standing/ Running Group Tumbling
Jumps/Dance
Overall Impression

Judges Initials _____ Possible 20 SCORE _____

.....

**SUB
TOTAL**

SUBTRACT TOTAL —
DEDUCTIONS (Sheet 4)

TEAM TOTAL



Authorized Music

•Effective May 15, 2016, all routine music may only be covers of popular songs or original compositions. In order to edit and mix this music, a license from the copyright owner must be obtained.

•Go to www.usacheer.net/music for a list of authorized providers.

USA Cheer has developed an educational initiative to provide music producers, coaches and professional members and athletes and spirit leaders with the information needed to help all groups understand U.S. copyright laws regarding music usage as part of performances, routines, competitions, school events, camps, etc. These laws were designed to protect artists, promote creativity and ensure that artists are compensated for their creations. Our guidelines were developed out of respect for all artists and to protect our members and all those involved in routines, competitions and performances of any kind in which music is used.

<https://www.usacheer.org/music/preferred-providers>

<https://www.usacheer.org/music>

<http://www.nfhs.org/articles/cheerleading-and-dance-squad-music-copyright-law-issues?ArtId=149598>



STUNT PROGRESSIONS

| | Release | Inversion | Twisting | Other | Coed Style |
|---------------------|---|---|--|--|---|
| Intermediate | <ul style="list-style-type: none"> •Prep level tick tock liberty variations •Switch up to extended one leg stunts •Quick toss to prep | <ul style="list-style-type: none"> •Inverted stunts below prep level •Below prep level inversions out of stunts (yo-yo, back walkover, etc.) •Suspended Rolls | <ul style="list-style-type: none"> •Cross leg full up variations •Full up to prep level and below variations •Twisting transitions to side / prone / cradle | <ul style="list-style-type: none"> •Full twisting dismount from two leg stunts •Single leg extended variations •Single base extension | <ul style="list-style-type: none"> •Assisted walk in / toss chairs •Assisted walk in / toss hands •Assisted coed skills at prep level |
| Advanced | <ul style="list-style-type: none"> •Quick toss to extended two leg stunt •Release moves caught at prep level or below •1/2 switch up to extended one leg •Release moves landing extended (low to high, ball up from prep, etc.) | <ul style="list-style-type: none"> •Inversion transitions to prep level and below •Release inversions to below prep level •Prep level inverted stunts •Twisting suspended rolls •Waterfall style dismounts | <ul style="list-style-type: none"> •Full up variations to extended target / liberty •Twisting rewind | <ul style="list-style-type: none"> •Full twisting dismount from single leg stunts •Extended single base liberty | <ul style="list-style-type: none"> •Walk in hands press extension •Toss hands press extension •Walk in extension •Assisted full up variations to extended level |
| Elite | <ul style="list-style-type: none"> •Quick toss to single leg extended •Low to high tick tock variations (body position to body position) •1/2 around release moves to extended | <ul style="list-style-type: none"> •Inversion transitions to extended stunts •Released inversions to prep level | <ul style="list-style-type: none"> •Full up variations to body positions •1 1/2 up to extended target / liberty •Hands full around to extended target / liberty | <ul style="list-style-type: none"> •Extended single base body position •1/2 up to extended single base •Switch up to extended one leg single base | <ul style="list-style-type: none"> •Toss hands press to single leg variation •Walk in to extended single leg variation •Toss extension •Toss platform with single leg variation |
| Super Elite | <ul style="list-style-type: none"> •Full up switch up variations •Full up release moves to extended stunts •Full up quick toss to extended stunts | <ul style="list-style-type: none"> •Inversions to extended body positions •1/2 up or full up inversions to extended stunts | <ul style="list-style-type: none"> •1 1/2 up to extended body positions •High to high full around variations •Hands full around to extended body positions •Double up to extended stunts | <ul style="list-style-type: none"> •Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up) | <ul style="list-style-type: none"> •Toss variations to single leg •Stunt to stunt release coed skills •Toss one arm extended stunts •Toss full up variations |



PYRAMID PROGRESSIONS

Non-Released Transition

Released Transition

Braced Roll/Flip

| | | | |
|----------------------------|---|--|--|
| <p>Intermediate</p> | <ul style="list-style-type: none"> • Braced non-released transitions • Inverted stunts to prep level and below • Intermediate full up variations | <ul style="list-style-type: none"> • Released transition to any level with 2 bracers • Released transition to prep or below with 1 bracer • Switch up landing extended - braced or unbraced | <ul style="list-style-type: none"> • Flipping transition landing below prep level • Rolling transition to prep and below |
| <p>Advanced</p> | <ul style="list-style-type: none"> • Inverted stunts to extended - 2 bracers • Advanced full up variations | <ul style="list-style-type: none"> • Released transition landing extended with 1 bracer • Braced inverted stunts released to prep level and below | <ul style="list-style-type: none"> • Flipping transition landing at prep level • 1/2 twisting flipping transition landing below prep level • Rolling transition to extended position - 2 bracers |
| <p>Elite</p> | <ul style="list-style-type: none"> • Inverted stunts involving spinning to extended - 2 bracers • Inverted stunts to extended - 1 bracer • Elite full up variations • Single base advanced full up variations | <ul style="list-style-type: none"> • Released transition involving spinning or inversion that land extended with 2 bracers • Unbraced releases landing extended | <ul style="list-style-type: none"> • Flipping transition landing extended • 1/2 twisting flipping transition landing at prep level • Rolling transition to extended position - 1 bracer |
| <p>Super Elite</p> | <ul style="list-style-type: none"> • Inverted stunts involving spinning to extended - 1 bracer • Super elite full up variations • Single base elite / super elite full up variations | <ul style="list-style-type: none"> • Released transition to extended involving spinning / inversions with 1 bracer • Unbraced spinning release landing extended | <ul style="list-style-type: none"> • Flipping transition starting at prep or above, landing extended • 1/2 twist flipping transition landing extended • Flipping transition landing extended with minimal bases |

Suffolk County Cheerleading Safety/Deduction Sheet



Team Name: _____

Date: _____

Division: _____

Host Site: _____

Judge Name: _____

DEDUCTION

POINTS

Individual Athlete

Minor Fall(s) -.25 per infraction _____ # of Falls x .25 =

Major Fall(s) -.50 per infraction _____ # of Falls x .50 =

Stunts/Pyramids

Bobble(s) -.50 per infraction _____ # of Bobbles x .50 =

Stunt Minor Fall(s) - 2.0 per infraction _____ # of Falls x 2.0 =

Stunt Major Fall(s) - 3.0 per infraction _____ # of Falls x 3.0 =

Pyramid Fall(s) - 4.0 per infraction _____ # of Falls x 4.0 =

SUB-TOTAL

Other

Out of Bounds - 0.5 per infraction _____ # of OOB x 0.5 =

Unsportsmanlike Behavior - 2.0 =

Excessive Celebration / Team Introductions - 1.0 =

Time Limits – .25 pt. deduction for 1-5 seconds over, .5 pts for 6-10 seconds over and 1 pt. for 11 second and over.

NFHS Safety Violations

General Safety Violation- 2.0 per infraction _____ # x 2.0 =

Cite NFHS rule number and page number for each infraction.

Specific Safety Violation - 5.0 per infraction _____ # x 5.0 =

Cite NFHS rule number and page number for each infraction.

SUB-TOTAL

TOTAL Deductions



SUFFOLK COUNTY DEDUCTION EXPLANATION

DEDUCTION

POINTS

INDIVIDUAL ATHLETE

Minor Fall(s)

0.25

Examples would include but not limited to: hands/knees down on tumbling

Major Fall(s)

0.5

Examples would include but not limited to: landing on head, shoulders, back on tumbling

STUNTS / PYRAMIDS

Bobble(s)

0.5

Examples would include but not limited to: Stunts, Tosses and Pyramids that almost drop / fall but are saved (includes excessive movement of bases). Stunts that comes down but do not meet any of the Minor/Major Fall definitions – this includes dropping of an extended stunt to prep level, bases traveling to keep the stunt extended, but would not include a stunt where only the top drops body position, or small balance checks.

Stunt Minor Fall(s)

2

Examples would include but not limited to: Drop from individual stunt to load in, cradle, prone, flatback, top becomes weight bearing on backspot or base/spot landing on the ground. This would include stunts that meet this definition but are still able to continue building following the disruption.

Stunt Major Fall(s)

3

Examples would include but not limited to: Drop from individual stunt to a compromising position (top landing in a position not mentioned in Stunt/Pyramid Minor Fall or to the ground) or multiple bases or base and spot landing on the ground.

Pyramid Fall(s)

4

School / Rec Teams - 2 or more connected stunts falling. If multiple pyramids are built at the same time, each pyramid would be treated separately. If multiple tops fall in the same pyramid but not in direct connection, this deduction would still apply.

College Teams - 2 or more top persons and/or middle layers falling. If a top is lifted off the performing surface and due to a middle layer falling, this deduction would be used. If multiple pyramids are built at the same time, each pyramid would be treated separately. If multiple tops fall in the same pyramid but not in direct connection, this deduction would still apply.



SUFFOLK COUNTY DEDUCTION EXPLANATION

DEDUCTION

POINTS

Other

Out of Bounds

0.5

ONE ENTIRE full hand, foot or body part is completely outside of the performance surface

Unsportsmanlike Behavior

2

When a coach is in a discussion with an official, other coaches, athletes and parents / spectators they must maintain professional conduct. Failing to do so may result in 2.0 deduction, removal or disqualification.

Excessive Celebration / Team Introductions

1

Introductions (tumbling, entrances, chants, spell outs, etc.) are considered part of the routine and will be timed as part of the performance. Team breaks, rituals and traditions need to take place prior to entering the mat. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Examples include but not limited to: chest bumps, hugs, handshakes, etc.

Teams should refrain from any type of excessive celebration following the team's performance. Examples include but not limited to: team huddles, alternates/coaches entering the competition floor, and falling to the ground following the performance.

Time Limits

.25, .5, or 1

Timing will begin with the first movement, voice, or note of the music, whichever comes first.

(.25) point deduction for 1 – 5 seconds over, (.5) point deduction for 6-10 seconds over and one (1) point deduction for 11 seconds and over. Judges will not issue a deduction until their stopwatches show a time of 3 seconds over the allotted time.

General Safety Violation

2

When is performed in an illegal manor, however the skill itself is not illegal. Examples would include but not limited to: a braced flip where one of the bracers happens to fall during the flip. Incorrect spotter grips on single base style stunts

Specific Safety Violation

5

When a skill is not performed in a legal manor, Examples would include but not limited to Braced flipping pyramid with only 10 people or a bracer in a shoulder sit/single bracer, release transitions landing inverted, pancakes from an extended position, single base stunts without a spotter, double twisting tosses or release dismounts



**Section XI Cheerleading
2017-18 Requests for Placement**

MANDATORY

Please fill in the following request and return it no later than November 16, 2017; 12 noon to cmckeveny@sectionxi.org or fax it to 631-366-4334; any questions call Scott Reh 631-870-2900.

School Name: _____

Athletic Director: _____

Coach's Name: _____

Please Circle: **VARSETY: Small (5-12) Medium (13-16) Large (17 & up)**

Please Circle: **JUNIOR VARSITY: Small (5-15) Large (16+)**

- Once a division is selected and after 11/16/17; 12:00 noon; there will be no moving divisions. If you fall below the allotted division numbers you still must compete with the team and division you signed up for but will not receive a score, thus fulfilling your requirement to attend all scheduled contests.
- Competitive Divisions: Varsity; Three divisions: Small (5-12), Medium (13-16), and Large (17 & up). No enrollment will be used during the season; everyone in each division competes against one another. For the County Championship, enrollment will be used (Large School Division (750+) Small School Division (749 and below); the top 50% will make counties in each division; resulting in 6 county champion's small division 1 & 2; medium division 1 & 2; and large division 1 & 2).
- Junior Varsity; Two divisions: Small (5-15) and Large (16+) and
- Middle School 1 division



HOSTING INFORMATION

- **Forms:**
Please have the following forms and enough copies for all teams; forms can be found on SCCA and Section XI website:
 1. Judge's Scores Sheets
 2. Competition Cover Sheet
 3. Point Deduction Sheet
 4. Results Sheet
 5. Officials Attendance Sheet
- Greet and have location for teams
- Have a secure location for coaches room and a separate officials room
- A scorer's table & timers table
- Meet and greet DJ
- **Mats:** Schools must have proper equipment (9 practice cheer mats & 9 competition mats) no wrestling mats. All of same thickness and must be velcroed together.
- **Music:** Host school must provide sound system with the Aux or Bluetooth connection for warmups (no Cd's). As per the DJ's for the competition: All coaches should put their music on a phone (airplane mode) or iPod. This eliminates the potential for a scratch or skip that is common on a CD. However, a CD will also be available.
- **Admission:** \$4 dollars per person during regular season scheduled contests (All levels).
- **Sales:** Concession, spectator admission, vendors and t-shirt sales go to host school during regular season.
- **Plaques:** It is your responsibility to have plaques. Middle School (9 plaques, 3 divisions 1st, 2nd and 3rd) JV (9 plaques, 3 divisions 1st, 2nd, & 3rd small, small & large) Varsity (12 plaques, 4 divisions 1st, 2nd, & 3rd small, small, medium & large).
- **Scoring:** Section XI SCORING & PROGRESSION SHEET WILL BE USED.
- Host schools must have 9 warm-up cheer mats & 9 competition mats, with the appropriate Velcro or adhesive; NO wrestling mats.
- **Warm-ups:** 10 minutes on 9 practice cheer mats. Coach decides what to do in warmup. Safety judge monitors time and looks for any illegal stunts etc.
- **Order of teams** at section scheduled events will be decided by host school.
- **Hosting:** Recognizing the massive commitment and preparation in hosting a cheerleading competition, the next available date for a Varsity competition will be on Sunday (the day after the scheduled event) if the host school CAN accommodate. (For participating schools that are not permitted to attend due to weather related conditions, they will not be penalized in the season long scoring procedure). If the host school CANNOT accommodate the Sunday competition, the next available date for all levels will be on Monday of the scheduled week for the original competition.
- **Competitive Divisions:** No enrollment will be used during the season; everyone in each division competes against one another.
 - ❖ Varsity three divisions: Small (5-12), Medium (13-16), and Large (17 & up).
 - ❖ JV (Small 5-15 & Large 16+)
 - ❖ Middle School (1 division)

SUFFOLK COUNTY COACHES ASSOCIATION HOSTING CHECK LIST

Judges Room

- Coffee
- Bagels
- Muffins/Danish
- Sugar
- Milk
- Salad
- Pasta dish
- Hero
- Tongs
- Forks
- Knives
- Spoons
- Water
- Soda
- Programs
- Official's Attendance Sheet

Coaches Room

- Skill sheets
- Pens/pencils
- Coffee
- Bagels
- Muffins/Danish
- Sugar
- Milk
- Salad
- Pasta dish
- Hero
- Tongs
- Forks
- Knives
- Spoons
- Water
- Soda
- Programs

Admission Table

- \$3000-\$4000 in singles, fives, tens and twenties
- Programs
- Stamps or Sharpies

Concession Stand Suggestions

- Try to have all food donated
- Taco in a bag sells great
- Make sure to have coffee ready for the first session it is a big seller
- Pre-butter/cream cheese the bagels

Team Registration Table

- Running list of teams competing
- Check-in Sheet
- Programs
- Skill Sheets

Main Gym

- Programs
- Score Sheets
- Progression Sheets
- Point Deduction Sheets
- Calculators
- Pens
- Pencils
- Pads for each Judge
- Candy
- Runner
- Stop Watches



SCRIMMAGE GUIDELINES

Cheerleading Scrimmage: A cheerleading scrimmage must alter format so it does not follow the regular 2 ½ minute routine in its entirety. Suggested formats include but are not limited to:

- Break out cheer, pyramid, stunting and tumbling.
- Competition rules must be altered.
- A scrimmage is a practice that is a **SIMULATED CONTEST**.
- In scrimmages: squads can use the same mat simultaneously with coaches making corrections and giving instructions.
- No uniforms.
- No admission is charged.
- No official score is kept or a score given therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or not-league standing.
- The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

NEXT AVAILABLE DATE

In all sports, a postponed VARSITY contest must be played on the next available date. The next available date is defined as the next available weekday (M-F) on which a contest has not previously been scheduled by either team. Saturdays and Sundays may be used by mutual agreement. (5/22/90)

Exceptions: see baseball and softball (approved 5/18/04)

IN ORDER TO COMPLETE A LEAGUE SEASON, THE EXECUTIVE DIRECTOR MAY MANDATE ANY DAY EXCEPT SUNDAY AS THE NEXT AVAILABLE DATE DURING THE LATTER PART OF A SEASON. HOWEVER, THE MAXIMUM NUMBER OF LEAGUE GAMES PER WEEK (AS LISTED IN THE SPORT SPECIFIC EXCEPTIONS TO THIS POLICY) MAY NOT BE EXCEEDED.

Non-league contests will be vacated at the direction of the Executive Director in cooperation with the sport chairman if it becomes necessary to complete a league season.

PENALTY: FAILURE OF A SCHOOL TO COMPLY WITH THE NEXT AVAILABLE DATE POLICY WILL RESULT IN FORFEITURE. IF BOTH OPPOSING SCHOOLS WILL NOT COMPLY, BOTH SCHOOLS WILL BE ASSESSED A LOSS.

For contests in Section-wide sports:

A DATE WHICH IS VACATED AND/OR IDENTIFIED FOR THE PURPOSE OF ACCOMMODATING A SCHOOL'S PROM OR AN ENTIRE GRADE LEVEL TRIP PRIOR TO THE DEADLINE FOR SCHEDULE CHANGES WILL NOT BE CONSIDERED A NEXT AVAILABLE PLAYING DATE.

No teams are exempt from this policy during the spring recess. (App. 5/12/15)

NOTE: SCHOOLS MAY NOT MUTUALLY AGREE TO BE LESS RESTRICTIVE ON THE IMPLEMENTATION OF THIS POLICY.

When extraordinary circumstances (hurricanes, snowstorms, power outages, etc.) preclude a team from practicing on four or more consecutive days, the Executive Director may waive the next available date rule to allow for one day of practice. (5/14/96)

Contest Sites - The Executive Director, in consultation with the Sports Chair, is allowed to direct schools to switch sites and/or find neutral sites in league or division varsity games during the last week of the regular season. (10/10/07)

Following are the sport specific exceptions:

Baseball

1. Teams are not mandated to play more than four league games in a calendar week except to satisfy playoff deadlines.
2. League games take precedence over non-league games after the second week of the league schedule.
3. Saturday is a next available date with the exception of Holy Saturday. If SAT's or PSAT's are scheduled on a Saturday, game time may be moved to 2PM. (Approved by Athletic Council 5/18/04)

Basketball, Field Hockey, Lacrosse, and Soccer

Teams are not mandated to play:

1. League contests on more than two consecutive days.

2. More than three league games per week (running Monday - Saturday).
3. More than four league games during the last week of the season. These may not be played on more than two consecutive days.

Cheerleading

- Recognizing the massive commitment and preparation in hosting a cheerleading competition, the next available date for a Varsity competition will be on Sunday (the day after the scheduled event) if the host school CAN accommodate. (For participating schools that are not permitted to attend due to weather related conditions, they will not be penalized in the season long scoring procedure). If the host school CANNOT accommodate the Sunday competition, the next available date for that competition will be on Monday of the scheduled week for the original competition.

Football

1. If there is a Section-wide bye week on the following Saturday, a rescheduled game may be played at any time during the bye week.
2. A Thursday or Friday game must be played no later than the following Monday.

Gymnastics

Teams are not mandated to play:

1. League contests on more than two consecutive days.
2. More than three league games per week (running Monday - Saturday).

Medical Waivers for NYSPHSAA Regulation

Waivers of the minimum number of required participations may be granted for medical reasons only. To request such a waiver, the athletic director must submit:

- a. written request for such to the Executive Director,
- b. medical documentation of the illness/injury indicating specific dates, and
- c. a record of the athlete's participation.

The athletic director will be notified of approval/disapproval.

*In order to qualify for Post-Season, a team or individual must have competed in at least four (4) competitions within NYS under the NYSPHSAA Rules & Regulations. *



The purpose of Mixed Competition for cheerleading is to determine on an individual basis whether or not participation by a particular male student on a cheer team organized for females in a district would "have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport".

Procedure:

1. The superintendent must request, in writing, consideration to allow a male to participate on a team organized for females in his/her district.
2. The student's school principal and the athletic director of the district must also sign the letter, indicating that they are aware of the request.
3. The letter shall be forwarded along with this document to the Executive Director and be received by the first day of high school winter practice.
4. A Mixed Competition Committee will convene to consider your request submitted for the varsity, junior varsity & middle school winter and early winter season.
5. A copy of the report of the district review panel including the Individual Athletic profile for Mixed Competition Form, the date of the last NYS fitness test, etc. must be on file with athletic director.
6. The decision applies only to the season for which the application was made. Subsequent seasons will require another review. Therefore, all students that have been previously approved to participate in a mixed competition situation must be re-approved each season.

Date: _____ Name Of Student: _____

School: _____ Grade: _____ Age: _____ DOB: _____

Previously Classified: (Please circle) Yes or No (If yes) What level & When _____

- Will participation by a particular male student on a cheer team, organized for females in a district "have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport" (Please circle) Yes or No

Athletic Director: _____ Athletic Director Signature: _____

Executive Director Signature: _____ (Please circle) Approved Not Approved

MIXED COMPETITION**Committee Purpose:**

The purpose of the Mixed Competition Committee is to determine on an individual basis whether or not participation by a particular male student on a sport team organized for females in a district would "have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport".

A. Procedure:

1. The superintendent must request, in writing, consideration to allow a male to participate on a team organized for females in his/her district.
2. The student's school principal and the athletic director of the district must also sign the letter, indicating that they are aware of the request.
3. The letter shall be forwarded to the Executive Director and be received by the end of the third week in August for varsity and junior varsity levels of fall sports, by the day after Labor Day for modified fall sports, by November 4th for all winter sports, and by February 1st for all spring sports.
4. The Mixed Competition Committee will convene on the last Tuesday of August to consider any requests submitted for the varsity and junior varsity levels of fall season sports, and on the first Thursday school is in session for modified levels of fall sports.
5. A student for whom a request is submitted may not participate in practice or competition until the Committee makes a determination.

B. Documentation

The athletic director shall provide written documentation as follows:

1. The birth date, age, height, weight, and grade level of the student.
2. The sports in which the student has participated since entry into the seventh grade.
3. The number of years of participation in each sport.
4. The number of girls trying out for the team on which the boy wishes to participate.
5. The complete report of the district review panel including the Individual Athletic Profile for Mixed Competition Form, the date of the last NYS fitness test, etc.
6. A statement from the school physician concerning his/her assessment of the student's developmental age - maturity level, general body type, etc.
7. An evaluation by a physical education staff member of the athletic aptitude of the student and of the appropriateness of his participation on the team for which he wishes to try out.
8. An evaluation will be conducted by a three-member panel consisting of the Sport Chair and two impartial Athletic Directors and/or Director of Physical Education selected by Section XI, to assess whether or not participation by a particular male student on a sport team organized for females in a district would have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport. (Approved 1/10/13)

9. Any and all other pertinent data.

10. All written documentation must be received by the Executive Director at least 24 hours prior to the hearing.

C. Hearing

1. The Executive Director will notify the athletic director of the time of the hearing.

2. Representatives of the school must attend the meeting at which the request is being considered. This procedure will enable the committee to ask any questions and, at the same time, allow the school officials to shed more light on the facts presented previously in writing. It is suggested that the athletic director and at least one member of the district review panel be in attendance at the hearing.

3. Notification will be made to the school district on the findings of the committee.

4. Any appeal of a decision of the Mixed Competition Committee will be based solely upon the documentation and evidence provided to the Mixed Competition Committee.

5. When the Mixed Competition Committee has approved a student, Section XI retains the option of conducting an ongoing evaluation of the student to ascertain that there has been no demonstrative adverse effect by that student's participation.

6. Any and all documentation provided in "B" may be considered by the committee.
(Approved 1/10/13)

Rev: 1/10/13

CODE OF ETHICS FOR COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.
2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.
3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.
4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)
5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.
6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.
7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.
8. Do not attempt to seek an advantage through intimidation of opponents or officials.
9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).
10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.
2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.
3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.
4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.

GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS, SPECTATORS AND ADMINISTRATORS IN INTERSCHOLASTIC COMPETITION

I. INTRODUCTION

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct and fair play under all circumstances. The values to be derived from playing the game fairly should be stressed, and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility and to respect the integrity and the judgment of the sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. Most of all, it is the duty of all concerned with high school athletics to remember that an athletic contest is only a game and should be kept in that perspective.

II. THE COACH is expected to:

1. Set a positive example both on and off the playing area.
2. Be aware that you are representing a school district, a school, and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. Not use crude or abusive language with players, opponents, officials, or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question officials' decisions and even to disagree, the officials' decisions must be accepted graciously.
11. Handle dissatisfaction with officiating quietly and efficiently through the use of the rating cards supplied by Section XI.
12. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
13. Refrain from shouting disapproval of calls made by officials.

14. Avoid behavior that will incite players, opponents, or spectators.

15. Encourage good sportsmanship, and remove players from competition who demonstrate unacceptable behavior.

16. The athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.

III. **THE ATHLETE** is expected to:

1. Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.

2. Conduct themselves as ladies and gentlemen at all times.

3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotions can be self-defeating.

4. Not use crude or abusive language or gestures in dealing with opponents, officials or spectators.

5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.

6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.

7. Be well-groomed, both on and off the field, as a representative of the school. Improper behavior while in uniform reflects badly upon yourself, your school, and your community.

8. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.

9. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.

10. Remember that participation in athletics is a privilege that should not be abused.

11. Refrain from shouting disapproval of calls made by officials. **Shouting disapproval of calls made by officials may result in misconduct.**

IV. **THE SPECTATORS** are expected to:

1. Conform to accepted standards of good sportsmanship and behavior.

2. Respect officials, coaches, and players and extend all courtesies to them.

3. Taunting, foul and abuse language, noisemakers, inflammatory remarks and disrespectful signs and behavior are not acceptable. Violations during a free throw attempt will be penalized by repeating the free throw, if missed. The officials will make this decision. (Rev. 3/7/12)

4. Obey the regulations of the site authorities. Those who do not conform should be brought to the attention of the supervisors.

5. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.

6. Refrain from shouting disapproval of calls made by officials.

V. THE ADMINISTRATORS

1. The Athletic Director is responsible for the conduct of coaches, players, spectators, and other employees of the school.

2. The Athletic Director assumes responsibility for informing these groups of the code of behavior expected during participation in Section XI athletic events.

3. **General Recommendations for Home Contests:**

- a. The visiting school should be provided with information on directions to the school, game times, physical layout including parking area, locker facilities, and specific school regulations affecting visiting teams.

- b. The home school is responsible for excluding from athletic events spectators whose past behavior indicates an unacceptable risk for trouble.

- c. Adequate supervision must be provided in the gymnasium area as well as in hallways, bathrooms, and outside area where spectators may congregate.

- d. Separate seating areas should be designated for visiting team spectators whenever possible.

- e. Request the cooperation of the Suffolk County Police Department and/or Auxiliary Police units whenever the anticipated crowd size or previous relationship between schools indicate the potential for trouble.

- f. Confer with coaches, cheering advisors, supervisors, and custodial help on your expectations for their behavior and on ways to handle difficult situations.

- g. The Athletic Director should meet with game officials to identify him/herself, to offer any assistance, and to emphasize the importance of keeping the game under control.

- h. The supervisor in charge should immediately report to police any information regarding any possession of weapons, drugs, or alcohol. Anyone under the influence of drugs and/or alcohol should be removed from the game and reported to the administration.

- i. Supervisors should remain on duty until all spectators and visiting teams have left the premises, including parking lots.

- j. Problems with students, coaches, and spectators should be communicated to the other Athletic Director, to the Principals, and, when appropriate, to the Section XI Executive Director.

4. **Requirement for Schools/Teams Participating In Playoffs at Neutral Sites:**

It is required that any school/team participating in a Section XI playoff activity at a neutral site provide adequate supervision for that activity. The supervisor(s) must be easily identifiable and maintain an active presence throughout the activity. Refer to the Section XI Neutral Site Policy.

5. **General Recommendations for Visiting Teams:**

- a. Visiting teams must be properly supervised at all times at the host school.

- b. At spectator events, if possible, the visiting school should provide a supervisor for its spectators.

- c. When a Varsity/JV doubleheader is held, the team not playing should be supervised in the stands.

- d. Clarify with the host Athletic Director the best area for parking and access into locker facilities. Also arrange for exiting after the event with at least one home school supervisor in the area to supervise.

- e. Report in writing to the host Athletic Director any incident involving players, spectators, supervisors, etc., that deserves follow-up by the home school.

- f. Refrain from shouting disapproval of calls made by officials.

VI. RECOMMENDATIONS FOR THE VISITING SCHOOL:

1. Athletic Director

- a. Contact the Athletic Director of the home school and request the following if needed:
 - > Directions and best route to school.
 - > Location of parking area and recommended area for bus parking.
 - > Will there be a charge for spectators?
 - > Is there a specific seating area for spectators?
- b. Inform the Athletic Director of the home school of the following:
 - > If there will be a cheerleader and/or spectator bus in addition to the athletes' bus.
 - > If the additional buses will be accompanied by one or more supervisors.
 - > What type of identification your supervisors will be equipped with.
- c. Inform the coach of the team of the particulars in a and b above.
- d. Inform supervisors of the above information, and ask them to inform persons on the bus for whom they are responsible, of the pertinent information.
- e. Inform the student body of any necessary details by public address system and/or bulletin.

2. Coach

- a. Consult the Athletic Director for the above information.
- b. The head coach of each sport should disseminate the information above for each school to his or her junior varsity and modified team coaches.
- c. Follow the recommendations for Code of Behavior for Coaches in Section XI.
- d. Require team members to follow Section XI Guidelines for Good Sportsmanship.

3. Supervisors

- a. Should be persons who are familiar with the visiting school's student body.
- b. Should be well informed of what their responsibilities are and be capable of enforcing regulations and encouraging proper behavior.

RELATED SECTION XI POLICY:

- > Coaches Ethics
- > Emergency Preparedness & Crowd Control Policy and Procedures
- > Code of Conduct for Spectators

Rev. 3/7/12

SPORTSMANSHIP

In all sports, players and coaches will rate their opponents' sportsmanship at every contest. Season team averages will determine winners in each league/division/device. The officials' rating card will include a sportsmanship rating of opponents at every contest (league and non-league). All teams at all levels of all sports are expected to submit these ratings.

Certificates and recognition will be given to those teams best exemplifying sportsmanship.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.

Ratings Entry - Ratings Definitions**CATEGORY A**

- 5 - excellent
- 4 - good
- 3 - acceptable
- 2 - poor
- 1 - inadequate

CATEGORY B

- 1 - acceptable
- 0 - unacceptable

I. Sportsmanship:

- #1. athletes
- #2. coach(es)
- #3. spectators

- category A (1-5)
- category A (1-5)
- category A (1-5)

II. Officials:

- Category A (1-5)
- 1 - judgement
- 2 - game control
- 3 - knowledge of rules
- 4 - position/mechanics

- Category B (0-1)
- 5 - appearance
- 6 - attitude
- 7 - communication
- 8 - physical condition
- 9 - punctuality

If the sum total of points for an official is less than 15 then the rating cannot be submitted electronically.

The rating and letter must be submitted in writing.

A sportsmanship rating less than 3 in any category must include a comment.

Athletic Director Needs to Contact Section XI
* USER NAME + password

2017-18 HIGH SCHOOL SCHEDULING INFORMATION

| SPORT | MAX # CONTESTS ALLOWED | # PRACTICES PRIOR TO 1 st SCRIMMAGE | | # PRACTICES PRIOR TO 1 st CONTEST | | FIRST PRACTICE DATE | FIRST SCRIM DATE | FIRST CONTEST DATE | NYS CHAMP DATE |
|------------------|-------------------------|--|------|--|------|---------------------|------------------|--------------------|--------------------|
| | | Team | Ind. | Team | Ind. | | | | |
| B/G X Country | 13 JV 13 V | 10 | 8 | 10 | 10 | 8/21 | 9/1 | 9/1 | 11/11 |
| Field Hockey | 16 JV 16 VAR | 8 | 6 | 10 | 8 | 8/21 | 8/30 | 9/1 | 11/11-12 |
| Football | 8 JV 8 VAR | 11 | 10 | 15 | 14 | 8/14 | 8/26 | 8/31 | - |
| B Golf | 16 JV 17 VAR | Training | | Training | | 8/21 | Practice | Recomm. | 6/2-4 |
| G Gymnastics | 13 VAR | 10 | 8 | 15 | 13 | 8/21 | 8/31 | 9/6 | 3/3 |
| B/G Soccer | 16 JV 16 VAR | 8 | 6 | 10 | 8 | 8/21 | 8/30 | 9/1 | 11/11-12 |
| G Swimming | 15 VAR | 12 | 10 | 12 | 10 | 8/21 | 9/4 | 9/4 | 11/17-18 |
| G Tennis | 16 JV 16 VAR | 6 | 4 | 8 | 6 | 8/21 | 8/28 | 8/31 | 10/28- 10/30 |
| B/G Volleyball | 20 JV 20 VAR | 6 | 4 | 8 | 6 | 8/21 | 8/28 | 8/31 | 11/18-19 |
| B/G Basketball | 20 JV 20 VAR | 8 | 6 | 10 | 8 | 11/13 | 11/22 | 11/24 | 3/16-18 |
| Cheerleading | 6 JV 10 VAR | 10 | 8 | 10 | 8 | 11/13 | N/A | 11/24 | 3/3 |
| B/G Bowling | 19 VAR | Training | | Training | | 11/13 | Practice | Recomm. | 3/10-11 |
| B/G Fencing | 20 JV 20 VAR | 10 | 8 | 15 | 13 | 11/13 | 11/24 | 11/30 | - |
| B Swimming | 15 VAR | 12 | 10 | 12 | 10 | 11/13 | 11/27 | 11/27 | 3/2-3 |
| B/G Winter Track | 15 VAR | 10 | 8 | 10 | 10 | 11/13 | 11/24 | 11/24 | 3/3 |
| Wrestling | 20 pts+ JV 20 pts+ V | 10 | 8 | 15 | 13 | 11/13 | 11/24 | 11/30 | 2/23-24 |
| B/G Badminton | 20 VAR | 6 | 4 | 8 | 6 | 3/5 | 3/12 | 3/14 | - |
| Baseball | 20 JV 20 VAR | 10 | 6 | 15 | 8 | 3/5 | 3/16 | 3/22 | 6/8-9 |
| Girls Golf | 16 JV 16 VAR | Training | | Training | | 3/5 | Practice | Recomm. | 6/1-3 |
| B/G Lacrosse | 16 JV 16 VAR | 8 | 6 | 10 | 8 | 3/5 | 3/14 | 3/16 | B- 6/6 G- 6/8-9 |
| Softball | 20 JV 20 VAR | 6 | 4 | 8 | 6 | 3/5 | 3/12 | 3/14 | 6/9 |
| B Tennis | 16 JV 16 VAR | 6 | 4 | 8 | 6 | 3/5 | 3/12 | 3/14 | 5/31-6/2 |
| B/G Track | 16 VAR | 10 | 8 | 10 | 10 | 3/5 | 3/16 | 3/16 | 6/8-9 |

+6 tournaments maximum

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON USING SATURDAYS AND HOLIDAYS AS PRACTICE DATES (EXCEPT THANKSGIVING DAY). If teams do not practice on Saturdays, and/or holidays, add one day for each practice missed. According to the Section XI Holy Day Policy approved on Dec 8, 1978, no contest or interschool scrimmage may be scheduled in Section XI on the dates listed below. Jewish holy days begin at sundown of the preceding day, and end at sundown of the day listed. Student-athletes must be able to be home by 6PM on days preceding Jewish holy days.

| HOLY DAY OBSERVANCE | | SIGNIFICANT DATES TO CONSIDER | |
|--|---|--|---------|
| Sept 21-22 - Rosh Hashanah Sept 30 - Yom Kippur (Saturday) Dec 24 - Christmas Eve Dec 25 - Christmas Day Mar 31 - 1 st Day of Passover Mar 29 - Holy Thursday Mar 30 - Good Friday Apr 1 - Easter Sunday | | Sept 4 - Labor Day Oct 9 - Columbus Day Oct 31 - Halloween Nov 7 - Election Day Nov 11 - Veterans' Day (observed) Nov 23 - Thanksgiving Day Jan 15 - Martin Luther King Jr. B-day (observed) Feb 19 - Presidents' Day May 28 - Memorial Day (observed) | |
| STANDARD TEST DATES | | | |
| Sept 9 - ACT Oct 7 - SAT & Achiev Oct 14, 18 - PSAT Oct 28 - ACT Nov 4 - SAT & Achiev | Dec 2 - SAT & Achiev Dec 9 - ACT Feb 10 - ACT March 10 - SAT April 14 - ACT | May 5 - SAT & Achiev June 2 - SAT & Achiev June 9 - ACT | 3/13/17 |

MODIFIED SCHEDULING INFORMATION 2017-18

| Sport | Max # Contests Allowed | # Practices Prior to 1 st Scrim | | # Practices Prior to 1 st Contest | | 1 st Practice Date | 1 st Scrim Date | 1 st Possible Date Contests Allowed | Earliest Date Contests Will Be Scheduled | Last Date |
|---------------|------------------------|--|------|--|------|-------------------------------|----------------------------|--|--|-----------|
| | | Team | Ind. | Team | Ind. | | | | | |
| B/G Soccer | 10 | 8 | 6 | 10 | 8 | 9/5 | 9/14 | 9/16 | 9/25 | 11/4 |
| B/G X Country | 8 | 8 | 6 | 8 | 6 | 9/5 | 9/14 | 9/14 | 9/25 | 11/4 |
| Football | 6 | 13 | 12 | 17 | 16 | 9/5 | 9/20 | 9/23 | 9/25 | 11/4 |
| Field Hockey | 10 | 8 | 6 | 10 | 8 | 9/5 | 9/14 | 9/16 | 9/25 | 11/4 |
| G Tennis | 10 | 6 | 4 | 6 | 4 | 9/5 | 9/12 | 9/12 | 9/18 | 11/4 |
| G Volleyball | 10 | 8 | 6 | 10 | 8 | 11/6+ | 11/15 | 11/18 | 11/20 | 1/20 |
| B Basketball | 10 | 8 | 6 | 10 | 8 | 11/6+ | 11/15 | 11/17 | 11/20 | 1/20 |
| Cheerleading | 3 | 8 | | 10 | | 11/6+ | 11/15 | 11/17 | - | 1/21 |
| Wrestling | 10 | 12 | 10 | 15 | 13 | 1/22 | 2/5 | 2/8 | 2/12 | 3/24 |
| G Basketball | 10 | 8 | 6 | 10 | 8 | 1/22 | 1/31 | 2/2 | 2/5 | 3/24 |
| B Volleyball | 10 | 8 | 6 | 10 | 8 | 1/22 | 1/31 | 2/2 | 2/5 | 3/24 |
| Softball | 10 | 8 | 6 | 10 | 8 | 3/26++ | 4/5 | 4/9 | 4/16 | 6/9 |
| B/G Track | 8 | 10 | 8 | 10 | 8 | 3/26++ | 4/7 | 4/9 | 4/16 | 6/9 |
| Baseball* | 10 | 10 | 8 | 12 | 10 | 3/26++ | 4/7 | 4/11 | 4/16 | 6/9 |
| B Tennis | 10 | 6 | 4 | 6 | 4 | 3/26++ | 4/3 | 4/3 | 4/16 | 6/9 |
| B Lacrosse | 10 | 10 | 8 | 12 | 10 | 3/26++ | 4/7 | 4/11 | 4/16 | 6/9 |
| G Lacrosse | 10 | 10 | 8 | 10 | 8 | 3/26++ | 4/9 | 4/9 | 4/16 | 6/9 |
| B Swimming | 8 | 10 | 8 | 12 | 10 | 3/26++ | 4/7 | 4/11 | 4/16 | 6/9 |
| G Gymnastics | 8 | 10 | | 15 | | 3/26++ | 4/7 | 4/13 | 4/18 | 6/9 |

+All early winter sports may conduct tryouts a maximum of 3 days during the week of Oct 30-Nov 4. These do not count toward the required minimum number of practices.

++All modified spring sports may conduct tryouts a maximum of 3 days during the week of Mar 19-24, 2018. These do not count toward the required minimum number of practices.

*Baseball Pitchers fall under Individual requirements

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON SCHOOL DAYS AND SATURDAYS. BECAUSE LOCAL SCHOOL CALENDARS MAY DIFFER, EACH SCHOOL MUST VERIFY ITS OWN DATES.

| HOLY DAY OBSERVANCE | SIGNIFICANT DATES TO CONSIDER |
|--|--|
| Sept 21-22 - Rosh Hashanah | Sept 4 - Labor Day |
| Sept 30 - Yom Kippur (Saturday) | Oct 9 - Columbus Day |
| Dec 24 - Christmas Eve | Oct 31 - Halloween |
| Dec 25 - Christmas Day | Nov 7 - Election Day |
| Mar 31 - 1 st Day of Passover | Nov 11 - Veterans' Day (observed) |
| Mar 29 - Holy Thursday | Nov 23 - Thanksgiving Day |
| Mar 30 - Good Friday | Jan 15 - Martin Luther King Jr. 8-day (observed) |
| Apr 1 - Easter Sunday | Feb 19 - Presidents' Day |
| | May 28 - Memorial Day (observed) |

Reminder...

RECOMMENDED GUIDELINES FOR AUTOMATIC EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC ATHLETIC CONTESTS

- ❖ **The home school is responsible for providing trained personnel and an adequate number of AEDs at all interscholastic contests.**
- ❖ **At cross country meets conducted at off-site locations, those schools designated as the home schools will bring an AED and the trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course. All competing schools will receive AED location maps for this site at the beginning of the season.**
- ❖ **At Section XI sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.**
- ❖ **At Section XI sponsored individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.**
- ❖ **At Section XI sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.**
- ❖ **On the occasion where a home school will not be providing an AED and trained personnel at a contest, it is the responsibility of that home school to so notify the visiting school in a timely manner.**

HEAT ALERT POLICY

1. **Modified Heat Alert** - When the heat index reaches 88 (equivalent to T.H.I. of 73), practice sessions or contests in all sports must include:

a. Forced, frequent water breaks (every 10-15 minutes).

b. Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.

c. Frequent rest breaks in shaded areas.

d. For football and lacrosse, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice, games or scrimmages shall not wear helmets.

NOTE: During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.

2. **Full Heat Alert** - When the heat index reaches 95 (equivalent to T.H.I. of 78), no physical activity in any sport is permitted. Team meetings are permitted.

3. **Notification of Schools** - The Section XI Safety Chairman, will monitor the heat index and will initiate a heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member district through the Connect-Ed system, with specific instructions for heat alert implementation. (Rev 5/10)

4. No sport is exempt from modified or full heat alerts. (1/16/02)

PAST CHAMPIONS

2016 1st EVER Suffolk County Champions

Div. 1 Small: Rocky Point

Div. 1 Large: Sachem East

Div. 2 Small: Babylon

Div. 2 Large: Mount Sinai

2016 New York State Championships

Div. 1 Small: Rocky Point 4th place

Div. 1 Large: Sachem East 2nd place

Div. 2 Small: Babylon 8th place

Co-Ed: Mount Sinai 1st place

2017 Suffolk County Champions

Div. 1 Small: Rocky Point

Div. 1 Large: West Babylon

Div. 2 Small: Babylon

Div. 2 Large: Mount Sinai

2017 New York State Championships

Div. 1 Large: West Babylon 3rd place

Div. 2 Large: Mount Sinai 5th place