

# **SECTION XI**

# **CHEERLEADING**



**Brianne Hyer**  
**Cheerleading Coordinator**  
**2022-2023**

**[BHYER@wbschools.org](mailto:BHYER@wbschools.org)**



**November 2022**

**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 to help you throughout the season. These forms and packet will be on both the [www.sectionxi.org](http://www.sectionxi.org) and [www.suffolkcountycheer.com](http://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 email me at [bhyer@wbschools.org](mailto:bhyer@wbschools.org) should you have any questions or concerns.**

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

**Sincerely,**

**Brianne Hyer  
Section XI Cheerleading Coordinator**

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## **2022-2023 Cheerleading Schedule**

### **Varsity**

12/4/2022 at Longwood  
12/17/2022 at Sachem North  
1/7/2023 at Rocky Point  
1/21/2023 at West Babylon  
1/28/2023 at Smithtown West  
2/4/2023 at Eastport South Manor  
2/18/2023 Suffolk County Championship at Newfield

### **JV**

12/11/2022 at Sachem East  
12/18/2022 at Babylon  
1/22/2023 at Mount Sinai  
1/29/2023 at Kings Park  
2/5/2023 at East Islip

### **Middle School**

12/10/2022 at Hauppauge  
1/8/2023 at Walt Whitman  
1/15/2023 at West Islip

***11/7/2022: First Day (Modified)***

***11/14/2022: First Day (Varsity & JV)***

***12/3/2022: SAT Exam***

***12/10/2022: ACT Exam***



## 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.

### **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.
- All Competitive Cheerleading coaches must have a current USA Cheer Safety Certification or AACCA safety course completed (Oct 2018); **It is valid for 4 years**
- NFHS Spirit Rule Book will be followed.
- All coaches should have an NFHS spirit rulebook.
- Practice Requirements: 6
- 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 6 section scheduled contests. Up to 3 more at your discretion (example: regionals, nationals and 1 invitational; must be all sanctioned)
- JV will participate in 5 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 the injury to the end 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 \$5 dollars per person during the regular season.
- Section XI scoring will be used during Section XI scheduled contests and the Suffolk County Championship.
- The New York State Scoresheet will be used for the NYS State Championship. (3/4/2023)
- Schools will submit a request to host a competition. Host schools will then be selected by Section XI.
- Schools with proper equipment (9 panels, 9 panels & proper Velcro strips) will only be selected; **No wrestling mats.**
- Warm-ups: **Varsity & JV** - 10 minutes on 9 panels. Coach decides what to do in warmup. No Safety Judge present; **MS** - 10 minutes on 9 panels. 1 Safety judge monitors time and looks for any illegal stunts etc.
- Once a team submits the Placement Form for division selection (11/18/2022 by 2:00 P.M.), **there will be no moving divisions.**
- Order of teams at Section XI scheduled events will be decided by Section XI. The County Championship will be the order they finished during the year.
- Your average score will be tallied from the 6 Section XI scheduled contests. A forfeit will result in 0 points per forfeit.
- If a team cannot attend a Section XI scheduled contest (only because superintendent does not let bus out, weather, etc.) 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.

## 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). 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.

## Regulations

- 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

- **Varsity:** Three divisions: Small (5 - 16), Large (17 - 32) and Coed (5 - 32). Enrollment will be used during the season for Small and Large, no enrollment will be used for the Coed division. Please see the updated enrollment numbers for the 2022- 2023 season. The top 50% will make counties in each division; resulting in 5 county champions. Small Division 1 & 2; Large Division 1 & 2 and Coed.
- **JV:** Two Divisions: Small (5 – 16) & Large (17+)
- **Middle School:** Two Divisions: Small (5 – 16) & Large (17+)

## **Post-Season Qualifying**

### **Section XI Championship – February 18<sup>th</sup>, 2023**

- In order to qualify for Post-season a **team or individual** must have competed in AT LEAST four Section XI competitions under the NYSPHSAA rules and regulations.
- Qualification for Section XI Championship will be based on scores achieved during the competitive season using the Section XI scoring sheets.
- Your average score will be tallied from the 6 Section XI 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.
- 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.
- Admission will be \$7 dollars

### **NYSPHSAA Championship – March 4<sup>th</sup>, 2023**

- The winner of each division will qualify for the NYSPHSAA Championship.
- In the event of a tie in the Section XI Championship, both teams will advance.
- Visions Federal Credit Union Veterans Memorial Arena, Binghamton
- <https://nysphsaa.org/tournaments/?id=7&path=>



## **TIME LIMITATIONS**

- Each performance routine must include at least one cheer or sideline chant.
- The music 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.
  - 1 point deduction for 1-5 seconds over.
  - 2 points deduction for 6 seconds or more.
- 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.





## **AUTHORIZED MUSIC**

USA Cheer has an educational initiative to provide music producers, coaches, professional members, 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. This initiative 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. In addition, USA Cheer is providing a directory of music providers who have signed an agreement to follow copyright law. If you have further questions or wish for your music company to be included in the directory, please email [info@usacheer.org](mailto:info@usacheer.org) For the most up to date music information, visit <https://www.usacheer.org/music>

### **Music Copyright Education and Resources**

<https://www.usacheer.org/music-copyright-education-and-resources>

<https://www.clicknclear.com/education>

<https://nfhs.org/articles/cheerleading-and-dance-squad-music-copyright-law-issues/>

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

### **Music Provider Directory**

<https://www.usacheer.org/music-provider-directory>

- Please read and understand the USA Cheer Music Copyrights Educational Initiative.
- All sound recordings used in a team's music shall only be used with written license from the owners(s) of the sound recordings.
- Please check Music Provider list for updates and changes periodically.
- Teams must be able to provide proof of licensing, in the form of a printed copy, if deemed necessary.
- Proof of Licensing is REQUIRED for the NYS Championship.



**Section XI Cheerleading  
2022 - 2023 Requests for Placement**

**MANDATORY**

**Please fill in the following request form and return it no later than  
2:00p.m. on Friday, November 18, 2022;**

**to [bhyer@wbschools.org](mailto:bhyer@wbschools.org) or fax it to 631-376-7190**

**Please contact Brianne Hyer with any questions. 516-313-2279**

**School (Not District) Name:** \_\_\_\_\_

**Athletic Director:** \_\_\_\_\_

**Coach's Name:** \_\_\_\_\_

**Coach's Email:** \_\_\_\_\_

**Please Circle: VARSITY: Small (5-16); Large (17-32) or COED (5-32) or NO Varsity**

**Please Circle: JUNIOR VARSITY: Small (5-16) or Large (17-32) or NO JV**

**Please Circle: Will you have a Middle School team: YES or NO**

**If YES: Name: \_\_\_\_\_ Small (5-16) or Large (17-32)**

**\*\*2<sup>nd</sup> M.S. Team (if applicable): Name: \_\_\_\_\_**

**Small (5-16) or Large (17-32)**

**\*\*\*ALL 3 LEVELS MUST BE COMPLETED ON THIS FORM\*\*\***

Once a division is selected for scheduling purposes and after 11/19/2022, 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:** Five divisions: Small (5-16), Large (17-32) and COED (5-32 and 1 male must be on the mat).
  - Enrollment will be used: Large School Division (750+), Small School Division (749 and below), COED will be no enrollment. 5 County Champions will represent Section XI at the 2023 NYS championship.
- **Junior Varsity:** Two divisions: Small (5-16), and Large (17-32). A male on the mat must be approved through the mixed competition guidelines.
- **Middle School:** Two divisions: Small (5-16), and Large (17-32). A male on the mat must be approved through the mixed competition guidelines.



## HOSTING INFORMATION

- **Forms:**

Please have the following forms and enough copies for all teams; forms can be found on SCCCA website:

1. Judge's Scores Sheets (Coed & All Girl)
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 an officials room.
- A scorer's table, media table and parent table (documents etc.)
- Meet and greet DJ
- **Plaque: 1<sup>st</sup> PLACE ONLY**
  - Trophy Hut. Koren LoNigro-Hart (631) 473-3057 (ext. 3).
  - Orders **MUST** be emailed 2 weeks prior to the day of the competition.
- **AED:** The host school is responsible for proving trained personnel and an adequate number of AED's at all interscholastic contests.
- **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:** \$5 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.
- **Scoring:** Section XI scoring will be used.
- **Warm-ups:** 10 minutes on 9 practice cheer mats; with the appropriate Velcro or adhesive; NO wrestling mats. Coach decides what to do in warmup. Safety judge will not be present in Varsity & JV Warmups. A Safety Judge will be present in Middle School competitions and will monitor time and look for any illegal stunts etc.
  - **A coach and or adult must be supervising the warm up area as well for all competitions, NO ATHLETES are permitted to run the Warmup room.**
- **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). 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.

At the completion of your competition, the host school must email the officials attendance and result sheets to: Brianne Hyer [bhyer@wbschools.org](mailto:bhyer@wbschools.org); Chris McKeveny [cmckeveny@sectionxi.org](mailto:cmckeveny@sectionxi.org) ; Samantha Tissenbaum [stissenbaum@sectionxi.org](mailto:stissenbaum@sectionxi.org) & Carla Destefano [cdestefano@sectionxi.org](mailto:cdestefano@sectionxi.org) ; Stephanie Walsh [steph.walsh604@gmail.com](mailto:steph.walsh604@gmail.com)



**SUFFOLK COUNTY CHEERLEADING**  
**OFFICIALS ATTENDANCE SHEET**

Host School: \_\_\_\_\_

Date: \_\_\_\_\_

<u>Print Name</u>	<u>Signature</u>	<u>Date</u>	<u>Sign-in time</u>	<u>Sign-out time</u>

After contest, host school sends this attendance sheet to: Carla Destefano  
[cdestefano@sectionxi.org](mailto:cdestefano@sectionxi.org) & Brianne Hyer [bhyer@wbschools.org](mailto:bhyer@wbschools.org)



## **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.

### **Payment for Cheerleading Scrimmages:**

- Schools are billed for a minimum of 2 hours (\$51.00 per hour) for a total of \$102.
- If scrimmages are longer than 2 hours or if the officials are asked to stay longer, they will be paid a per hour rate.
- Ex: if they work 2 hours and 15 minutes they will get 3 hours of pay. It is recommended that the schools speak with the coaches and work out time slots for scrimmages to the hour.



## **NEXT AVAILABLE DATE**

In all sports, a postponed VARSITY contest must be played on the next available date.

**PENALTY:** Failure of a school to comply with the next available date policy will result in forfeiture. Any and all opposing schools that will not comply, 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 a school recess.

**NOTE:** Schools may not mutually agree to be less restrictive on the implementation of this policy.

### **EXTRAORDINARY CIRCUMSTANCES:**

I.E. hurricanes, snowstorms, power outages, etc. may preclude the team from practicing four or more consecutive days, the Executive Director may waive the next available date rule to allow for one day of practice.

### **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.

### **CHEERLEADING SPECIFIC EXCEPTIONS:**

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 a team cannot attend a Section scheduled contest (only because the Superintendent does not let the bus out, i.e. weather, they will not be charged with a forfeit and their average score will be based on the contests attended.



## **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 indication record of the athlete's participation.  
specific dates,
- c) A record of the athlete's participation.

The athletic director will be notified of the approval/disapproval.



## MIXED COMPETITION

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 significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport.” **Middle School & JV**

### **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 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 of the 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 the 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 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 or Not Approved





# **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
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.



## **SECTION XI CODE OF ETHICS OF 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 wellbeing 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.



## **SECTION XI SPORTSMANSHIP GUIDELINES**

**In all sports, players and coaches will be expected to demonstrate good 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.**



## **RATING CARDS**

Please see below the rating card details.

### **Category A (1-5)**

1. Official provides coach with clear, constructive feedback in relation to scores received.
2. Official demonstrates knowledge of assigned scoresheet.
3. Official accurately applies NFHS Rules, UCA Scoring Paradigm and/or Section XI deductions.
4. Official conducts oneself in a professional manner.

### **Category B (0-1)**

5. Official was onsite and prepared to officiate at time of performance.
6. Official was attentive during team's performance.
7. Official judged team within a suitable time frame.
8. Official's appearance was appropriate and professional.
9. Official behaves in a manner that aligns with professional duties.

### **Sportsmanship**

- Rate all opponents "555"

The rating card that competitive cheerleading use is the same one that other sports use except it has its own criteria. This corresponds with the same numbering system that other sports use.



## 2022-2023 SCHEDULING INFORMATION

### HIGH SCHOOL SCHEDULING INFORMATION

SPORT	MAX # CONTESTS ALLOWED	# PRACTICES PRIOR TO 1 <sup>st</sup> SCRIMMAGE/CONTEST	FIRST PRACTICE DATE	FIRST SCRIM/CONTEST DATE	NYS CHAMP DATE
B/G Basketball	20 JV 20 VAR	6	11/14	11/21	3/17-19
Cheerleading	6 JV 10 VAR	6	11/14	11/21	3/4
B/G Bowling	19 VAR	Training	11/14	Recomm.	3/10-12
B/G Fencing	20 JV 20 VAR	6	11/14	11/21	-
B Swimming	15 VAR	6	11/14	11/21	3/3-4
B/G Winter Track	15 VAR	6	11/14	11/21	3/4
Wrestling	20 pts+ JV 20 pts+ V	10	11/14	11/25	1/28 Dual 2/24-25 indiv

### MODIFIED SCHEDULING INFORMATION

Sport	Max # Contests Allowed	# Practices Prior to 1 <sup>st</sup> Scrim/Contest	1 <sup>st</sup> Practice Date	1 <sup>st</sup> Possible Date Scrim/Contests Allowed	Earliest Date Contests Will Be Scheduled	Last Date
G Volleyball	10	6	11/7+	11/15	11/21	1/14
B Basketball	10	6	11/7+	11/15	11/21	1/14
Cheerleading	3	6	11/7+	11/15	-	1/15
Wrestling	10	10	1/17	1/31	2/6	3/25
G Basketball	10	6	1/17	1/25	1/30	3/25
B Volleyball	10	6	1/17	1/25	1/30	3/25

**+All early winter sports may conduct tryouts a maximum of 3 days during the week of Oct 31 ♦ Nov 4, 2022.**

**These do not count toward the required minimum number of practices.**





## 2022-2023 BASIC CONFERENCE PLACEMENT

<b>CONFERENCE I (15)</b>		<b>CONFERENCE II (15)</b>	
Brentwood	4580	Copiague	1193
Longwood	2255	Huntington	1154
William Floyd	2132	Newfield	1110
Central Islip	1760	Smithtown East	1101
Patchogue-Medford	1679	Half Hollow Hills East	1068
Riverhead	1571	Centereach	1059
Sachem East	1548	North Babylon	1055
Walt Whitman	1545	Bellport	1019
Bay Shore	1524	West Islip	990
Commack	1473	Smithtown West	966
Sachem North	1440	West Babylon	902
Ward Melville	1427	Deer Park	882
Lindenhurst	1401	Comsewogue	837
Connetquot	1332	East Islip	837
Northport	1265	Eastport-South Manor	825
<b>CONFERENCE III (15)</b>		<b>CONFERENCE IV (15)</b>	
Hauppauge	824	Elwood/John Glenn	527
East Hampton	750	Bayport-Blue Point	512
Half Hollow Hills West	746	Center Moriches	408
Westhampton Beach	723	Southampton	408
Wyandanch	717	Babylon	341
Rocky Point	710	Mattituck	299
Islip	707	Port Jefferson	245
Sayville	701	Pierson	222
Amityville	659	Southold	222
Harborfields	656	Greenport	147
Kings Park	647	Ross	113
Miller Place	636	Riverhead Charter	69
Hampton Bays	545	Smithtown Christian	59
Shoreham-Wading River	537	Bridgehampton	51
Mount Sinai	531	Shelter Island	47

Enrollment figures reflect the total number of students in grades 9, 10 and average of 9/10 as of SIRS (Student Information Reporting System) data reports and calculated using NYS PHSAA formula.



**March 4th, 2023**

**2023 Competitive Cheerleading Championships  
presented by CheerSounds  
Visions Federal Credit Union Veterans Memorial Arena, Binghamton**

**Saturday, March 4**

8:30 a.m.	Division 2 Small
11:20 a.m.	Division 1 Large
1:45 p.m.	Co-Ed Division
4:40 p.m.	Division 1 Small
7:20 p.m.	Division 2 Large

***The NFHS Network is the official streaming partner of the NYSPHSAA State Championships. They own exclusive rights to all NYSPHSAA State Tournament events (Sub-regional, Regional, Semifinals and Finals).***

***Broadcasting or streaming a NYSPHSAA state championship of any kind (including social media accounts) is a violation of that agreement. Anyone not adhering to that policy will be asked to stop immediately.***



## **PAST CHAMPIONS**

**2016**

### **1<sup>st</sup> EVER Suffolk County Championship**

**Div. 1 Small: Rocky Point**

**Div. 1 Large: Sachem East**

**Div. 2 Small: Babylon**

**Div. 2 Large: Mount Sinai**

### **New York State Championship**

**Co-Ed: Mount Sinai 1<sup>st</sup> place**

**Div. 1 Small: Rocky Point 4<sup>th</sup> place**

**Div. 1 Large: Sachem East 2<sup>nd</sup> place**

**Div. 2 Small: Babylon 8<sup>th</sup> place**

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**2017**

### **Suffolk County Championship**

**Div. 1 Small: Rocky Point**

**Div. 1 Large: West Babylon**

**Div. 2 Small: Babylon**

**Div. 2 Large: Mount Sinai**

### **New York State Championship**

**Div. 1 Large: West Babylon 3<sup>rd</sup> place**

**Div. 2 Large: Mount Sinai 5<sup>th</sup> place**

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## **2018**

### **Suffolk County Championship**

**Div. 1 Small: Longwood**

**Div. 1 Medium: Rocky Point**

**Div. 1 Large: Sachem North**

**Div. 2 Small: Babylon**

**Div. 2 Medium: Miller Place**

**Div. 2 Large: Mount Sinai**

### **New York State Championships**

**SECTION XI DID NOT ATTEND!**

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## **2019**

### **Suffolk County Championship**

**Div. 1 Small: Smithtown East**

**Div. 1 Medium: West Islip**

**Div. 1 Large: Sachem North**

**Div. 2 Small: Hauppauge**

**Div. 2 Medium: Rocky Point**

**Div. 2 Large: Mount Sinai**

### **New York State Championship**

**Div. 2 Large: Mount Sinai 1<sup>st</sup> place**

**Div. 1 Large: Sachem North 1<sup>st</sup> place**

**Div. 1 Small: Rocky Point 1<sup>st</sup> place**

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## **2020**

### **Suffolk County Championship**

**Div. 1 Small: Hauppauge**

**Div. 1 Large: West Babylon**

**Div. 2 Small: Babylon**

**Div. 2 Large: Mount Sinai**

**Coed: Central Islip**

### **New York State Championship**

**Div. 2 Large: Mount Sinai 1<sup>st</sup> place**

**Div. 1 Small: Hauppauge 1<sup>st</sup> place**

**Div. 1 Large: West Babylon 2<sup>nd</sup> place**

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## **2021**

**No County or State Championship (COVID)**

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## **2022**

### **Suffolk County Championship**

**Div. 1 Small: Sachem North**

**Div. 1 Large: Sachem East**

**Div. 2 Small: Mount Sinai**

**Div. 2 Large: Shoreham-Wading River**

**Coed: West Babylon**

### **New York State Championship**

**Div. 1 Small: Sachem North - 1<sup>st</sup> Place**

**Div. 2 Small: Mount Sinai - 1<sup>st</sup> Place**

**Coed: West Babylon - 2<sup>nd</sup> Place**