

SPIRIT MANUAL



2021-2022

Missouri State High School Activities Association



MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

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PLEASE NOTE: New wording has been underlined
and areas of emphasis are in **bold** text.

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() Terms expire July 1 of the year noted

CH denotes sideline cheer representative

*Eligible for reappointment due to serving partial term

DN denotes dance representative

SPIRIT RULES INTERPRETERS

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PURPOSE AND PHILOSOPHY

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- A. **MISSION STATEMENT:** The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.
- B. **PURPOSE OF MANUAL:** This manual has been prepared to provide a better understanding of the regulations and policies pertaining to spirit teams (sideline cheer and dance) of MSHSAA member schools and the provisions for spirit groups at the MSHSAA sponsored events. This publication will serve as a guide to the participating schools and will provide for greater consistency. Supplementary information relating to sideline cheer and dance teams may be included in the MSHSAA Journal or the MSHSAA website under Spirit Activities.
- C. **PHILOSOPHY OF INTERSCHOLASTIC ACTIVITIES:** Interscholastic activities are intended to supplement the secondary curricular program. These activities can provide the student with educational experiences and learning outcomes that contribute toward the development of good citizenship. This can be accomplished only when the emphasis is placed upon teaching "through school activities". Interscholastic activities can be justified only when this is its primary philosophy and purpose.
- D. **PHILOSOPHY OF SPIRIT TEAMS:** Being a spirit team member is a privilege and honor. Spirit team members should be the school's most effective student leaders. Spirit teams are in a position of great influence and high standards of conduct are essential. Personal behavior communicates! Appropriate behavior will help earn the respect of the student body and this is the core of developing effective school spirit and student involvement.

Sideline cheerleaders have the responsibility to serve as a support group for the various interscholastic activity programs within the school. The team should strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help their school achieve the most worthwhile educational objectives in its interscholastic program. The sideline cheer team is **not** intended to solely develop their physical skills and talents for the purpose of entertainment. The area of entertainment should be placed in perspective within the educational program.

Dance team members have the responsibility to serve as a performing group for the various interscholastic activity programs within the school. The areas of entertainment and competition should be placed in perspective within the education program.

Spirit teams should serve to develop leadership, confidence and skill, while maintaining their commitment to support the school activity program. Spirit teams are a very important component of the interscholastic program. A clear minded assessment of the basics will help these young leaders face the challenges of today.

- E. **SUPERVISION OF SPIRIT TEAM MEMBERS, PLAYERS AND FANS:** MSHSAA By-Laws hold a school responsible, both at home and away, for the conduct of its players, students, coaches, and fans. Coaches and sponsors are required to supervise their respective groups of young men and women. A coach's respect for others and school property is necessary in order to instill in his/her students a respect for others and school property. Students staying overnight in hotels or motels in conjunction with any interscholastic athletic contest should be well chaperoned. The good conduct of students will leave a good impression for the entire school.

Dance teams shall be defined as dance groups, pom-pom teams and any other school performing group that primarily involves dance. (By-Law 4.5.2)

SECTION 1: ESSENTIAL RESOURCES

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The information listed/linked in this section relates to MSHSAA By-Laws, Board Policies and guidance or position statements from the MSHSAA Sports Medicine Committee (SMAC). The information is not sport or activity specific but is necessary for the safe and proper conduct of your sport/activity.

Source Locations:

[MSHSAA Handbook \(HB\)](#)

[Sports Medicine Page \(SMP\)](#)

- A. Alcohol/Tobacco Usage Around Interscholastic Activities (HB-Board Policy)
- B. Charity/Awareness Events (HB-Board Policy)
- C. Concussions Education And Management Protocol ([SMP](#))
- D. Guidelines For Fan Support Items (HB-Board Policy)
- E. Hazardous Weather Conditions/Lightning Guidelines ([SMP](#))
- F. Oxygen Use Position Statement ([SMP](#))
- G. Sanctioning (HB-By-Law 3.18)

SECTION 2: ETHICS

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Being a member of a spirit team can assist students in developing skills in leadership, discipline, tumbling, and many other areas. A properly designed spirit program can have a positive impact on the educational development of the students involved.

One concept that each spirit coach has an obligation to convey is that of **INTEGRITY**. Students can learn through modeling that rules put in place by the National Federation are to be followed without exception. Through strict enforcement by spirit coaches of the National Federation Spirit Rules, students will benefit from a safe environment in which to participate and learn that rules governing an activity are to be followed and never ignored. The fundamental concept of integrity can be re-enforced by clearly communicating these rules and expecting that they be followed daily by all members of the spirit team.

Spirit coaches also have an obligation to observe other spirit teams and take action if rules violations are observed. Coaches can approach the coach of the team, the school athletic director, or principal and discuss the violation if that approach seems appropriate. If that approach does not seem appropriate, the coach should advise the MSHSAA office of the violation by phone or in writing and the school will be contacted by the MSHSAA staff. It is important that rules violations be communicated to the appropriate parties in one of these methods for the safety of the participants and to assist in the uniform enforcement of the National Federation and MSHSAA Spirit Rules.

SECTION 3: GENERAL INFORMATION AND ELIGIBILITY STANDARDS

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- A. **INTRODUCTION:** Being selected as a member of a spirit team (sideline cheer and/or dance team) is a privilege and honor which carries with it many responsibilities.

It should be understood that your appearance and conduct at the games (sideline cheer) and dance team activities will reflect on your school. Those who chose you for the position did so because they think you will make a favorable impression and it is your responsibility to live up to their expectations. Spirit teams (sideline cheer and dance) are one of the school's most effective, visible and powerful student leaders and the people who Make Things Happen! The challenge facing today's young leaders' rests in a clear minded assessment of basics.

For Sideline Cheer: The sideline cheerleader is in a position to provide a very positive influence in guiding student conduct at games and each individual should maintain the proper dignity in this leadership role. An effective sideline cheerleader will develop the necessary skills to stimulate and promote positive crowd involvement. Enthusiastic cheering from the crowd is one of the most exciting portions of an athletic contest. For sideline cheerleaders to abandon this crowd involvement for the sake of becoming feature performers to merely entertain the fans is a cheering technique that greatly detracts from the sideline cheerleader's effectiveness and purpose. Avoid the pressures of simply becoming an entertainer and, instead, put the 'Leader' back in the Cheerleader!

- B. **OBJECTIVES:** Once the spirit team has been selected, the coach should see that a list of objectives is established to serve as goals the group will attempt to attain. This list should include the following in addition to specific outcomes which might be unique to your school.

1. To promote the type of sportsmanship that will help students acquire the basic attributes of good citizenship.
2. To develop a wholesome school spirit.
3. To develop loyalty to your school. For sideline cheerleaders this includes loyalty to the team regardless of the outcome of the contest.
4. To promote a cooperative spirit between the student body, the faculty, and the school administration.
5. To help your school achieve the most worthwhile educational objectives through the interscholastic activities program.

C. RESPONSIBILITY FOR SUPERVISION: No individual student, team, or activities group shall be permitted to participate in interscholastic events without being accompanied and supervised by a member of the school faculty or administrative staff. A school faculty member or administrator must be present at all events and practices in which sideline cheerleaders participate who primary responsibility is to supervise the sideline cheerleaders. It is not allowable for one faculty member from one school in a multiple high school/middle school district to supervise all students of all schools of the multiple high school/middle school districts under this provision. **(By-Law 1.3.1)**

D. STANDARDS FOR SPIRIT COACHES:

1. General Requirement for Activity Director/Coaches:
 - a. A school must contract at least one head coach who meets the requirements for the head coach level, and the school must have the coach approved by MSHSAA. This requirement must be met prior to any interscholastic competition or evaluative event in that activity. This By-Law shall apply to both junior high and high schools.
 - b. Definition of Coach: A coach is an individual who provides any type of instruction specific to an interscholastic activity, and/or has activity-related contact with enrolled students of the school. An individual who is unpaid, but provides instruction as described above, is a coach and must meet the same requirements as a coach that is compensated, and be approved prior to contact with students. For the purpose of the by-laws (contact with students, etc.), a coach is considered to be a school coach for the entire academic school year, despite the duration specified in the contract.
 - c. Approval: All coaches and directors must be 'approved' by the MSHSAA office prior to instructing students in the respective interscholastic activity. An egregious or intentional violation of the MSHSAA By-Laws or the rules/regulations of the activity may cause the Board of Directors to withhold 'approved' status. **(By-law 4.1.1)**
 - d. For specific coaching requirements see By-Law 4.1.2.

E. SPECIAL ACCOMMODATIONS: The school of a spirit participant with a disability or special need may request specific accommodations or to use special equipment. The following items are required before accommodation request can be reviewed and considered:

1. A written request from the school administrator, describing the participant's special needs and the specific accommodations being requested. The letter should include the rule references of applicable NFHS Spirit Rules that would be violated without the accommodation.
2. A letter from the parent(s) or guardian confirming the need for an accommodation and approving the accommodation request.
3. A letter from the participant's doctor or applicable caregiver describing the medical circumstance or special need, and confirming the need for an accommodation.
4. Photographs of 1) the special equipment, and 2) the participant wearing the special equipment, if applicable.

Written approval from the MSHSAA office is required prior to any contest/competition. The letter of approval from MSHSAA must be secured before any accommodations may be used. **Please allow ONE WEEK for requests to be reviewed prior to the first contest/competition.**

F. STUDENT ELIGIBILITY STANDARDS FOR SPIRIT TEAMS: All spirit team members shall meet and follow the standards listed under Sections 1, 2, as well as 4.1.4, 4.1.6, 4.1.7 and 4.5 of the MSHSAA Official Handbook.

1. Certification of Eligibility on the MSHSAA Online Membership System:
 - a. Each student, prior to participating in an interscholastic contest, must be certified as eligible through the MSHSAA Online Membership System by an administrator of the junior or senior high school the student attends. Changes in eligibility at the beginning of second semester shall be made on the system by an administrator.
 - b. New additions shall be certified as eligible as described above prior to allowing the student to participate in an interscholastic contest.
 - c. If a participant is omitted from the eligibility certification process in error and is certified in writing by the principal to have been eligible at the time of the participation, the Board of Directors shall have discretionary authority to determine whether a penalty is appropriate and the nature and duration of such penalty. The principal shall submit a report to the executive director explaining the circumstances of the omission error. **(By-Law 4.1.6)**

2. **Representing the School:** Participants shall not represent the school (appearing in school uniform, school-named clothing, at school facilities, or with mascot/school colors) to endorse or promote a product/service, commercial venture, political venture, etc. without prior, written consent by a school administrator. **(By-Law 4.1.7)** If consent is given for sideline cheerleaders the following must be met:
 - a. **Sideline Cheerleading:** One or more school sideline cheerleaders may represent the school:
 - i. At an event sponsored by a member school,
 - ii. At an event in which another group from the respective school is participating, and
 - iii. In a maximum of three non-competitive cheer events (e.g. Collegiate sporting event half-time performance, Run for the Cure event) excluding commercial and/or promotional ventures and endorsement events. Such events shall not cause a loss of class time. **(By-Law 4.5.7)**
3. **Awards:** When representing the school in a performance or a competitive/evaluative event, the following awards are allowable:
 - a. A student may receive the following symbolic awards: unattached school letters or emblems, medals, ribbons, trophies, certificates, etc.
 - b. A student shall not have accepted or competed for the following types of awards: services, cash or gift certificates.
 - c. A student may receive an award of merchandise items (one or more) which together do not exceed a total value of \$250.00. The total value of all items shall be calculated using the manufacturer's suggested retail price for each item.
 - d. This standard does not prohibit a school from accepting prizes, trophies, cash awards for placement or finish, or expenses for transportation, meals for students, and other similar expenses or awards. **(By-Law 4.1.8)**
4. **Spirit Safety Regulations:** The following safety regulations shall govern the activities of all spirit teams throughout the calendar year.
 - a. All partner stunts and pyramids are limited to two levels high, meaning that the top person(s) receive(s) primary support by one or more bases who is/are in direct, weight-bearing contact with the performing surface. **(NFHS 3-4-1)**
 - b. The use of mini-tramps, springboards, spring assisted floors, or any height increasing apparatus is illegal for use during performances and/or competitions. **(NFHS 2-1-8)**
 - c. The safety regulations contained in the National Federation Spirit Rules Book and the MSHSAA Spirit Manual shall be followed. **(By-Law 4.5.3)**
5. **Physical Exams and Insurance:**
 - a. The school shall require of each student participating in spirit activities a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in a written collaborative practice with a physician or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in spirit activities at her/his school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for two years (730 days) from the date of issue for the purpose of this rule.
 - b. A student shall not be permitted to participate in any spirit activity for a school until it has verification that she/he has basic accident coverage. **(By-Law 4.5.4)**
6. **Spirit Conditioning Requirements:** Each team must have a minimum of **14** days of conditioning practice and each individual must have participated in a minimum of **14** school conditioning practices on **14** different days during the three consecutive weeks immediately preceding the first calendar date on which the first spirit activity is scheduled. **(By-Law 4.5.5)**
7. **Dance Team - Contests:**

Dance teams shall be allowed a **maximum** of **five in-state or out-of-state contests** (competitive and/or evaluative events) during the school year (from the opening day of school to the official closing day at the end of the academic year). These activities shall meet the following standards:

 - a. The safety regulations contained in MSHSAA By-Law 4.5.5 or any which are more restrictive that are established by the event sponsor shall be followed.
 - b. Any dance team event which involves students from more than one school sponsored by a non-school organization or a college or university or which will involve schools from other states shall have the approval of the Board of Directors. Application for approval shall be submitted no later than 30 days prior to the event. An interschool dance team event sponsored by a member school which involves only Missouri schools shall have the approval of the high school administrator.
 - c. Events involving students from more than two schools approved for commercial or promotional purposes and which cause a loss of class time shall not be approved for schools outside their respective local communities.
 - d. This section shall not be interpreted to prohibit a local board of education from adopting any higher standards that it considers appropriate for its school community.
 - e. A student that violates any of these standards (By-Laws, etc.) shall be ineligible from participation in any interscholastic event in the specified activity for a period not to exceed 365 days. It shall further be considered a violation for member schools to participate in an interscholastic event with a member school so suspended. **(By-Law 4.5.11)**

SECTION 4: GUIDELINES, CONDUCT AND SPORTSMANSHIP SUGGESTIONS

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- A. **GENERAL SPIRIT CONDUCT GUIDELINES:** Spirit teams should be informed of standards of conduct which they are expected to meet at both home and away events. Spirit team members should be impressed with the necessity of conduct above reproach as they are most influential in dealing with spectators. The importance of spirit teams as representatives of the school and the community should not be under-estimated.

The following are suggested standards for spirit teams in addition to those listed in the National Federation Spirit Rule Book:

1. Spirit team members should always be on their best behavior. Other people will judge your school by their conduct. A good motto to remember is "You never get a second chance to make a good first impression".
2. Spirit teams should realize the importance of setting the proper influence. By setting a good example, spirit teams can positively influence the conduct of student and adult spectators.
3. Uniforms should be worn only for games and pep assemblies unless permission is given by the spirit team coach(s) for other school related activities.
4. All spirit team members should have and abide by a written constitution established by the spirit coach and school administration. Acknowledgment of this constitution should be verified by the signature of the spirit team member and her/his parents.

For Sideline Cheerleaders:

- a. The primary factor in sportsmanship for sideline cheerleaders is to always cheer positively. It is never an asset to the contest or school to cheer against the other team or to cheer at an opposing player's mistake; it is much more effective to cheer for your own team.
- b. Sideline cheerleaders should be impressed with the importance of accepting the decision of officials and of discouraging disagreement with them by the crowd.
- c. During a free throw, a short "sink it" chant may be done only from the sideline and before the free throw is attempted.

B. **GENERAL GUIDELINES FOR ALL SPIRIT TEAMS:**

1. The hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. **(See NFHS Rule Book, Rule 2-1-5)**
2. Do not practice in loose or slippery clothing. Body lotion, oil or perspiration can also be dangerous.
3. Fingernails, including artificial nails, must be kept short, near end of the fingers. **(See NFHS Rule Book, Rule 2-1-4)**
4. Do not wait until team members are completely exhausted before quitting for the day. When the team members start getting tired, the chances of accidents are greatly increased.
5. Tumbling and partner stunts shall not be performed on wet surfaces.
6. The use of mini-tramps, springboards, spring assisted floors or any height-increasing apparatus is illegal for use during practice, performance and competitions.

Placement of Spirit Teams - General Instructions (Indoor and Outdoor Sports)

Spirit coaches should coordinate the placement of the spirit team with the school administrator in charge. The team should be at least 3-4 feet from any boundary line unless the facilities do not permit.

Spirit teams should be aware of actions occurring within the contest and be prepared to move as play advances. They should be aware of the movement of contest officials and not interfere with their game responsibilities.

No actions by the spirit team should be made to purposely distract the players.

Performance of stunts may only be done during 60 second time-outs, between quarters and halftime on the playing area of the facility, **not** on the sidelines.

It is considerate to kneel down in front of the crowd when an injury occurs and cheering should **not** resume until the contest officials signal to continue play.

Indoor Specific:

When possible, spirit teams should cheer along the sidelines close to the intersection of the sideline and end line. If space **does not permit**, the team should be located along the end line but **not** beneath the basket or within the area of the free throw lane extended. Refer to diagram in Appendix I.

Sideline cheerleaders should alternate all non-injury time outs. Refer to Section 4-D-3 for additional information.

NOTE: The time between quarters is considered a time-out and should be included in the rotation. Sideline cheerleaders shall **not** go onto the floor to cheer, stunt or perform during a thirty (30) second time-out.

Placement of spirit squads at wrestling contests: The mat area includes the wrestling mat and also a space around it of at least 10 feet where facilities permit. In this 10-foot area you would have the team benches and the officials' table. This area should be free of spectators, photographers and sideline cheerleaders. Therefore, in facilities that would permit, the sideline cheerleaders should be placed at least 10 feet from the wrestling mat.

NOTE: It is very important that sideline cheer coaches, the school administration and cheerleaders establish clear rules and guidelines for sideline cheerleading. The above list is not all inclusive of the rules which individual schools may wish to establish. Consult the National Federation Spirit Rules Book for additional rules.

- C. **SAFETY GUIDELINES FOR SPIRIT GROUPS:** Each school is responsible for establishing and enforcing safety standards for the conduct of its spirit programs. The safety regulations contained in the National Federation Spirit Rules Book **shall** be followed. The following guidelines have been developed by the MSHSAA Spirit Advisory Committee and approved by the Board of Directors to serve as a guide for the school to use in drawing up its own standards. Rule 1 of the National Federation Spirit Rule Book contains definitions only. Rule 2 addresses "General Risk Management". Refer to Rule 3 for Cheer and Rule 4 for Dance.

For Sideline Cheerleading:

1. Safety guidelines for partner stunts and pyramids:
 - a. Beginning partner stunts and pyramids shall be mastered before progressing to more advanced partner stunts and pyramids.
 - b. All new partner stunts and pyramids shall be reviewed and approved by the sideline coach prior to execution. Assisted spotting shall be required until new stunts are secure.
 - c. Spotters should be positioned in front, back, and on the sides when practicing new partner stunts and pyramids.
 - d. Always have exact positions drawn out on paper in advance before building a pyramid so that each person will know exactly what she/he is to do. Visual knowledge of the pyramid will help eliminate accidents.
 - e. Partner stunts and pyramids shall be practiced in a properly matted area.
 - f. Components to pyramids should be practiced separately before building the complete pyramid.
 - g. Every participating member of the squad should have a thorough understanding of the components of the stunt or pyramid before attempting to execute.
 - h. Before building, verbal communication should be established to use in case of trouble. The pyramid should be dismantled from top to bottom quickly.
 - i. When building, everyone should remain quiet except the person in charge. Full concentration at all times is imperative.
 - j. Always spot the head and upper torso of the top person to ensure safety in case of a fall. Protect the head and neck areas above all else.
2. Guidelines for gymnastic activities incorporated into cheers:
 - a. All new gymnastic activities shall be reviewed and approved by the sideline coach prior to execution.
 - b. Gymnastic stunts should not be executed without the use of a spotter unless they can be performed consistently and without difficulty and approved by the sideline coach.
 - c. Gymnastic stunts requiring the use of a spotter shall be preceded by verbal communication of the intended stunt.
 - d. New gymnastic skills shall be mastered on the mat. If a mat is not available assisted spotting should be employed. New tumbling skills should not be learned on hardwood or similar surfaces. **(See NFHS Rule 2-1-3, 2-1-6 and 2-1-7)**
3. For regulations regarding tosses and catches refer to Rules 1, 3 and 4 in the National Federation Spirit Rule Book.

NOTE: All tosses are considered advanced skills and should be executed only by an advanced skill level team.

- D. **SPORTSMANSHIP:** The promotion of sportsmanship is the prime responsibility of all spirit groups. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations, and graceful acceptance of results. School spirit is a reflection of these attitudes and behavior. If a school is to

succeed in one of its prime functions, that of developing good citizenship, it is necessary that student groups radiate proper sportsmanlike conduct. Spirit team members should show good sportsmanship at all contests, competitions and festivals. Treat all parties involved at all times with respect. Sportsmanship is good citizenship in action.

For Sideline Cheerleaders:

1. Sideline cheerleaders shall always cheer in a positive fashion. It is in poor taste to cheer against the other team. It is unsportsmanlike to do anything to distract an opposing player during a free throw or serve.
2. Cheers and chants with suggestive words and/or motions shall not be used as in many situations they bring about an inappropriate response.
3. For indoor sporting events, unless agreed upon prior to the contest by the head sideline cheer coaches, cheers and chants should be alternated during all non-injury time outs (the time between quarters is considered a time-out and should be included in this rotation). This will eliminate confusion and prevent delays in the contest. A thirty second time-out is **not** a time that sideline cheerleaders may go onto the floor for a floor cheer or chant. As a result, a thirty second time-out should also not be included in the rotation. It is considered unsportsmanlike for one team to be performing a floor cheer while the other squad is cheering. Wait until the floor cheer is completed before starting the chant. The use of a hello cheer is optional and if used, the cheer should be done at the start of the game.
4. When the official signals for the contest to begin after a time-out, the sideline cheerleaders shall leave the floor at once. Officials can call a technical foul against the school which violates this procedure. Sideline cheerleaders should not stand along the end of the floor during basketball and volleyball games as it interferes with officials, players and increases possibility of injury. Sideline cheerleaders for these reasons shall stay clear of the playing area during the contest. (Refer to Appendix I for diagram).
5. Sideline cheerleaders should call attention to the importance of sportsmanship at all pep rallies. Placing sportsmanship posters on the wall of the gym is helpful.
6. Sideline cheerleaders shall discourage their followers from yelling while an opponent is shooting free throws or serving the ball and/or directing unpleasant remarks towards players or the opposing school. Intimidation or degrading of opponents has no place in high school athletics.
7. Sideline cheerleaders are in a position to preview spirit signs that will be posted for their school's contests. Discouraging inappropriate signs from ever being posted is a great assistance to local administration and helps create and maintain a positive crowd atmosphere.
8. Obnoxious behavior by fans is inappropriate and should not be encouraged or tolerated. All players, officials and fans should be treated with respect.

NOTE: If inappropriate crowd behavior continues, assistance should be obtained from a school administrator or the contest management.

E. SIDELINE CHEERLEADING TECHNIQUES:

1. Create and direct positive crowd response.
2. Choose the appropriate cheers for the game situation.
3. Be certain that words and actions used in cheers do not provoke or suggest a negative response from the crowd.
4. Do not use bells, horns, or noisemakers at indoor sporting events.
5. Use gestures that are synchronized, pleasing to watch, and easy to follow.
6. Divert the crowd's attention by starting a popular yell when booing develops.
7. Sideline cheerleaders should get the crowd to respond, not perform for the crowd. Big definite motions receive the best response.
8. It is important that the sideline cheerleader look at the crowd while leading a cheer; his/her facial expressions to the crowd are very important in generating enthusiasm and a strong response.
9. Emphasize each word and cut all words off sharply so that each word is distinct and the cheer may be understood and followed easily.
10. Remember - sideline cheerleaders are present at the contest to encourage crowd response to their cheers. An effective team of sideline cheerleaders is one of the most important assets a school can have.

SECTION 5: SPIRIT TEAM PROVISIONS AND POLICIES FOR STATE

(TOC)

- A. POSTSEASON BROADCASTS:** MSHSAA holds exclusive ALL-PLATFORM DISTRIBUTION rights for AUDIO, DATA and VIDEO for all postseason contests or festivals (beginning with district level through state) in all activities. Any transmission or production of any portion of these events, without the consent of MSHSAA is prohibited. Events are defined as the competition or performance. This includes, but not limited to, using programs such as Facebook Live, YouTube or Periscope.
- B. STATE PERFORMING GROUPS:** Performing groups and National Anthem singers will be accepted to perform at the State Wrestling Tournament held in February. Performing groups, National Anthem singers and Bands will

be accepted to perform at the State Basketball Tournament (Show-Me Showdowns) semi-finals and finals held in March. These groups will be selected by the MSHSAA staff. An application will be available on the MSHSAA website under the spirit activities link for any group to complete and forward to the MSHSAA office. Groups will be selected and notified in early January.

C. DANCE TEAMS:

1. **District Tournaments:** At the discretion of the district manager, pep bands, dance teams, drill teams, etc., from participating schools may be invited to perform for district basketball tournaments. Should the manager choose to do so, the following procedure shall be followed.
 - a. **Bands** - The district manager may invite, through the school principal, bands to perform for specific evenings of the tournament. As there may be more bands that would want to perform than opportunities, bands will be selected on a first come, first serve basis. The band will perform at specified times which may include half-time, and before and after each game of the session. Bands may not come to perform only for the games in which their team plays. The participating band for the evening must remain neutral for their performance. The purpose for their performance is to provide entertainment and not to provide a competitive advantage for any team.
 - b. **Dance Teams, etc.** - The district manager may also invite, through the school principal, school performing groups to perform at half-time of each game. If so, groups will be invited to perform for the half-time of the game in which their school is participating. If both schools involved in the game have a group performing, each group will be allowed a maximum of 3 minutes (including entrance to and exit from the floor) performance time. If only one school accepts the invitation to perform, that group will be allowed up to 6 minutes performance time (including entry to and exit from the floor).
 - c. Admission for bands and performing groups shall be free for actual participants and coaches/directors for the evenings that they perform. Actual participants will be admitted as a group with their coach/director.
 - d. If the district manager does not invite performing groups and bands, schools **shall not** contact the manager and request permission to bring a performing group and/or band. If the manager does not invite all schools involved in the tournament, there shall be no performing groups and/or bands at the tournament (including groups from the host site).
2. **Sectional/Quarterfinal Games:**
 - a. Due to the fact that many of the sectional and quarterfinal games are played at college or university facilities, bands and other performing groups will **not** be allowed to perform at these games. The logistical problems involved would preclude this from being a possibility.

D. SIDELINE CHEER TEAMS:

1. **BASKETBALL, VOLLEYBALL, AND WRESTLING POLICIES:**
 - a. Refer to MSHSAA Guidelines for Fan/Spectator Support Items (Section 1) for all sports.
 - b. To ensure that all fans attending the activity have an unobstructed view, the audience should remain seated during the contest. For basketball and volleyball districts, sectionals and quarterfinals please refer to Appendix D regarding the Board Policy on Continuous Standing.
2. **ADMITTANCE POLICY FOR STATE TOURNAMENTS:** Sideline cheerleaders will be admitted, at no charge, to each session in which their team participates, provided the team is in uniform and their coach must be present with the group as they enter through the pass gate. **SPECIFIC SPORTS DO REQUIRE PASSES FOR ADMITTANCE. NOTE:** See the following table for the number of sideline cheerleaders to be admitted at no charge.)
 - a. Each sport is specific in relation to the number of sideline cheerleaders allowed, in uniform, to enter the event with no charge, (Passes as required). The maximum number per sport is indicated in the following table. If special provisions exist between levels of play i.e., sectional level to state level, these differences are listed in the table.
 - b. Bus Driver's: Sideline cheer bus drivers must have a pass from the school's allotment.

***NOTE:** In volleyball, basketball and wrestling there is no limit as to how many sideline cheerleaders may actually cheer. Please note that the state basketball tournament limits the number of sideline cheerleaders on the floor due to lack of space. All sub-state tournament managers in volleyball, basketball and wrestling may limit the number of sideline cheerleaders which may be on the floor if space is at a premium. (8 is suggested if a manager must limit the teams.)

FALL SPORTS

Activity	Level of State Series	Provisions for Sideline Cheerleader Admittance
Cross Country	District, Sectional & State	No provision for cheerleader admittance.
Football	Sectional, Quarterfinals, Semifinals and Finals	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the informational packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Girls Golf	District and State	No provision for cheerleader admittance.
Girls Tennis	District and State	No provision for cheerleader admittance.
Boys Soccer	All Levels of State Series	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Softball	All Levels of State Series	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Boys Swimming	State	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Volleyball*	All levels of State Series	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.

WINTER SPORTS

Activity	Level of State Series	Provisions for Sideline Cheerleader Admittance
Basketball* (Boys & Girls)	All levels of State Series	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport. NOTE: Due to limited floor space at the <u>semifinal and final sites</u> no more than 12 cheerleaders from one school are allowed on the floor at one time to cheer.
Girls Swimming	State	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Wrestling*	Districts	A maximum of eight passes will be issued to cheerleaders in official school cheerleading uniform. A maximum of one pass will be used to the cheer coach, who must accompany the cheerleaders when entering. Tickets must be purchased for any person beyond these maximums.
Wrestling*	State	A maximum of eight cheerleaders in official school cheerleading uniform and one cheer coach will be admitted from each school that qualifies one or more wrestlers to the state meet. Cheerleaders and their coach must enter Mizzou Arena via the northeast corner entrance. Cheerleaders without a cheer coach will be referred to the ticket office to purchase an admission ticket.

SPRING SPORTS

Activity	Level of State Series	Provisions for Sideline Cheerleader Admittance
Baseball	All levels of State Series	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Boys Golf	District and State	No provisions for cheerleader admittance.
Boys Tennis	District and State	No provisions for cheerleader admittance.
Girls Soccer	All levels of State Series	Varsity cheerleaders in official cheerleading uniforms and their coach will be admitted free to the session their team plays provided the school athletic administrator has submitted their names through the MSHSAA online district entry process. Cheerleaders must enter the gate as a group and they must be accompanied by their coach. Specific instructions on how to obtain the pass for the cheer coach will be included in the information packet sent to each state qualifier by the MSHSAA Administrator responsible for that sport.
Track (Boys & Girls)	District, Sectional & State	No provision for cheerleader admittance.

SECTION 6: UNIFORMS

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Uniforms should be functional and should be those which the school would approve within the school dress code. The uniforms should be comfortable and provide freedom of movement. Excessive bagginess in uniforms should be avoided because of safety. Consideration should be given for climate conditions in which the uniform(s) will be worn. When standing at attention, apparel must cover the midriff. Jewelry, etc. shall **not** be worn during practice, games, performances or competitions.

For Sideline Cheer: Skirts, sweaters, vests, jumpers and warm-up suits would all be appropriate attire for cheerleaders. Tennis shoes with soft soles and good support should be selected.

For Dance Teams: Uniforms and warm-up suits would all be appropriate attire for dance team members (see below regarding Modesty Rule for Dance Costumes). All dance teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. **Exception:** Dancers performing on a floor cover may be barefoot. (NFHS Rule 4-1-3)

Modesty Rule for Dance Costumes: Missouri dance teams are expected to wear costumes that are *appropriate* for education-based activities and approved by the local school administration for performances and competitions. It is the school coach(es) responsibility to be knowledgeable of all NFHS and MSHSAA rules regarding dance and to convey these rules to any company or individual providing a service to the school team (i.e. choreographers, seamstress, prop designer, etc.).

1. When the participant is standing at attention, **no** part of the buttocks, breast, or midriff shall be visible.
2. Midriff is defined in Missouri as 3 inches above the belly button all the way around the body. Teams may have a cutout or open back costume. However, if the cut is below the natural waist line in the back the costume is **illegal**.
3. Bare skin, nude-colored coverings or any material that gives the illusion of flesh shall **not** be part of the costume in the midriff area.
4. Footwear must comply with NFHS Rule 4-1-3.
5. Participants shall **not** be permitted to perform/compete in **illegal** attire.

SECTION 7: PREVENTION AND CARE OF INJURIES

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It is very important that the members of spirit teams understand the importance of incorporating a good warm-up and stretching program prior to all practices, games, competitions and performances. The team will be much more effective and dynamic if the spirit members are physically fit. The maintenance of a good level of physical fitness and proper warm-ups will not only produce a spirit team that is energetic and pleasing to watch, but will also greatly reduce the risks for injuries and accidents.

- A. The spirit team coach shall assist in the development of a conditioning and warm-up program for the spirit team.
- B. Proper techniques in stunts should be used at all times.
- C. When stunts and pyramids are constructed; the team should have spotters as needed for the particular stunt.
- D. The spirit team coach should acquire a very basic knowledge of first aid and be prepared to treat minor injuries, strains, sprains, contusions, cuts, etc. A basic first aid kit should be located at the site for practice, games, performance and competitions in case an injury occurs.

SECTION 8: CHEER/DANCE CLINICS

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- A. **Conducting Elementary Spirit Clinics:** The sideline cheerleaders' and/or dance team can work with the elementary grades and get them involved in a few of the simple cheers, chants or school fight song dance routines. Have a special night where these students, as a group, will do a couple of cheers or dance routine either before the contest or during halftime. Reminder these students are **not** allowed to be on the sidelines with the cheer or dance teams during the actual contest for safety and liability reasons. This also includes mascots. Perhaps set aside a special section in the bleachers for the students on that night. One possibility is to have an elementary clinic and give T-shirts to all of the children who attend and have them wear these shirts to the high school or junior high contest.
- B. **MSHSAA One-Day Cheer and Dance Clinics:** Each June, MSHSAA sponsors one-day cheer and dance clinics. Sideline cheerleaders, dance teams and their coaches are encouraged to attend the clinic nearest their school. The sites and dates of these clinics are placed on the MSHSAA website under the 'Spirit Activities' link. It is strongly suggested that schools select their sideline cheerleaders and dance teams in the spring so they can attend the clinics as a team. Registration forms and clinic brochures will be available via the MSHSAA website for all MSHSAA member senior and junior high schools in early spring.

These clinics are designed to be helpful to sideline cheerleaders, dance teams and their coaches with varying degrees of experience. Each MSHSAA One-Day Cheer and Dance Clinic will offer a session on sports medicine designed specifically for spirit groups. Young sideline cheerleaders, dancers and new coaches will find them worthwhile as will experienced coaches and teams. [The dates for the 2022 One-Day Clinics will be June 13-16, 2022.](#)

New coaches will also find helpful information regarding “coaches and participants responsibilities” located on the NFHS website (www.nfhs.org). Select the Activities and Sports tab to locate the spirit link.

APPENDIX A: PROGRAM INFORMATION AND STATISTICS

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The MSHSAA staff strives to publish the most accurate materials for all Championship events. Since a majority of the information contained in Championship publications is submitted by qualifying schools, it is imperative that the MSHSAA office receive correctly-spelled names, accurate classifications (year in school), season results, statistics of participants and coaching information. The MSHSAA Board of Directors has approved a fine process for all late, incomplete or illegible submissions for MSHSAA Championship publications. Schools that do not submit their information to MSHSAA in a timely, legible, complete and accurate manner will be fined \$25 per offense (Board Policy). Electronic reports must be submitted by the appropriate deadline in the format and style included with the report instructions. It is the responsibility of the school to verify that MSHSAA has received its program information, team photo and any other required information by the appropriate deadline.

APPENDIX B: COPYRIGHT COMPLIANCE

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MSHSAA Position Statement Regarding U.S. Copyright Compliance

Educators, coaches, and administrators who wish to use copyrighted material need to understand the privileges and rights of the copyright owner and must abide by defined limitations as expressed in U.S. Copyright Law. It is the responsibility of the school administration to ensure their school community is in compliance with U.S. Copyright Laws at all times when playing music at your events, reproducing consumable materials, and all other events taking place at school facilities where copyright laws are to be followed. When hosting a MSHSAA postseason event, the host site is responsible for confirming any music being played over a public sound system, used in video clips, etc., has the gained written permission and/or secured the necessary license(s) to play the music, video clips, etc. from the appropriate Performing Rights Organization (i.e. ASCAP, BMI, SESAC, other).

The NFHS (National Federation of State High Schools) has established an agreement with ASCAP to allow schools and non-school sites hosting a MSHSAA postseason event, to perform/play music in which they own the rights (at least 50%) of the work at no charge. It is your responsibility to ensure the music performed onsite is owned by ASCAP. To determine if the music is owned by ASCAP to go www.ASCAP.com and select the link ‘Repertory’ to search their catalog. If the work is not owned by ASCAP (at least 50%), you will need to work directly with the organization that does own the rights (BMI, SESAC, etc.) to secure the necessary license or not use that work. This agreement only extends to the playing of music recordings downloaded to personal electronic devices, CD’s, etc. but does not extend to mash-up recordings or music altered from its original recording without the site obtaining a license to do so.

APPENDIX C: BOARD POLICY HEAT ACCLIMATIZATION GUIDELINES SPIRIT ACTIVITIES

[\(TOC\)](#)

Heat Acclimatization Period: For the health and safety of participants in sideline cheer and dance team practices, it is recommended that member schools develop and implement a Heat Acclimatization Schedule for camps and/or practices that take place during the summer months when school is not in session or when your spirit programs conduct its camps and/or practices in preparation for the upcoming school year.

The goal of the Heat Acclimatization Period is to increase exercise heat tolerance and enhance the ability to practice safely and effectively in warm and hot conditions. It is recommended this period begin with the first day of your spirit team(s) practice.

Heat Acclimatization Definitions: Some definitions of terms which may be helpful when developing a Heat Acclimatization system are listed below.

- a. A **‘day’** is defined as a calendar day (12:00 a.m. through 11:59 p.m.).
- b. **Rest Period:** A rest period is defined as the time between the end of one practice to the beginning of the next practice, which should last no less than one hour. During this time, students should rest in a cool

environment, with no physical or conditioning-related activity permitted (e.g. outdoor or indoor practices in a non-air conditioned facility). Examples of approved activities would include, but not limited to; reviewing your spirit handbook, videos, planning spirit activities, etc.

- c. **Spirit Practice:** For purposes of Heat Acclimatization Guidelines a spirit practice is defined as: Any attempt of a coach at a given school to provide instruction in any phase of sideline cheer or dance to any member of the sideline cheer and/or dance team at that school or to have any part of the spirit team(s) engage in practices under the supervision of a coach or under the approval or direction of the coach or spirit coaching staff (paid or voluntary).

Suggested Limits within the Heat Acclimatization Period:

- a. **Practice Duration:** Each outdoor or non-air conditioned practice should last no more than three hours. Warm-up, stretching, and cool-down activities are included as part of the three-hour practice time. Regardless of ambient temperature conditions, all conditioning and/or practice activities must be considered part of the practice.
- b. **First Five Days:** Only one practice should be held on each of the first five days of the Heat Acclimatization Period. Further, one indoor practice could be held after a rest period of one or more hours.
- c. **Rest Day:** If practice occurs on six consecutive days, participants should be provided one day of complete rest (no conditioning or practices).

Adopted, 2016

**APPENDIX D: TECHNIQUES OF DEVELOPING POSITIVE CROWD INVOLVEMENT
AT INTERSCHOLASTIC EVENTS**

(TOC)

Sideline cheerleaders have a very important responsibility at our interscholastic contests. Through their leadership the student body and other fans can cheer exuberantly for their team in a manner becoming of good sportsmanship. Sideline cheerleaders contribute to "crowd control" through positive crowd involvement. The thoughts provided below are just a few techniques which have proven to be successful in developing school spirit and positive crowd involvement.

1. Educate the student body of the expectations of a good crowd. Good communication with the student body and the public of what the expectations of the school are for good sportsmanship is vital.
2. If a student group evolves which is somewhat rowdy the group should be educated to work with the sideline cheerleaders. This group must feel a part of the system. This may be accomplished by having them help with a pep assembly, having them meet with the sideline cheerleaders, or have the sideline cheer coach or activities director visit with this group regarding their role in promoting school spirit.
3. The administration must give positive support for good sportsmanship and crowd involvement. An administrator emphasizing good sportsmanship and proper conduct at every opportunity is vital in this area.
4. Poll students as to what cheers and chants they like and will follow. The sideline cheerleaders can use this information to select the popular cheers to use during contests which will gain support from the student body.
5. Have a session where the athletes may educate the sideline cheerleaders on the athletic contest. This will help the cheerleaders to begin chants and cheers which are appropriate for the game and the situation which is occurring in the contest.
6. Good communication is necessary to have between the administrators, the sideline coaches, the sideline cheerleaders, and the student body. This will help provide clearer expectations to the students, and the student body. This will help provide clearer expectations to the students, fans, and coaches for actions during athletic contests.
7. Use your vocal students to your advantage. For example, if a student body group starts a good chant, have your sideline cheerleaders join in. This shows a mutual respect between the two groups who, in essence, want to work together as one.
8. The pep or jazz band can be very helpful in promoting school spirit by working with the sideline cheerleaders as they try to promote positive crowd involvement.
9. The band director can have a pep band play over a booing situation if it is at an appropriate time for the band to play.
10. Before a game starts sideline cheerleaders can have a chant followed by playing the school fight song or other song in which the student body will participate. This helps get the crowd involved and set the tone at the beginning of the contest.
11. Parent groups may be formed such as "Proud Parents" to encourage the adult fans to work together in a positive manner supporting the school athletic program. For example, a sign could be placed on the wall designating a reserved seating area for the "Proud Parents" and include a statement such as "Proud Parents don't boo." This could also be done with the school booster club. The idea is to reinforce positive behavior by parents and other adults attending the athletic contest.

12. A column in the school newspaper or weekly bulletin may be used to print some of the chants that will be used at the upcoming contests for that week. The sideline cheerleaders may also list in the school paper or bulletin a thank you to particular clubs and other school groups for coming to the game and supporting their school team.
13. Conduct a pep rally before the game starts. Sideline cheerleaders have an opportunity to go over the words of the cheers and chants to be used that night and also indicate what is considered appropriate behavior. This would cause the cheerleading squad to plan out the basic cheers and chants they will be utilizing that evening.
14. Sideline cheerleaders must be assertive in their leadership role. They must be able to go into the crowd and help get the crowd excited and involved. It will take some guidance to help teach and develop this type of leadership. The cheerleading coach must teach the cheerleaders that they should not turn around and ignore the inappropriate actions. The coach must be able to foster and teach how to be the desired type of a leader.
15. Incorporate cheers which will use a card to elicit a crowd response i.e. "Go Big Red" and each of the words is on a card which the sideline cheerleaders will hold up indicating to the crowd this is the response they should give at that particular time.

APPENDIX E: SPORTSMANSHIP... A TEAM EFFORT

[\(TOC\)](#)

A mainstay of our interscholastic athletic program is good sportsmanship. If our interscholastic activities are to be worthwhile and afford continuing supplemental educational experiences for our boys and girls in relationship to our educational goals and objectives we must have good sportsmanship at our schools.

Good sportsmanship is built and maintained through a collective effort by administrators, coaches, players, spirit teams, and spectators. A team effort is necessary in your school if good sportsmanship is to exist.

To help prepare "your team" for the season the following suggestions just may give you the edge over the opponent...poor sportsmanship.

1. Administrators must work to create the best environment possible for interscholastic activities. This shall include facilities, officials, game equipment, supervision and behavior of all involved.
2. Administrators shall communicate clearly the expectations of behavior on the part of all those involved with athletics and the consequences for inappropriate behavior.
3. The administrative staff should develop a plan of action to address inappropriate behavior at interscholastic events. This procedure should be discussed with spirit coach(s) and clearly explained to other personnel involved with supervision.
4. Administrator and the spirit coach(s) should discuss and develop a procedure to deal with difficult situations regarding sportsmanship.
5. Identify how the spirit team members can assist in developing and promoting good sportsmanship.
6. The spirit coach(s), with the administrator's guidance, should work with the group to effectively deal with spectators and learn to recognize situations which need adult intervention.
The spirit coach(s) should know who to contact in the event the unsportsmanlike acts are not easily resolved. Neither spirit members nor their coach should permit themselves to be placed in a "no win" situation with the crowd. However, their techniques should be developed to lessen the likelihood of unsportsmanlike conduct.
8. Spirit coach(s) must continue to emphasize to the members what an important role they play in the school's overall program.
9. At the beginning of school have the administrator, spirit coach(s) and team members meet together to discuss and clearly understand each other's role and how they will work together for good sportsmanship.
10. Spirit members, with help from the coach and administrators, can actively work to promote good sportsmanship. This can be accomplished by developing expectations for behavior for 1) their school, 2) all schools within a conference and 3) expectations for visiting schools.
11. The expectations can appear in programs, posters, etc. These expectations can be provided to all visiting schools.

These are just a few "pre-season" suggestions to help your team be good sports and expect the same from others.

APPENDIX F: BOARD POLICY ON CONTINUOUS STANDING

[\(TOC\)](#)

The district tournament committee (as defined in the MSHSAA Basketball Manual) shall establish specific guidelines regarding student cheer and spirit groups. (For purposes of this section, the site host and representatives of the participating schools shall be considered the tournament committee for sectional and quarterfinal contests). The committee shall create these guidelines with a primary focus on sportsmanship and respect for other schools and spectators. The guidelines shall also consider the seating needs of the host facility. If the establishment of designated student seating sections is recommended by the tournament committee, the following criteria shall be enforced:

- a. At least one empty row must serve as a buffer between the floor and the student sections.

- b. The student sections shall be specifically marked and separated (such as by rope, pennants or other barrier) from the general spectator seating areas.
- c. The student sections shall be cleared out at the conclusion of each game for use by the schools playing the next contest. If a school is playing back-to-back games with its boys and girls teams, that school may remain in its section for both contests, as long as remaining in that section does not conflict with criteria d below.
- d. In the interest of sportsmanship and positive behavior, the student sections for competing teams shall not be adjacent to each other, directly behind either goal or directly behind the bench of the opposing team.
- e. The student sections shall be placed in locations that minimize the obstruction of other patrons when the students stand in unison.
- f. Sportsmanlike behavior is expected at all times from the student section.
- g. An administrator with the responsibility of supervising students should be present at all contests involving that particular school and be present throughout the contest in the vicinity of the student section or in an area designated by the host site administrator.
- h. An administrator from each participating school, the host site administrator and a representative of the game officials shall meet prior to game time to reiterate the site's guidelines for student cheer and spirit groups, discuss the sportsmanship goals of the contest, and confirm the physical location of the school administrators during the contest.

APPENDIX G: HAZING AND HARASSMENT

[\(TOC\)](#)

Hazing: Willful conduct directed at a student that is intended to physically or emotionally intimidate, punish, embarrass, humiliate, ridicule, or place any student in a disconcerting position for the purpose of initiation, affiliation, inclusion or membership in any team or organization.

Harassment: Unwelcome conduct by a person that is sufficiently serious, persistent or pervasive, so that it affects another person's ability to participate in or benefit from the school program or activity by creating an intimidating, threatening or abusive environment.

It is the policy of the MSHSAA Board of Directors that hazing and harassment has no place in school-sponsored activity programs and pose a significant risk to the physical and mental welfare of students. Coaches, directors, sponsors and administrators must take an active role in the prevention of all forms of hazing and harassment. Students directly or indirectly involved in hazing incidents, on or off school grounds, could be considered ineligible by the school administration under the MSHSAA citizenship standard, By-Law 2.2.

APPENDIX H: GUIDELINES FOR BANDS

[\(TOC\)](#)

NOTE: Please consult with your local and state health department and school administration regarding the current restrictions/allowances relative to allowable group size and social distancing requirements.

GUIDELINES FOR BANDS PERFORMING AT REGULAR SEASON FOOTBALL CONTESTS: The participation of bands at a school football contest is an exciting aspect of the event. The band contributes to the event by increasing the level of excitement to the contest. In order to maintain a proper perspective and to insure equity in competition for the participating teams, a few guidelines must be followed. Band directors are reminded that as a courtesy to the teams and sideline cheerleaders, the performances by the band should be limited to a certain schedule. The guidelines listed below include an appropriate playing schedule for the band.

The band may play:

- Before the contest begins;
- During time-outs; except injury time-outs;
- After a touchdown, field goal, extra point or safety (however, the band must stop playing when the official blows the 'ready for play' whistle to start the next play);
- Between quarters;
- At halftime of the contest;
- At the end of the contest;

Any band that plays or continues to produce sound on instruments would be considered an 'unfair act' under NFHS Football Rules 9-9-1 and could result in a 15-yard penalty being assessed to the head football coach of the offending school for unsportsmanlike conduct.

When bands want to warm-up prior to halftime, directors should arrange this so that it is done in an area that is not a distraction to the contest. **NOTE: No whistles may be used while the game is in progress.**

Halftime is 15 minutes in length unless the host school determines otherwise. The band may take the field as soon as the football teams have cleared the field. The band should be off the field when there is 3-minutes remaining on the clock. The host school should notify the opposing school administration if halftime is being extended past 15-minutes. The football teams should not enter the field until the band is finished and off the field.

Because the band acts as a spirit group, members should always act in a positive manner and must not do anything to distract or negatively affect the opposing team. It is the director's responsibility to prevent his/her band from playing at inappropriate times, playing inappropriate music or taunting the opposing team and/or contest officials. The band must display courtesy and respect toward players, cheerleaders and fans. To do anything else is not only a distraction from the contest but also reflects negatively on the band, the director and the school. Support your school and team in a positive manner.

GUIDELINES FOR BANDS PERFORMING AT MSHSAA FOOTBALL PLAYOFF CONTESTS:

Half-time intermission shall be limited to a maximum of 15 minutes (12 minutes max for one band) plus the 3-minute warm-up prior to the start of the second half (20 minutes if both bands are performing; 7 minutes each band).

Option 1 – One Band Performing: The band performance shall be limited to a **maximum of 12 minutes** at half-time **including marching onto the field, performing, and marching off the field**. The band director shall consult the game manager concerning arrangement for half-time and pre-game activities. **A schools' dance team may perform during the 12 minutes allotted the school.**

Option 2 – Two Bands Performing: Each band performance shall be limited to a **maximum of 7 minutes** at half-time **including marching onto the field, performing, and marching off the field**. The band director shall consult the game manager concerning arrangements for half-time and pre-game activities. **A schools' dance team may perform during the 7 minutes allotted each school.**

Schools will be expected to follow the information in '***Guidelines for Band during Regular Season Football Contest***' regarding when to play during the contest.

NOTE: Contact should be made with the host school if a pep band is coming to perform at any MSHSAA playoff game. This will avoid confusion and performance issues at the site.

GUIDELINES FOR BANDS PERFORMING AT BASKETBALL CONTESTS: Part of the excitement at many of our interscholastic basketball contests involves the spirited music supplied by a pep or jazz band. The performances of the musical group are enjoyed by all attending the game. To ensure full appreciation of the group's performances certain guidelines indicating when to play should be followed. Band directors are reminded that as a courtesy to the teams and sideline cheerleaders of both schools the performance numbers by the band should be limited to a certain schedule. The guidelines listed below indicate an appropriate playing schedule for the band.

1. The band may play before the game begins. The director should coordinate the schedule so that team members may be announced if desired by the host school.
2. The band may play at halftime of the contest.
3. The band may play in between contests, again, coordinating this schedule so that team members may be announced.
4. The band may play at the end of the contest if desired.
5. The band should not play during time outs or the break between quarters in order to allow cheerleaders the opportunity to lead cheers. Players and coaches need to be able to communicate clearly with each other during time outs.
6. Musical instruments shall not be used as noise makers during the contests.

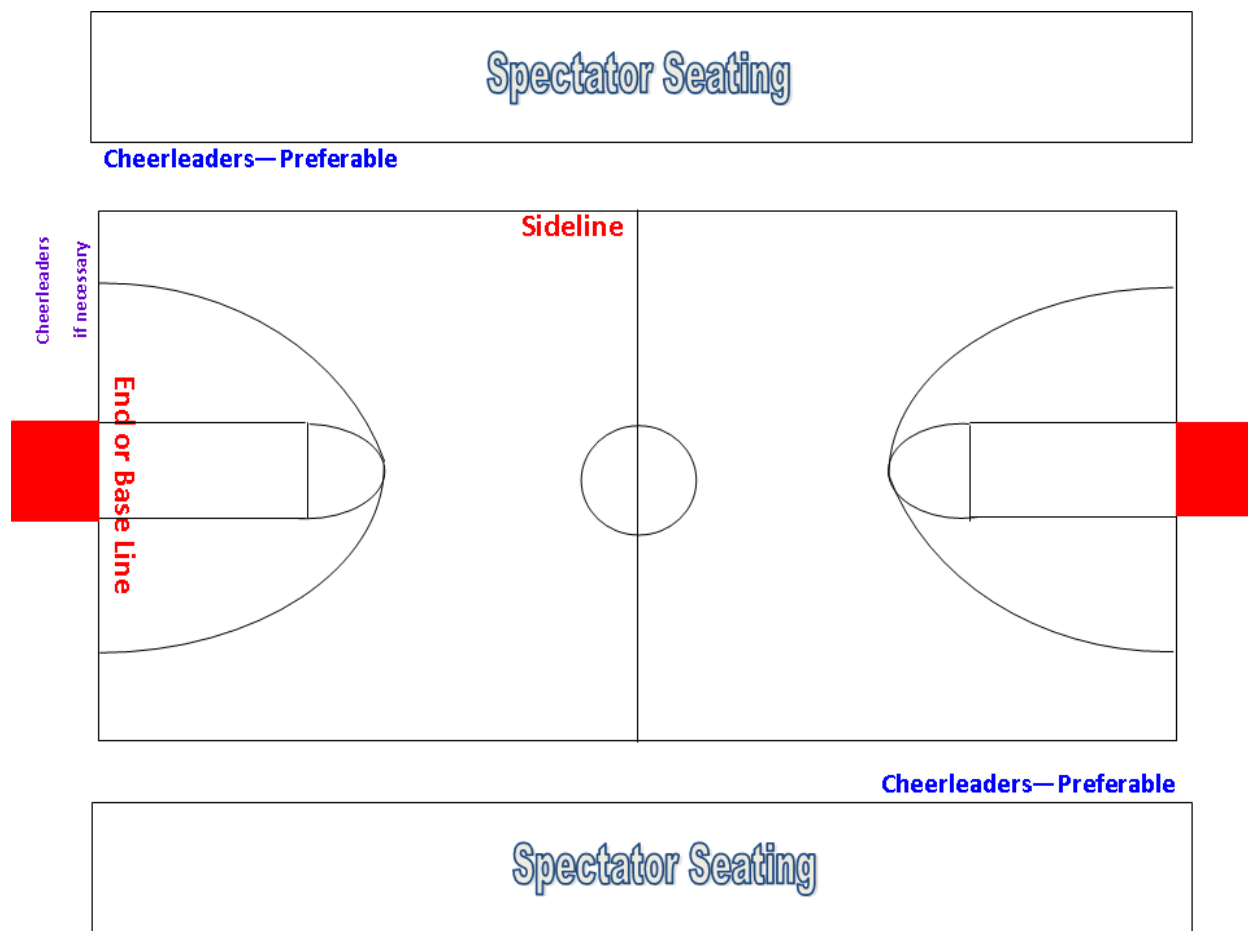
The band director and his/her performing group will display courtesy and respect to the players and sideline cheerleaders by playing at specific times. With good planning and cooperation, the school pep band will be an integral part of the excitement and spirit of the contests.

APPENDIX I: PLACEMENT OF SIDELINE CHEER TEAMS AT INDOOR CONTESTS

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Sideline cheer coaches should coordinate the placement of the sideline cheer squads at basketball contests with the school athletic administrator or building principal. When possible, it is suggested that the squads should cheer along the sidelines close to the intersection of the sideline and baseline. If space does **not** permit, the squad should be located along the baseline but **not** beneath the basket or within the area of the free throw lane lines extended. In all locations the squad should be back at least three or four feet from the boundary lines.

Sideline cheerleaders should always be aware of the actions occurring in the contest and be prepared to move as play advances toward them. The squad should also be attentive of the movement of the contest officials to be certain they do not interfere with their officiating responsibilities.



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