

It is important to emphasize that **you as a coach are NOT required to develop plans to perform any stunts or lifts**. We have simply developed a plan to allow stunts and lifts with safety training by the coach along with creating strict specific limits within each.

Second, as an education based activity, we wanted to work with the NSAA, so that you as a coach don't have two separate standards/rules to follow.

Third, another major goal was and will continue to be to keep a balance of events at the NCA annual state event in cheerleading and dance that would allow stunting and lifts respectfully. In this area we worked diligently with members of the Varsity staff to formulate a plan. There will be only one event for cheerleading that allows stunts – **Game Day** and for one event that will allow lifts for dance – **Hip Hop**. Expanding to other events may be possible in the future, but we will proceed with caution. Can your squad still participate in each category without stunting or lifting – YES! Will your team be penalized for not stunting or performing lifts – NO! Further clarification can be given by Varsity for this Nebraska Coaches Association event..

Fourth, the safety training for both cheerleading coaches and dance coaches will be the AACCA Safety Training. Dance coaches may be concerned that this is a cheerleading only training certification, which is not necessarily true. This training is endorsed by the National Federation and can be applied to both cheerleading and dance. The NCA is committed to giving coaches the opportunity to have in person training at the annual Multi-Sports Clinic in Lincoln. . One day hands on training each day for a fraction of the cost of the regular registration (\$25 before June 1 and \$30 after June 1). Annual school year NCA membership is required to attend the clinic in July (\$45 which will also establish your required membership for the state event in February). AACCA training can also be completed online at NFHSLearn.com. AACCA certification is good for a four year period at a separate cost of \$75 for in person training or if completed on-line.

Fifth, all technical questions regarding the restrictions/limits on stunts and lifts will be directed to the Nebraska Coaches Association by emailing saundi@ncacoach.org. NCA will consult with Varsity staff and representatives on rulings for this Nebraska Coaches Association event.

NSAA Approved Ruling 3.3.7 (9): Cheerleading and Dance

3.3.7 (9) Cheerleading and Dance: Due to potential liability in case of injury, stunts and pyramids by cheerleaders and lifts by dance teams during the sub-district, district, and state tournaments are prohibited unless the supervising coach/sponsor has successfully completed the AACCA Safety Course, a cheer risk management and safety course. If the coach/sponsor has successfully completed the AACCA Safety Course, stunts and lifts shall be allowed in accordance with NFHS Spirit Rules. The following restrictions shall be in effect at NSAA sub-district, district and state tournaments and events: stunts/lifts shall be limited to shoulder height or below; all vertical shoulder level stunts/lifts must have an additional spotter; all vertical shoulder level stunts/lifts must remain on two feet except during the mount or dismount of the stunt/lift; twisting mounts and dismounts are limited to 1/2 twist; and all cradle dismounts, tosses, and inversions are prohibited.

Additional information:

1. The NCA and the NSAA's General Liability insurance carrier has approved coverage of events where the revised Approved Ruling is in place. The original Approved Ruling was added a number of years ago due to insurance coverage concerns.

2. The change in procedures as permitted by this proposed Approved Ruling syncs the requirements of both NSAA and the Nebraska Coaches Association (NCA). NCA is the primary sponsor of the State Cheer Championship, so it is appropriate for the two organization's rules to be the same, as many of those school groups who learn stunts/lifts for the state competition also use those stunts/lifts in sideline cheer at NSAA sporting activities.
3. The cost for the AACCA Safety Course is \$75 and is good for a four-year period. The course work can be taken online through the NHFSLearn.com site and will be additionally offered in conjunction with the Nebraska Coaches Association's Multi-Sports Clinic as in-person training as participation warrants.