

## 2022-23 COMPETITION SEASON



### ELIGIBILITY/QUALIFICATION

#### Eligibility Information Resources

OSAA Cheerleading Handbook: <https://www.osaa.org/activities/che/information>

OSAA Handbook: <https://www.osaa.org/governance/handbooks>

OSAA Schools: <https://www.osaa.org/schools/full-members>

OSAA Information and Resources for Coaches: <https://www.osaa.org/coaches>

#### School Representation/Rec Teams

- High School Teams: Participating teams must represent high schools registered with the OSAA to compete in cheerleading, and the individual squad members must satisfy the OSAA student eligibility rules for cheerleading and school district requirements.
- Rec Teams: [CLICK HERE](#) for rec team criteria and requirements.

#### OSAA State Cheerleading Championships (VARSITY HS TEAMS ONLY) – Qualification Requirements

- Varsity Level Only. To represent a school as a participant at the Cheerleading State Championships, a cheerleader must have participated on squads at a majority of VARSITY games for at least one season for the year.
  - Oregon School Activities Association 2021-2022 Cheerleading Handbook – 19 – (a) A cheerleader who participates on the varsity during the Winter sport season only must have participated on squads at a majority of the entire Winter sport season’s contests prior to the Cheerleading State Championships to be eligible to represent the school at the Cheerleading State Championships.
    - (b) EXCEPTION. Alternates may be members of a school’s junior varsity or freshman squad and may replace a varsity squad member due to special circumstances (i.e., injury, illness, ineligibility of a varsity team member) if the substitution is reported to and approved by the OSAA prior to participation.
- Only one varsity squad from each Oregon high school shall be allowed to compete at the OSAA State Cheerleading Championships in any division. The squad may be a combination of two or more varsity squads (i.e., football and basketball squads may be combined for the Cheerleading State Championships.)
- Previous Qualifying Competition. **All** squads entering the OSAA Cheerleading State Championships must have competed in at least two OSAA sanctioned competitions during the school year of that Cheerleading State Championships unless a specific exception to this rule has been granted in writing by the OSAA. Performing in an exhibition does not satisfy this requirement.
  - The traditional routine performed at the qualifying competition must include all or most of the team’s planned two and one-half minute Cheerleading State Championships routine, including stunts and gymnastics, so that they may be reviewed by a safety judge prior to the Cheerleading State Championships. The OCCA All-State Individual and Stunt

Team Competition nor any other invitational competition allowing routines of fewer than two and one-half minutes in length or routines that do not include stunts and gymnastics may be used to satisfy the “previous qualifying competition” requirement.

- Teams competing in the game day division may use the OCCA Game Day Championships as one of their qualifying events but must perform their entire routine at two sanctioned events to qualify for state.
- Penalty for use of an ineligible student. Any school for which an ineligible student performs shall be disqualified from consideration for awards and reported to the OSAA Executive Board for possible further sanctions and penalties
- Additional information regarding the OSAA State Cheerleading Championships is found here: [OSAA Cheerleading Handbook](#)

#### [OCCA Game Day Championships - Qualification Requirements](#)

- Registered coach must be a current member of OCCA.
- High school teams must be registered with OSAA to compete in cheerleading activities.
- Registered coach must be current in safety certification and required certifications.
- Rec teams must complete the annual “Rec Team Information Form”: [CLICK HERE](#)
- A pre-qualifying competition is not required for participation in this event.

#### [OCCA All-State – Qualification Requirements](#)

- Registered coach must be a current member of OCCA.
- High school teams must be registered with OSAA to compete in cheerleading activities.
- Varsity level athletes ONLY may participate as individuals or in stunting divisions.
- Participant must be an active and qualifying member of the varsity team. OCCA reserves the right to revoke a talent scholarship if the athlete is found to be ineligible.
- Set tumbling requirements must be performed or athlete will be disqualified.
- Registered coach must be current in safety certification and required certifications.
- **A pre-qualifying competition is required for all individuals.** [CLICK HERE](#)
- A pre-qualifying competition is not required for stunt groups, coed stunt groups, or partner stunt groups.

#### [OCCA Cheer Championships – Qualification Requirements](#)

- Registered coach must be a current member of OCCA.
- High school teams must be registered with OSAA to compete in cheerleading activities.
- Registered coach must be current in safety certification and required certifications.
- Rec teams must complete the annual “Rec Team Information Form”: [CLICK HERE](#)
- A pre-qualifying competition is not required for participation in this event.

#### [Regional Oregon Events](#)

- High school teams must be registered with OSAA to compete in cheerleading activities.
- Registered coach must be current in safety certification and required certifications.
- Rec teams must complete the annual “Rec Team Information Form”: [CLICK HERE](#)
- A pre-qualifying competition is not required for participation in regional events.
- No OSAA Member School may attend a cheerleading competition in Oregon, which has not received official sanctioning by the OSAA prior to the contest.

### Crossovers/Alternates

High School:

- A JV cheerleader may participate in both the varsity and JV performances at the same cheerleading competition no more than twice each school year.
- Under no circumstances may a varsity cheerleader participate on a JV team performance at any cheerleading competition.
- Penalty for use of an ineligible student. Any school for which an ineligible student performs shall be disqualified from consideration for awards and reported to the OSAA Executive Board for possible further sanctions and penalties

Rec Teams:

- Rec athletes are allowed to crossover up to twice each school year. Athletes may not compete and crossover outside of their age range. Example: An 8<sup>th</sup> grader may not fill in for a youth team member. An athlete may only represent one program at a competition. Teams found using athletes more than twice in a season on multiple teams could forfeit any placings and not be allowed to continue to compete.

### Safety Rules

All high school teams and rec teams will follow NFHS Spirit Rules. eBooks and publications can be found here: <https://www.nfhs.org/activities-sports/spirit/>.

Rec Teams: Rec teams will follow the NFHS Spirit Rules with the following exceptions: Basket tosses, sponge tosses, elevator tosses, or similar multi based tosses are not allowed

Violation(s) of safety rules will result in penalty points deducted from the final score.

### Certifications

All high school and rec coaches (paid and volunteer) are required to be certified every year. For a complete list of required certifications and FAQ's [CLICK HERE](#). School districts may have additional certification requirements.

Rec coaches will be required to be fully certified for teams to be eligible to compete in Oregon. Additional required certifications vary within each rec program. It is highly recommended that all rec team coaches complete first aid/CPR training.

### Questions

General Questions – [occgeneral@gmail.com](mailto:occgeneral@gmail.com)

OSAA Specific Questions – Kelly Foster – [Kellyf@osaa.org](mailto:Kellyf@osaa.org)

Rec Specific Questions – Megan Day – [recliaison@occa.net](mailto:recliaison@occa.net)

OCCA Competition Handbook: <https://www.occa.net/general-info/>

OCCA Competition Information: <https://www.occa.net/competition-event-registration/>