West Virginia Secondary School Activities Commission

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Cheer Coaches Packet 2026-2027

Required Reading:

Coaches Packet

1. NFHS Rulebook
2. Interscholastic (website)
3. Cheer manual (website)
4. NFHS Music Copyright Course (FREE)-nfhs-learn.com

Important reminders and announcements:

1. The Interscholastic, the National Federation Spirit Rules Book, the WVSSAC Cheer Manual, and the Coaches Packet will be used for all West Virginia cheer team competitions, practices, and performances.
2. It is the coach's responsibility to thoroughly read, understand and follow the safety guidelines, rules, and regulations presented in the NFHS Spirit Rules Book, the WVSSAC Cheer Manual, The Interscholastic, and the Coaches Packet.
3. ALL HEAD COACHES OF HIGH SCHOOLS AND MIDDLE SCHOOLS ARE TO ATTEND A STATE SPONSORED RULES CLINIC (SEE ENCLOSURE). If your school is not represented at said clinics, there will be a $50.00 fine assessed. Please note that there are no exceptions; the head coach must attend, you cannot send your assistant. If a coach has not been hired by the date of the clinic, the principal shall designate a representative to attend for that school. The WVSSAC Board of Directors voted to suspend the sport program if the head coach failed to attend, and the $50.00 assessed fine was NOT paid. **Please be reminded the clinic attendance requirement will not be granted if you are late in excess of 10 minutes. (Bring NFHS Rulebook, Cheer Manual, and The Interscholastic).**

4. ***Please note the following dates:***

SEASON BEGINS	
Middle School	August 10, 2026
High School	August 3, 2026
Regional Outline & Entry Form **DUE**	October 2, 2026
Regional Entry Form (C4) & Music Form (CS) **DUE**	October 2, 2026
Game Day Competition @Parkersburg South HS	October 3, 2026
Regional (various locations-see Interscholastic)	November 7, 2026
States @Charleston Coliseum and Convention Center	November 18, 2026
SEASON ENDS	
Middle School	February 27, 2026
High School	March 20, 2026 *(OR elimination from basketball tournament)*

Regional/ State Outline Forms

Cover Sheet Forms C2A - Narrative Form C2B - Technical Cheer only - Forms C4, C5

5. The high school competition format will include a 30-40 second technical and a 2 minute 30 second open routine. For specific information and rules regarding the technical and open portions, please refer to the cheer manual.

6. Coaches are responsible for discussing the bench clearing rule with all other coaches and players prior to participation.

7. Regulations for middle schools and county conference high school competitions should be carefully reviewed by all coaches. Schools may not enter a competition unless it is **sanctioned by the WVSSAC.** All sanctioned events are available and listed on our website.

Sanction Forms - Keep in contact with your principal or AD. You can check for sanctioned events on our website. **ALSO, ALL CHEERJUDGESMUSTBECERTIFIEDBYTHEWVSSACTO JUDGEANYIN-STATE COMPETITION. FOR MORE INFORMATION, PLEASEREFER TO THEWVSSACWEBSITE.**

8. Additional safety regulations have been adopted for middle school teams. Coaches are responsible for following ALL REGULATIONS. (See Cheer Manual Online)

9. **Head and Neck Trauma Guidelines-** Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.

10. **Use of Performance Enhancing Substances by Athletes** - It is ttB philosophy of ttB National Federation and the VWSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the VWSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the use of such substances should be discontinued especially during the times when dehydration may occur due to potential life-threatening consequences. The committee further encourages all athletic trainers to support coaches in promoting healthy lifestyles. To be better informed, please take the free NFHS course "Appearance and Performance Enhancing Drugs and Substances".

GENERAL INFORMATION

Cheerleaders and **mascots** are included under the jurisdiction of the VWSSAC and are subject to the same rules and regulations as all other athletic teams. National Federation and WVSSAC rules limit mascot eligibility to students enrolled in that particular school and must be placed on eligibility sheet

To be eligible to participate in activities, member schools must complete a WVSSAC *Certificate of Eligibility.* These forms must be submitted online before the teams represent the school in any activity (football game, basketball game, cheer competition, etc.). Failure to comply• $25 fine and forfeiture of contest.

The WVSSAC promotes good sportsmanship in all sport programs. We encourage you to inform parents and athletes of the importance of supporting sportsmanship. Please review sportsmanship with your team; 1/VVSSAC guidelines and rules are in the ***WVSSAC Rules & Regulations Handbook*** (principal and athletic director have a copy). Lead by example. Free Sportsmanship course at nfhslearn.com

Cheer coaches are reminded that no team activities shall occur prior to the date for beginning of season. (Exception: Principal approved flex days)

During the cheer season, each school is allowed five outside assistance days for choreographers. Any or all part of a day used for outside assistance shall count as one full day. Cheer coaches within the same county feeder program may assist each other if no compensation is given for the assistance. Teams advancing to the state tournament may request one additional outside assistance day from the WVSSAC office. Forms are to be kept at the school level. DO NOT send it to WVSSAC.

Points of Emphasis

1. Please read all documents and resources carefully online at website www.wvssac.org.

2. Coaches must review all new changes from NFHS.

3. Uniform Requirements. (See Interscholastic "Uniforms" pg. 11)

4. All judges must be trained and certified by WVSSAC. List available upon request.

5. Requirement: All coaches must complete the free NFHS Sudden Cardiac Arrest Course annually. The link is on the WVSSAC website.

6. ALL COACHES are required to complete the free NFHS Concussion Course annually.

7. ALL COACHES must complete Heat Illness Prevention one time.

8. Rule 127-2-15 - ALL COACHES are required to submit an Emergency action Plan annually to WVSSAC, County BOE and your local emergency response agency prior to the first day of practice, for all practice and game facilities. Training and practice of the plan is required.

9. All coaches are required to complete the Outside Assistance Verification Form with the principal's signature and keep on file at the school.

10. High School Coaches:

a. Refer to Cheer Manual and Interscholastic for a complete list of WV restrictions on stunts and tumbling.

11. Middle School spirit team coaches shall emphasize:

a. Safety and readiness, importance of spotter.

b. Conditioning.

c. Basics [i.e., arm motions, jumps, partner stunts(shoulder height and below)].

d. Any member of an all-freshman team in a four-year high school that participates on a junior varsity or varsity team is ineligible to return to the all-freshman team.

e. Refer to Cheer Manual and Interscholastic for a complete list of WV restrictions on stunts and tumbling.

12. High school teams participating in the regional tournament are required to send an Outline (Technical Cheer only) (Forms C2a and C2B) to the WVSSAC. See Interscholastic for deadlines. Coaches will also submit videos of stunts by the deadline.

13. All safety judge communication concerning the routine is to be between the judge and the coach. Safety judges shall not communicate directly with the cheerleaders until the coach has been notified and the coach is present for the discussion.

14. Music-Regional Directors will be asked to notify coaches of musical/sound system requirements.

15. The responsibility of the legality of all components (including but not limited to stunts and spotting) in the entire routine lies solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

16. Please refer to the Interscholastic for revisions to hair and nail rules.

17. Beginning with the 2021-2022 school year, mats will be required for all practices and competitions. Competitions will be on a floor of 9 strips of 6'x42' carpeted foam mats, 1 3/8" thickness.

18. All coaches must be trained in AED/ CPR. An AED must be available for all practices and contests.

19. When possible, music is to be downloaded prior to the competition.

20. No cheering/chanting between technical and open routines allowed by cheer teams.

21. Please read Cheer Manual carefully as revisions have been made to the deduction sheet, score sheet, and modifications for the 2025-26 school year.

22. High school teams will be permitted ONE exhibition prior to the regional competition in which multiple schools may perform their routines for informal feedback. At NO TIME may schools be on the floor performing together.

23. Beginning 2025-2026, schools may substitute one cheerleader between the technical and open portions of the routines.

2026-2027

CHEER RULES CLINICS

Date	*Time*	*Location*
7/29	6PM	JOHN MARSHALL HS
7/30	6PM	HUNTINGTON HS
8/1	1PM	WVSSAC OFFICE PARKERSBURG, WV
8/1	2PM	*JUDGES AND CHOREOGRAPHERS CLINIC: WVSSAC OFFICE-PARKERSBURG, WV
8/3	6PM	WOODROW WILSON HS
8/4	6PM	HERBERT HOOVER HS
8/6	6PM	EAST FAIRMONT HS
8/7	6PM	SPRING MILLS HS
8/8	9AM	FRANKFORT HS
8/8	1PM	*JUDGES AND CHOREOGRAPHERS CLINIC: EAST FAIRMONT HS

8/12	6pm	WVSSAC Office Make-up Coaches Clinic
8/14	5PM	JUDGES AND CHOREOGRAPHERS CLINIC: Capital HS

SCHOOLS: The Head Coach shall be required to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rules clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coaches are required to attend. Failure to have a representative at one of the above clinics will result in a $50.00 fine.

All Coaches are strongly encouraged to bring to the Rules Clinic their copy of the NFHS Spirit Rules Book and their copy of the Cheer Manual.

Choreographers must attend a judges clinic prior to working with school teams. All judges must attend one of the judges clinics ($20.00 FEE)

The clinic attendance requirement will not be granted if the coach or representative is late in excess of 10 minutes.

WVSSAC Rules and Regulations Handbook

§127-3-21. Cheerleading.

2ll Rules: Cheerleading rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

212 Organized Practice: Organized team practice will begin on Monday of Week 5.

213. Length of Season: The high school spirit and competitive season will begin Monday of Week 5. The competitive season will end for each team at their cheer tournament elimination. The high school spirit season will end on the last day of the Girls' State Basketball Tournament or Boys' State Basketball Tournament.

214. Individual students of a team must have practiced on 12 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

215 A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in the Awards Rule.

21.6. *Middle School-* The above rules will apply for Middle School with the following adaptations:

21.6.1. Organized Team Practice: Organized team practice will begin on Monday of Week

21.62. The middle school spirit and competitive cheer season will begin Monday of Week6. The competitive season will end Saturday of Week 18. The middle school spirit season will end on the last day of the middle school girls' or boys' basketball season.

§127-2-13. Practice.

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions are §§12723.2, 1272-3.5, and 127-2-13.6.13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. §127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced:

13.4.a.on five separate days before participating in an interscholastic scrimmage.

13.4.b. on 12 separate days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.4.c. a student athlete who is absent from practice with their team for non-medical reasons, and not under a doctor's care, for more than 14 consecutive days must have the required full 12 practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in §127-3-23.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form.

§1273 3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 12 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing five separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 12 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete *five* separate days of sport specific practice in the second sport.

(Ejection Rule /Bench Clearing)

2022

127-4-3 Code for Interscholastic Athletics

3.7. *Statement of Policy.* Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.a, The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7 ,b. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.
3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official wilt also be suspended in additional contest{s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or

coaching for 365 calendar days from the date of ejection. In accordance with rule127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official..

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest{s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.d. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-lS{a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.e. The school that does not fend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.f. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.g. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off- field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach,

student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. Procedure. Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §1271-8.6 and 8.7and §127-1-12.2and12.3oftheConstitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.a. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanlike action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.b. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.c. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that isa member of another state associated with the National Federation of State High Schoo1Associat1ons.

3.9.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

310 *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127-6. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11 Review of Ejections. Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However,

if the individual believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and such other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s), or will determine the ejection was improper and void any consequent suspension{s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.

COACHING REMINDERS

Practice: Team members must have 12 practices on 12 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of the team are allowed to practice. Rule 127-2-13.

Sunday Participation: Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activities associated with the activity of that sports season. Rule 127-3-14.-

Physical Exam: Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1st-}

All-Star Competition: Any student completing athletic eligibility at the end of current school year because of age or competition of semesters of eligibility may play in one (1} all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

Awards: Team members can accept awards from the school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds $100.00 are prohibited from any source. Rule 127-3-5.

Out of Season Coaching: Coaches may not promote, initiate, organize, supervise, or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

Amateur: Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

Participation as Ineligible: Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

Non-School Participation: Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

Sanctioning and Travel: A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the Rules & Regulations Handbook or at www.wvssac.org. This is not a comprehensive listing.

2025-2026 HIGH SCHOOL CHEER FORM CHECKLIST

✓	FORM	DUE DATE	SEND TO
	Cheer outside assistance (With Principal's signature)	Before 1st date of outside assistance	School administrator to keep on file
	Routine Outline Cover Sheet C2A	Oct. 2, 2026	WVSSAC
	Routine Outline/Narrative (Technical Cheer Only) Typed and Attached to C2B	Oct. 2, 2026	WVSSAC
	Regional Cheer Entry Form C4	Oct. 2, 2026	WVSSAC
	Music Copyright Form CS	Oct. 2, 2026	WVSSAC
	Video Submission of Stunts	Oct. 2, 2026	WVSSAC

Cheer Outside Assistance Verification

**Each School is only allowed FIVE dates*
**PLEASE keep the original form on file with the school administrator*

DATE	LOCATION	TIME	INSTRUCTOR
1.			
2.			
3.			
4.			
5.			

School Name:	**Head Coach:**
Phone #(s):	**Email:**
Coach's Signature:	**Date:**
Principal or AD Signature:	**Date:**

High School Regional/State Cheer Competition

Routine Outline Cover Sheet

School:	**Region:**	**Class:**
Coach:	**Fax:**	**Email:**
Work #:	**Home #:**	**Cell#:**

A typed outline must be submitted. Each sequence of the outline must be numbered. (See Sample outline page 3 in Cheer Forms) Responsibility for the legality of all components (including but not limited to stunts and spotting) in the entire routine lies solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

Technical
Jump One:
Jump Two:
Time: (min. 30 seconds; max 40 seconds)
Open
Time: (must be no longer than 2 min. 30 seconds)
Coach's Signature: Date:

Email this form along with the typed outline to: jaclyn.swayne@wvssac.org

FORM C2B

HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE NARRATIVE

School:

TECHNICAL: (Time)

1. **First jump:**

2. **Second jump:**

Words:

School:	Region:	I Class:
Coach:	Fax: ( )	
Phone, I (W)	(H)	I (Cell)
Email,		
School Colors,		
Mascot:		

Certify that the following students are eligible under the current eligibility rules of the WVSSAC to represent this high school in the Regional Competition

CHEERLEADERS		
Last Name	**First Name**	**Year In School**
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
ALTERNATES:		
1.		
2.		
3.		
Principal's Signature: Date:		

Return to Jaclyn Swayne: jaclyn.swayne@wvssac.org

Form C-5

Regional Entry Form Music Warranty

_____(hereinafter "School"), its Principal and its Cheerleading Coach herewith warrant that, with respect to the WVSSAC Regional Cheerleading Tournament and the WVSSAC Cheerleading State Tournament, they have obtained the required written permission and/ or license from each copyright holder to play each piece of music that will be played during the performance of the cheerleading squad during the Regional and/ or State Tournaments.

In the event of the School, Principal or Cheerleading Coach has failed to obtain the required license and/ or permission to use the music in connection with the performance by the cheerleading team, then the school shall promptly reimburse the WVSSAC for any costs incurred by the WVSSAC because of the school's failure to have the required license and/or permission.

Dated:_____.

_____ _____

School Print Name (PRINCIPAL)

By: _____ _____

Principal Signature Print Name (CHEERCOACH)

DUE DATE OCTOBER 2, 2026

EMAIL TO: jaclyn.swayne@wvssac.org

West Virginia Secondary School Activities Commission

2026-2027 Championship Programs

Principals and Athletic Directors,

If your team qualifies for a State Championship or State Tournament, please submit the required program information by the applicable deadline.

To complete your school's program page, please email the following items **in one email** to **programs@wvssac.org**

- Team photograph (JPG format)
- Head coach photograph (JPG format)
- Sponsor information, if a sponsor or business is purchasing your program page

Please include your **school name in the subject line** of the email.

The cost of a team program page is **$125.00**.

In addition, please use this link for accuracy regarding rosters, school info, etc. https://www.wvssac.org/school-resources/forms/ then select Program Spreadsheets.

Important: Rooming lists should be submitted in a **separate email** and should not be included with photo submissions.

Deadlines for All State Tournaments:

Golf	**Oct.7 @ NOON**	Wrestling	**Feb.23 @ NOON**
Cross Country	**Oct. 26 @ NOON**	Girls Basketball	**Mar. 5 @ NOON**
Soccer	**Nov. 2 @ NOON**	Boys Basketball	**Mar.12 @ NOON**
Volleyball	**Nov. 6 @ NOON**	Tennis	**May 10 @ NOON**
Cheerleading	**Nov.13 @ NOON**	Track	**May 17 @ NOON**
Football	**Nov. 6 @ NOON**	Softball AAA/AAAA	**May 19 @ NOON**
Swimming	**Feb.12 @ NOON**	Softball A/AA	**May 19 @ NOON**
Girls Wrestling	**Feb.16 @ NOON**	Baseball	**May 28 @ NOON**

*Please mail payment to:
WVSSAC
2875 Staunton Turnpike
Parkersburg, WV 26104

HIGH SCHOOL ONLY

Regional Tournament Directors are to give a copy of this rooming list information sheet and the rooming list to the coach of each state qualifier.

WVSSAC STATE ROOMING LIST INFORMATION

Please complete the rooming list for this year's State Tournament. Area hotels/motels usually provide rooms at a special rate to those teams and parents attending the State Tournament. Payments for teams must be made in full by a **SCHOOL CHECK** NOT personal, for all expenses.

Reservations must be made as early as possible. When speaking with the hotel/motel contact, please be sure to identify your school name and indicate that the reservations are for the stated tournament.

Please check the website for the approved list of hotels/motels who will provide rooms for your sport state tournament.

HOTEL/MOTEL POLICY

Effective with the 2010-11 school year, member schools that are eligible to receive reimbursement for lodging at state championship sites MUST be housed at hotel/motel sites that participate in a cooperative agreement with the WVSSAC. ***Member schools will be notified by information posted on the WVSSAC website and material included in the sort specific coaches packets as to which lodging sites will not receive any reimbursement.**

Schools that choose to use unapproved lodging sites will not receive any reimbursement.

WVSSAC STATE TOURNAMENT ROOMING LIST

***You will need the following information to send in with your list:**

School Name:		**Sport:**
Principal:	**Person in charge of Supervision:**	
Athletic Director:	**AD Email:**	**AD Cell:**
Coach:	**Coach Email:**	**Coach Cell:**
Hotel:	**Arrival Date:**	**Arrival Time**

1. **List each person who will be staying in the room and his or her capacity (coach or player).**
2. **Reservations should be made ASAP.-**
3. **The fillable form is found on our website under the sport of cheer.**

SPECTATOR SPORT INFORMATION FOR TOURNAMENTS: The following sport support information is provided for each specified sport. ONLY those items marked with "YES" are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play. Vocal cheering and support from team bench areas are encouraged; however, the items indicated on this page are for use by spectators. Schools must stress GOOD SPORTSMANSHIP when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK-basketball, CC-Cross Country, SB-Softball, TE-Tennis, WR-Wrestling, BB-Baseball, CH-Cheer, FB-Football, GO-Golf, SC-Soccer, TR-Track & Field, SW-Swimming, VB-Volleyball Y=YES N=NO

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required/lower body garments	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Balloons	N	Y	N	Y	Y	Y	Y	Y	N	Y	Y	N	N
Banners on wall/stadium	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheer & Band member human tunnels	N	Y	N	N	Y	N	Y	Y	N	N	N	Y	Y
Permanent Signage, Advertisement, Senior Pics	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Confetti/Paper debris	N	N	N	N	N	N	N	N	N	N	N	N	N
Hand-held signs (one holder)	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Inflatable Tunnels	N	Y	N	N	Y	N	Y	Y	N	N	N	Y	Y
Laser Pointer	N	N	N	N	N	N	N	N	N	N	N	N	N
Miniature sports balls thrown to crowd	N	N	N	N	N	N	N	N	N	N	N	N	N
Noise makers: horns, cows bells, buzzers, clickers, etc.	N	Y	N	Y	Y	N	Y	Y	N	N	N	N	N
Opening Prayer/Invocation	N	N	N	N	N	N	N	N	N	N	N	N	N
Paper banners for team to run through	Y	Y	NA	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pom poms or spirit towels	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Recorded/taped over music over amplifying system (only pregame or halftime)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
School band or pep band	N	N	N	N	Y	N	N	Y	N	N	N	N	N
Pressurized Air horn or electronic bull horn	N	N	N	N	N	N	N	N	N	N	N	N	N
Megaphones (as intended)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Cannons and Muskets	N	N	N	N	N	N	N	N	N	N	N	N	N

50-50 drawing	N	N	N	N	N	N	N	N	N	N	N	N	N
Reserve Only Seating State Only	N	N	N	N	N	N	N	N	N	N	N	N	N



NFHS SPIRIT RULE CHANGES, REVISIONS, AND POINTS OF EMPHASIS

https://nfhs.org/resources/sports/spirit-rules-poster-2026-27