



**Special
Olympics**
South Carolina

Cheerleading



Coaches Guide

Mission of Special Olympics

The mission of Special Olympics is to provide **year-round** sports training and athletic competition in a variety of Olympic-type sports for children **and** adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of the gifts, skills, and friendship with their families, other Special Olympics athletes and the community.

Purpose of Special Olympics

Special Olympics is a worldwide program of Sports Training and Athletic Competition open to individuals with intellectual disabilities regardless of their abilities. **The International Olympic Committee (IOC) has granted its Official recognition to Special Olympics International, Inc. (SOI).**

Uniform Guidelines

1. Team members must wear outfits alike in style and color. No jeans will be permitted. All team members must have athletic shoes (e.g. tennis shoes) with non-marking sole in like style.
2. Bottoms – pants, shorts, skorts, or skirts (must be at least mid-thigh in length). No slit allowed in skorts, shorts, or skirts. Briefs or bloomers must be worn under all skirts. Tops – tank-top, collared shirt or tee shirt (no pockets). No halter tops will be allowed. Straps must be at least 1" in width. Spaghetti straps will not be permitted. When standing at attention, apparel must cover the midriff.
3. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, stickers or glitter and pins on uniform are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skins as opposed to a uniform. Temporary tattoos are also allowed.)
4. For safety reasons, long hair should be out of the face and secured.

Equipment Guidelines

Practice Surfaces

Practice sessions must be held in a location suitable for spirit activities, i.e. appropriate surface/area, reasonably free of obstruction and excessive noise, etc.

Performance Surfaces

Performing surfaces must be suitable and free from objects. When discarding props (signs, etc.) that are made of solid material or have corners or sharp edges, team members must gently toss or place the props.

Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is illegal for use during performances/competitions.

It is recommended the performance floor be comprised of two-inch, compressed foam, carpeted flooring no smaller than 42' x 42' (seven 6' x 42' panels) and no larger than 54' x 42' (nine 6' x 42' panels).

Beginner Squad Level Requirements

Traditional Squad & Unified Sports Squad

- Squads in this division must perform a **non-gymnastic** cheer (refer to definition of non-gymnastics cheer).
 - Required to Spell Cheer – put together by coach/athletes which best suites cheer squad. Teams can spell out team name and use signs or letters.
 - There **must** be a jump in the cheer and there must be at least one athlete performing the jump.

- There will be no time limit in this division.

- NO music will be allowed during the performance of this cheer.

- Unified Partner or Coach may place the athletes in their proper position on the floor, but the Coach may **NOT** be on the floor once the performance begins.
 - Coach may give **verbal** or **physical** cues from the sideline if needed (coaches must be out of the judges' view).

- There must be a minimum of four and maximum 16 to compete in Cheerleading.
 - At all times, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
 - If at any time during the competition, the number of Unified Partners exceeds the number of Special Olympics Athletes; the squad will compete for participation ribbons only. There will be no exceptions to this rule! **Registration forms will not be accepted without the proper ratio of athletes and unified partners.**

Intermediate Squad Level Requirements

Traditional Squad & Unified Sports Squad

- Squads in this division must perform one **sideline chant** and either a **gymnastic cheer** or a **non-gymnastic cheer** (refer to definitions).
 - There **must** be a jump in the cheer and there must be at least one athlete performing the jump.
 - Squads must change formation at least once during the performance.
 - Pom-poms, posters, flags, etc. may be used.

- There will be no time limit in this division.

- **NO** music will be allowed during the performance of the sideline chant or the cheer.

- Unified Partner or the Coach may place the athletes in their proper positions on the floor but the Coach may NOT be on the floor once the performance begins.
 - Coach may give **verbal** or **physical** cues from the sideline if needed (coach **must** be out of the judges' view).

- There must be a minimum of four and maximum of 16 to compete in Cheerleading.
 - At all times, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
 - If at any time during the competition, the number of Unified Partners exceeds the number of Special Olympic Athletes; the squad will compete for participation ribbons only. There will be **NO** exceptions to this rule! **Registration forms will not be accepted without the proper ratio of athletes and unified partners.**

Advanced Squad Level Requirements **Traditional Squad & Unified Sports Squad**

- Squads in this division must perform **one gymnastic cheer**, a **sideline chant** and a **dance routine** (for example pom-pom routine) (refer to definitions).
 - There must be a sideline chant incorporated to make the transition from the cheer to dance or vice versa.
 - **NO** mount can be more than one and a half people high (safety purposes).
 - Signs may be used in the cheer only.
 - There **must** be a jump in the cheer and there must be at least one athlete performing the jump.
 - The dance routine **must** be performed to music (pom-poms are optional)

- Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will be on the first motion by squad member(s) not when the music starts.

- The entire routine is limited to three minutes. There is a one minute time limit on the cheer and a two minute time limit on the dance routine.

- Unified Partner or the Coach may place the athletes on the floor but the Coach may **NOT** prompt or cue their squad in any way once the performance begins.

- There must be a minimum of four and maximum of 16 to compete in Cheerleading.
 - At all times, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
 - If at any time during competition, the number of Unified Partners exceeds the number of Special Olympics Athletes; the squad will compete for participation ribbons only. There will be **NO** exceptions to this rule! **Registration forms will not be accepted without the proper ratio of athletes and unified partners.**

Elite Squad Level Requirements

Traditional Squad and Unified Sports Squad

*Note: This level is intended for squads who train year-round and are committed to the additional practice needed to prepare for competition at this level. These squads **MUST** also have sufficient and qualified personnel who understand and practice safety protocol. This level requires state program approval prior to competing in this division.*

Squads must perform a maximum of two and a half-minute routine which incorporates both music and a cheer.

- The routine should contain gymnastics, pyramids, and a transition sideline.
- The make[up of the routine is at the coaches discretion, (i.e. whether to start with the dance or cheer)
- There **must** be a sideline chant incorporated to make the transition from cheer to dance or vice versa.
- The cheer **must** be a gymnastic cheer and follow the gymnastic cheer guidelines defined in this manual.
- **AT LEAST TWO** jumps **MUST** be performed in the routine.
- There will be **NO** flip dismounts.
- **NO** mount can be more than two people high (safety purposes).
- Signs can be used in the routine.

The music portion of the routine must not exceed the two and a half minutes, but must be at least 45 seconds long. Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will be on the first motion by squad member(s) not when the music starts.

Coach may coach from the sideline and must provide at least two spotters on the floor at all times (safety purposes).

Squads must be associated with a gym (a facility that focuses on health, wellness, gymnastics, cheerleading, etc.)

Squad size is limited to a minimum of 10 up to a maximum of 24.

- Squad members must be composed of all Special Olympics athletes.

DEFINITIONS

Base	The bottom person of a partner stunt or pyramid who is in contact with the ground.
Cheer	A long phrase that involves motions, pom-poms, stunts, jumps, and/or tumbling. Usually somewhat resembles a song that has a beginning, middle, and end.
Flyer	The flyer (top person) of a partner stunt or pyramid.
Front Leg Kick	Step left or right and kick opposite foot to the front with arms extended straight over head.
Gymnastic	Any type of individual or partner stunt performed other than jumps and motions; such as mounts, splits, rolls, walkovers, cartwheels, and handsprings.
Gymnastic Cheer	A cheer performed using any type of gymnastics, mount or partner stunt.
Jump	A spring from one or both feet with a landing on one or both feet.
Motions	Movements using straight and/or diagonal arms; in combination with head/foot movements.
Mount	Any type of stunt that uses two persons supported by one or more persons. (Mounts can one be 2 people high.)
Non-Gymnastic Cheer	A cheer using only jumps and motions.
Partner Stunts	Any type of stunt that uses two persons and one of those persons is using the other person for support.
Pom-Pom Routine	A routine performed to music using pom-poms. A Pom-Pom Routine is not a cheer, so it will NOT be accepted in the Beginner or Intermediate Division. NO GYMNASTICS will be performed in the Pom-Pom Routine.

Prop	Any type of hat, flags, hand-held ribbons, etc. Props are NOT allowed in a Pom-Pom Routine or cheer. Only Pom-Poms are allowed in a Pom-Pom Routine. Signs can be used in the cheer for the Unified Division and in the routine for the Elite Division.
Sideline Chant	Any cheer of a repetitious nature using motions or jumps. (Ex. Go Big Blue, Go Big Blue, etc.)
Spell Cheer	Spelling out letters by shouting put together by coach/athletes which best suites the cheer squad. Teams can spell out team name and use signs or letters.
Spotter	A person that assists with any tumbling move or who is responsible for assisting or catching the top person. A spotter does not provide primary support to another person. The spotter must spot the climber until the climber returns safely to the ground.
Thigh Stand	A thigh stand limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground and one climber.