

Cheerleading & Dance Info
Gay Trame
March 28 A.D. meeting

Thank you for allowing me to attend today's meeting. Email or call if you have any questions. Nkcca92@gmail.com
859-380-3542

East- West All Star Football Game – Thursday June 7 7:30 at Dixie
NKCCA member coaches may nominate 2-3 seniors (or juniors if team has no Seniors) All coaches sent nomination info.
Nominations due by 4/20 Email nkcca92@gmail.com for questions

KHSAA Dance –

- Tryout date for competitive team is 7/15. Same rules as Cheer – Bylaw 23
- No regionals, State is open to all teams KHSAA Competition 3rd Saturday in December

KHSAA Competitive Cheer –

Region 10 rep – Kim Bugg KimB@wmutilities.com

Region 9 – no one

- Tryouts – 7/15 date doesn't apply to sideline cheer or camp teams, only to choosing a competitive team. Schools can have a tryout & workouts now, just can't make anything mandatory & can't name their competitive teams until after 7/15.
- Be careful with competitive cheer registrations, once registered must participate or risk KHSAA fine.
- Regionals combined going forward (Region 9 & 10 combined)
- See back for competition dates & info
 - Possible location for this year 11/3 Nicholas County HS – must be approved by AD's & KHSAA
 - Next year should rotate to Region 9
 - Or could be at same place each year – up to AD, coaches votes
- How "new" regional will be handled – divisions, sites, money, responsibility, etc.
- No regional scholarship money or money used for In Game competitions – need new plan for regions 9 & 10?
- Sideline cheerleaders – must follow NFHS rules, but are not governed by KHSAA
- New this year, all coaches must complete a NFHS music copyright course.

NKCCA Info – website nkycheer.org

Gay Trame, Association President – nkcca92@gmail.com or gayle.trame@hchscov.com

Amy Neal, Competition Director - amyneal1121@gmail.com

- NKCCA/NFHS/KAPOS membership - \$35 entitles member coaches to the following
- \$1,000,000 limited liability insurance coverage thru the NFHS. Coverage is from 7/1-6/30
- Scholarship opportunities for Seniors
- East West game nominations
- Academic Awards
- Youth Board membership for Juniors & Seniors
- Plus more..... go to website for more information & application <http://nkycheer.com/membership/details-benefits/>

No In Game Football competition this year – Region 9 & 10 In Game Basketball still a possibility.

NKCCA Showcase/Competitions – HS Seniors participating are eligible for scholarships

- Saturday Oct 20, 2018– Dixie Heights open to all teams Elementary, MS & High School – cheer & dance
- Saturday late Jan or Feb – date & location to be announced

The KHSAA Board of Control, at its February meeting, approved changes to the structure and advancement to the competitive cheer postseason. To assist in the prevention of automatic qualifiers at Region/State for cheer, the 16 regions will be combined to 8 regional competitions. Regions will be combined accordingly: 1&2; 3&4; 5&8; 6&7; 9&10; 11&12; 13&14; 15&16. Combining regions 5&8 and 6&7 matches representation on the KHSAA Board of Control.

Regions can alternate host sites (Region 1 one year and Region 2 site the next) or choose to have a permanent site based upon facility abilities and availability. The competition rules will stipulate the odd region listed in the alternation table would recommend the region site in the odd year, and the even region in the even year. Sites selected must be able to accommodate the historic crowds, similar to the criteria for the current basketball site selection. The Commissioner's office would make the final selection based on the recommendations and considering all other factors.

To permit schools to plan and prepare, following are the future dates:

	2018	2019	2020	2021
UCA BLUEGRASS (OPEN NO REGIONS)	Nov. 10, 2018	Nov. 16, 2019	Nov. 14, 2020	Nov. 13, 2021
Week #1	1@2; 5@8; 9@10; 13@14 Oct. 28-Nov. 3 Sat, Nov. 3	4@3; 7@6; 12@11; 16@15 Nov. 3-9 Sat, Nov. 9	1@2; 5@8; 9@10; 13@14 Nov. 1-7 Sat, Nov. 7	4@3; 7@6; 12@11; 16@15 Nov. 7-13 Sat, Nov. 13
Week #2	3@4; 6@7; 11@12; 15@16 Nov. 11-17 Sat, Nov. 17	2@1; 8@5; 10@9; 14@13 Nov. 17-23 Sat, Nov. 23	3@4; 6@7; 11@12; 15@16 Nov. 15-21 Sat, Nov. 21	2@1; 8@5; 10@9; 14@13 Nov. 14-20 Sat, Nov. 20
THANKSGIVING WEEK	OPEN - NO REGIONS Nov. 22, 2018	OPEN - NO REGIONS Nov. 28, 2019	OPEN - NO REGIONS Nov. 26, 2020	OPEN - NO REGIONS Nov. 25, 2021
Open Week	State FB Finals Dec. 8, 2018 Allegh Arena	State FB Finals Dec. 14, 2019 Allegh Arena	State FB Finals Dec. 12, 2020 Allegh Arena	State FB Finals Dec. 11, 2021 Allegh Arena

Updated 5/10

In each division, the winner and runner up from each of the eight (8) regions will advance to the State Competition (maintaining the number state competition qualifiers).

Previously there were two Coed Divisions. Division A (1-4 males) and Division B (5 or more). Due to the lack of participation to fill full 16 teams in both for multiple years, the two Divisions will be combined. Coed will now be one division with 1 or more males up to the overall squad limit size of 30. With the combination of the two Coed Divisions, the Game Day competition will be slotted into the second Coed spot. This now allows the State Competition to be completed in one day.

Last year it was an open competition with 85 squads competing. Due to the number of squads, the competition had to be split based upon squad size. This year Game Day will be a division at each region to qualify for state. Schools will continue to be able to enter two squads (two competitive, two Game Day or one competitive and one Game Day).

Anticipated State Schedule will be as follows:

- Morning Session - 9 a.m. - All-Girls Small; All-Girls Medium; Game Day
- Afternoon Session - 2:30 p.m. - All-Girls Large; All-Girls Super; Coed

Cheer - Dance updates for High School cheer

Gayle Trame <gayle.trame@hchscov.com>

Wed, Mar 28, 2018 at 3:53 PM

To: "Stevens, Tina - Secretary, Holmes High School" <tina.stevens@covington.kyschools.us>

Cc: Me <kapos.klitleton@windstream.net>, "Cope, Butch" <bcope@khsaa.org>, amy neal <amyneal1121@gmail.com>

Bcc: Alexis Beal <apbeal83@yahoo.com>, "bkappes@wkybb.net" <bkappes@wkybb.net>, Bridgette Seibert <Seibertb1@gmail.com>, Carly Leopold <carly.leopold@gmail.com>, Chas Woolf <chaswoolf@gmail.com>, Elizabeth Tackett <elizabeth_boaz@hotmail.com>, Holly Jones <holly.jones@boone.kyschools.us>, Jennifer Holt <jenniferwholt@gmail.com>, Karen Cottengim <kcottengim2@gmail.com>, Karen Cottengim <kcottengim@ovec.org>, Kim Steffen <thecheerlady@aol.com>, Michelle Schuster <michelle.schuster@boone.kyschools.us>, Brittany Trame <brittany.trame@gmail.com>

Athletic Directors,

Thank you again for allowing me to attend your 3/28 meeting. Please feel free to forward this email & the attached handout to your Cheer & Dance coaches. (this is the same one I gave you at the meeting)

Effective at the end of this school year, I am stepping down from my KHSAA Region 9-12 & KAPOS Region 9 duties. I will remain the NKY Cheer & Dance Coach's Assn's (NKCCA) Board president, but I have turned all NKCCA competition duties (excluding the Region 9 InGame Basketball) over to Amy Neal: amyneal1121@gmail.com

Region 9 does not have a replacement for the KHSAA or KAPOS positions, Amy will not be assuming those positions. If you know someone that is interested, please refer them to Butch Cope-(KHSAA position) bcope@khsaa.org or Kelly Littleton (KAPOS middle school/elementary teams) - kapos.klitleton@windstream.net

As far as I know the Region 8 & 10 representative remain the same. 8- Heather Fallen heather.fallen@shelby.kyschools.us 10- Kim Bugg KimB@wmutilities.com The attachment explains all the competitive cheer changes. The competitive cheer attachment can also be found on the KHSAA website

Although we spoke a lot about KHSAA competitive cheer & dance. ***I do want to mention that teams that do not compete KHSAA cheer/dance are referred to as "sideline cheer" or "dance activity" teams. Sideline cheer & dance activity teams do not have to abide by KHSAA tryout rules and competition dates.*** Only those teams that plan to travel out of the state to compete have to adhere to these rules.

Sideline cheer & Dance as an activity can still compete/perform in local events and would be covered under insurance, they just can't travel out of state.

I encourage all of you to register your coaches with the NKCCA - your coaches will receive NFHS membership & insurance. As well as, KAPOS & NKCCA scholarship opportunities & benefits. Membership runs 7/1-6/30 a membership form will be updated on our website in May. Website is nkycheer.com I will still be handling NKCCA membership.

The NKCCA has postponed this upcoming season's In Game Cheer Football competition, but encourage sideline teams to participate in the Game Day Division at the NKCCA competition at Dixie on 10/20. Feel free to have your coach email us for more info nkcca92@gmail.com

And lastly, don't forget to have your **Cheer coach nominate 2-3 Seniors or Juniors for the East West All Star Game.** Email me if you would like me to send you the nomination form. The nomination form link was emailed to all applicable NKCCA member coaches. To date the following schools have sent nominations: Campbell Cty, Brossart, Boone Cty, Cooper, Scott, Pendleton Cty. Nominations are due by 4/20 Game is June 7.

Good luck with the rest of your school year and thank you for all you do for our athletes! But most of all, thank you for your support over the years, I have enjoyed working with you.

Sincerely,

Gay Trame
859-380-3542
nkcca92@gmail.com
nkycheer.com

Now that the competition seasons for both Competitive Cheer and Dance are over, this is a reminder to all administrators, Competitive Cheer coaches and Dance coaches concerning Bylaw 23, Limitation of Seasons. KHSAA staff members have received several inquiries about permitted activity, concerning fall sports/sport-activities and practice/tryouts for the fall, specifically regarding Competitive Cheer and now Dance.

Regarding Cheer, Bylaw 23 applies only to Competitive Cheer – the squad that travels to competitions and competes against other school cheer squads. Sideline cheer – those that cheer at games but do not travel and compete against other schools – are considered a support group, and therefore Bylaw 23 does not apply.

Bylaw 23 does now apply to the sport-activity of Dance.

The first official practice date (including anything that can be mandatory) is July 15 for Competitive Cheer and Dance. July 15 is the first date you can have tryouts and make “cuts”. Only after this date can anything mandatory be required of team members or potential team members.

Until the day following the last day of school or May 31 (whichever is earliest), coaches are permitted to provide instruction and be involved with team members (provided such is approved by the principal), but continue to be restricted in “competitive” situations with other schools unless they are held away from a member school campus.

Keep in mind that anything done, whatever it is called (tryouts, workouts, etc.), for all sports/sport activities during the time that is outside of the limitation of seasons cannot be mandatory (no penalty or team decisions based on lack of participation) and an official “tryout” period cannot be held outside of those periods defined in Bylaw 23.

Specifically, with regard to Competitive Cheer and Dance, it is permitted, for example, for a school to select a number of students to go to a camp. However, attendance at camp cannot be mandatory prior to the first practice date. By the same token, attendance cannot be restricted to those who performed in a certain manner based on activity held outside the limit of seasons (i.e. a tryout).

The same principle and rule would apply to any “tryout” in any sport or sport-activity that is not held during the period defined by Bylaw 23.

This is not a change in the Bylaw for Competitive Cheer, as this has been in place for a few years. A reminder was sent out last April addressing this as well for cheer.

02/21/18 – BOARD OF CONTROL ADDRESSES POSTSEASON FORMATS, FUTURE SITES AND ALIGNMENT FOR SEVERAL SPORTS

 Print

FOR IMMEDIATE RELEASE: February 21, 2018

During the course of its February meeting at the KHSAA offices on Wednesday, the Board of Control deliberated on the postseason formats, future sites and alignments for several sports. The most impactful decision made Wednesday concerned the future of the state softball tournament, with the Board voting for the event to transition to a single-elimination format in 2019. The move to single elimination will bring the softball championship more in-line with the baseball state tournament while also helping to alleviate concerns with the potential overuse of pitchers under the current double-elimination format.

“We have been discussing the future and the format of the state softball tournament for the last several years, and I applaud the Board for the steps it took today in approving our recommendations,” said KHSAA Commissioner Julian Tackett. “Examining the state softball and baseball tournaments, you would be hard pressed to say the events were equitable for the participants and fans in their current formats. Moving to a single-elimination format where each team plays one game per day in those early rounds will open some new possibilities for the scheduling of this championship.”

The approval for the future format of the state softball tournament also included a motion to suspend implementation of the International Tiebreaker for the 2018 season.

The Board also addressed the future dates and sites for the boys’ and girls’ Sweet Sixteen®. Having previously established dates for the 2020-21 season to address facility conflicts with Rupp Arena hosting the 2021 NCAA Men’s Basketball First and Second Round, KHSAA staff worked in conjunction with arena personnel to finalize the 2019 through 2022 tournament dates. Under previous direction from the Board of Control, the Boys’ Sweet 16® was traditionally scheduled to avoid conflicts with the Southeastern Conference and Atlantic Coast Conference Tournaments. With the Girls’ Sweet 16® moving to Rupp Arena in 2019, the Board approved a recommendation to rotate the two tournaments over the next four years:

2019 – March 6-10 (BOYS); March 13-17 (GIRLS)
2020 – March 11-15 (GIRLS); March 18-22 (BOYS)
2021 – March 3-7 (BOYS); March 10-14 (GIRLS)
2022 – March 9-13 (GIRLS); March 16-20 (BOYS)

As part of the approved motion, the Girls’ Sweet 16® was awarded to Rupp Arena for an additional two years (through the 2022 tournament) following the Board’s revision of the 2020-21 playing season during a previous meeting.

The Board addressed several topics concerning football on Wednesday, including a review of a preliminary district alignment for 2019-20 through 2022-23. Following the January Board meeting, schools were given the option to declare their desire to “play up” in classification. The decisions to “play up” in the new alignment were:

- 1A to 2A – Trimble County
- 3A to 4A – Boyle County, Central
- 4A to 5A – East Jessamine, Highlands, Western
- 5A to 6A – Barren County
- Withdrawal from District for the period – Fulton City

The draft alignment will be submitted to the membership for comment, with final ratification in May, and can be viewed at: <http://khsaa.org/2019-2020-through-2022-2023-draft-football-alignment/>

Following a successful debut at Kroger Field for the 2017 state football finals, the Board approved a request from staff to complete the site award for the championships to be played at Kroger Field for 2020 and 2021.

Having created an additional championship opportunity for females at the January meeting with the creation of a girls' Archery championship, the Board approved a recommendation from staff to finalize the format and structure for this year's region and state championships. For 2018, the team events will consist of school squads of seven to 12 archers, with the team score calculated by adding the best seven scores from the group. Girls' teams will be female only, while schools without enough girls to form a full team can enter their female competitors as part of the boys' team, or enter them in the regionals as individuals. A female may be entered in the region as either an individual or part of a team, but not both, and that declaration is binding for both region and state.

Upon review of its Regional and State Competitive Cheer Championships, staff submitted a proposal to the Board to revise the postseason format in an effort to assist in the prevention of automatic qualifiers at Region/State and to ensure large enough competitions at the region level to help ensure viability. The new format would create eight regional competitions, with regions combined accordingly: 1&2; 3&4; 5&8; 6&7; 9&10; 11&12; 13&14; 15&16 (the combining of regions 5&8 and 6&7 matches representation on the Board of Control).

Regions could alternate host sites or choose to have a permanent site based upon facility abilities and availability. The changes will permit region competitions to be held in current weeks #2 and #3, and removes region competition on current week #1 which has historically been an ACT Test date.

In each division, the winner and runner-up from each of the eight regional competitions would advance to the State Competition (maintaining the current number of qualifiers at state). The Board also approved a recommendation to consolidate the Coed Divisions, primarily due to the lack of participation and the inability to have a full 16-team competition at state for multiple years. The two Coed divisions will be combined moving forward, with one male required and the overall squad limit increased to 30. With the combination of the two Coed divisions, the Game Day competition will be slotted into the second Coed spot, allowing the entire championship to be conducted in one day.

In addition, instead of an open enrollment at the state championship, as was the case in 2017, Game Day will be a division at each region and teams will qualify to compete at state. Schools will continue to be able to enter two squads in the Competitive Cheer Championships (two competitive, two Game Day or one competitive and one Game Day).

In other action Wednesday, the Board:

Approved revisions to the Tennis alignment effective with the 2019 season.

Voted Pete Galloway (KDE Appointed Member; Sedalia) as President-Elect for the 2018-19 academic year.

Authorized the Commissioner to enter into an extension of its trophy and medal contract for a maximum of five additional years with Rihards.com in Smiths Grove, Ky.

-KHSAA-

About the Kentucky High School Athletic Association

The Kentucky High School Athletic Association was organized in 1917 and is the agency designated by the Kentucky Department of Education to manage high school athletics in the Commonwealth. The Association is a voluntary nonprofit 501(c)3 organization made up of 279 member schools both public and private. The KHSAA sanctions 44 state championships in 13 sports and 5 sport-activities, licenses and trains over 4,000 officials, provides catastrophic insurance for its more than 70,000 member school student-athletes, as well as overseeing coaching education and sports safety programs.



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03/19/18 – REMINDER BYLAW 23 CHEER & DANCE TRYOUTS

 Print

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April 2017 Reminder

Full Text of Bylaw 23

Please contact Associate Commissioner Butch Cope at the KHSAA Offices with any questions.

– KHSAA –

The KHSAA staff routinely publishes blog posts to better communicate with its various constituencies and the public. For a list of those blogs, go to <http://khsaa.org/news-stats-pubs/sports-blogs/>

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