

NUS SPORTS SAFETY GUIDELINES – CHEERLEADING

Updated 19 July 2021

1 Purpose

The purpose of this paper is to establish documented safety guidelines for Professional and Recreational NUS Cheerleading activities.

2 Scope

These safety guidelines shall apply to all staff, students and public participating in any NUS Cheerleading activities.

3 Definition

- 3.1 NUS defines Cheerleading as a sport where an individual or group execute choreographed movements which may consist of dance and stunts.
- 3.2 Stunts include jumps, tumbles, toss, somersaults and formation of human pyramids.
- 3.3 **Professional NUS Cheerleading activities** refer to NUS Cheerleading activities undertaken by the NUS Cheerleading Team (ie Alpha Verve), the Kent Ridge Hall Cheerleading Team (ie KR Steppers) and the King Edward VII Hall Cheerleading Team (ie KE7 Titans). All other NUS Cheerleading activities not undertaken by Alpha Verve, KR Steppers or KE7 Titans are considered as **Recreational NUS Cheerleading activities**.

4 Reference

- 4.1 Annex A
NUS Letter of Undertaking (Coach)
- 4.2 Annex B
NUS Letter of Undertaking (Captain)

5 Safety Regulations

- 5.1 All NUS Cheerleading activities must adhere to:
 - 5.1.1 Existing safety rules as set by Cheerleading Association Singapore (CAS) and Cheerleading Federation Singapore (CFS).
 - 5.1.2 NUS Cheerleading Safety Rules detailed in point 5.2.

- 5.2 All NUS Cheerleading activities will adhere to the following NUS Cheerleading Safety Rules. Where CAS, CFS and/or NUS' rules differ, the stricter rule will take precedence.

NUS Cheerleading Safety Rules		Recreational	Professional
1	Appointed & Qualified Coach	<p>All stunts must be supervised by a CAS or CFS certified coach who is officially appointed by respective NUS Faculty, Department or Hall of Residences.</p> <p>The appointed coach must have a valid and current coaching certification from CAS or CFS.</p> <p>Appointed coaches are required to know and adhere to the current safety rules as set by CAS, CFS and NUS.</p> <p>Appointed coaches may not transfer his/her responsibility to another person/coach who is not appointed by the respective NUS Faculty, Department or Hall of Residence. Stunts must not be carried out if the appointed coach is not present to supervise them.</p> <p>Appointed coaches are required to check participants' readiness and conduct trainings with proper learning progression. Appointed coaches must require proficiency before skill progression. Appointed coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.</p> <p>Appointed coaches must not coach any stunt which is beyond what is allowed for under his/her coaching certification level.</p>	
2	Appointed Captain	<p>All teams must have a student captain who is officially appointed by respective NUS Faculty, Department or Hall of Residences. Appointed captains are required to assist the appointed coach in enforcing safety rules stipulated in this document.</p>	
3	NUS Letter of Undertaking (Annex A & B)	<p>All appointed coaches and team captains must sign an NUS Letter of Undertaking acknowledging that they have read, understood and will adhere to and enforce the safety rules stipulated in this document. This NUS Letter of Undertaking shall be submitted to the respective NUS Faculty, Department or Hall of Residences overseeing that Cheerleading Team.</p>	

NUS Cheerleading Safety Rules		Recreational	Professional
4	Environment & Equipment	<p>Appointed coaches must ensure that all stunts are conducted in an appropriate and safe environment. An appropriate and safe environment is one that meets the following requirements:</p> <ol style="list-style-type: none"> 1) Sufficient buffer space where there is no risk of participants colliding with obstacles. 2) All stunts must be conducted on suitable safety mats at all times. 3) Sufficient buffer space where there is no risk of participants landing or falling outside of the safety mats. 	
5	Safety Briefing	<p>Appointed coaches must brief all participants about stunt-specific safety prior to allowing them to execute new stunts or stunts that are new to some of these participants.</p> <p>Appointed coaches and captains must have an emergency response plan in the event of an injury.</p>	
6	Pyramids	<p>All pyramids are limited to 2.5 high and 2 layers. During a transition or mount, a person may pass above 2.5 high while in direct physical contact with brace.</p> <p>The arms and legs are considered to be 0.5 high.</p>	<p>All pyramids are limited to 2.5 high and 3 layers. During a transition or mount, a person may pass above 2.5 high while in direct physical contact with brace.</p> <p>The arms and legs are considered to be 0.5 high.</p>
7	Tosses	<p>The person being tossed is not allowed to execute any twists or somersaults.</p>	<p>The person being tossed is allowed to execute, separately, 3 twisting rotations or 1 flipping rotation. When combined, they are only allowed to execute 2 twisting rotations and 1 flipping rotation.</p>
8	Interpretation of Rules	<p>Any person having questions about the interpretation of these safety rules or are unclear about these safety rules are to seek written clarification from Sports Section, Office of Student Affairs (email: sports@nus.edu.sg) before attempting any NUS Cheerleading activities.</p>	

6 **Developmental History**

Rev	Proposed by	Approved by	Approval Date	Effective Date
1/2012	Lawrenz Sim Head of Sports Office of Student Affairs	AP Tan Teck Koon Dean of Students	22/06/2012	01/07/2012
2/2014	Lawrenz Sim Head of Sports Office of Student Affairs	AP Tan Teck Koon Dean of Students	30/06/2014	30/06/2014
3/2015	Lawrenz Sim Head of Sports Office of Student Affairs	AP Tan Teck Koon Dean of Students	1/07/2015	1/07/2015
4/2021	Mahrunisa Fathiyah Head of Sports Office of Student Affairs	AP Ho Han Kiat Dean-Designate Office of Student Affairs	19/07/2021	1/08/2021

END

CHEERLEADING SPORT SAFETY

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This NUS Letter of Undertaking shall be submitted to the respective NUS Faculty, Department or Hall of Residences overseeing the Cheerleading Team.

CHEERLEADING COACH - LETTER OF UNDERTAKING

I, _____ (Name)

verify that I have read and understood all the rules & regulations stipulated in the ***NUS Sports Safety Guidelines - Cheerleading*** document.

As the appointed coach of the _____ (Name of team)
from _____ (start date) to _____ (end date), I acknowledge that it is my responsibility to conduct and supervise my team's trainings and competitions in accordance to these rules & regulations.

I agree to ensure that my team adhere to these rules & regulations.

Signature

Date

In the presence of:

Signature of the NUS Staff who appointed the coach

Name of NUS Staff who appointed the coach

END

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CHEERLEADING CAPTAIN - LETTER OF UNDERTAKING

I, _____ (Name)

verify that I have read and understood all the rules & regulations stipulated in the ***NUS Sports Safety Guidelines - Cheerleading*** document.

As the appointed captain of the _____ (Name of team)
from _____ (start date) to _____ (end date), I acknowledge that it is my responsibility to conduct and supervise my team's trainings and competitions in accordance to these rules & regulations.

I agree to ensure that my team adhere to these rules & regulations.

Signature

Date

In the presence of:

Signature of the NUS Staff who appointed the captain

Name of NUS Staff who appointed the captain

END