



2022 – 2023 SAFETY RULE REMINDERS

1. **Band-Aids:** If an athlete has a band aid on for a reason other than a piercing, you MUST inform the official. Otherwise, the official will assume the band-aid is covering a piercing and will take a deduction. Officials will not address the athletes at any time. PLEASE ensure your team is in compliance with the NFHS rule. The responsibility is on **YOU** as the coach.
2. **Nails, Unsecured Hair, etc.:**
“**Is your team legally and properly equipped to take the mat according to the NFHS rules as well as Section XI and New York State requirements?**” If you respond yes, it means **YOU** have ensured none of your athletes have any potential physical safety infractions (long nails, unsecured hair, piercings, etc.) If the official notices something, they will notify you as the coach, and until the issue is resolved, that athlete will not be able to take the mat. Nail clipping, securing long hair ponytails with beads, removing piercings, etc. will only delay the competition.
3. **Hair Beads:** One of the rules that was clarified this year was the rule on hair beads. This is on Page 13, section 1, article 5. Robert Zayas’ email in regard to this new rule sent to all coaches through the Section XI Executive Director Tom Combs. You can read the comment on page 15 of the NFHS Rules Book to clarify.
4. **Rule 3 Cheer:** Articles 1-5 are related to cheerleader apparel and accessories. Please review and make sure you have a full understanding of the specifics. Anything you aren’t clear on, please contact the SCOA Safety Committee.

- **Please remember that the 2nd Safety Official or the Warmup Room Official will be approaching the coach with the team in the "on-deck" area or before leaving the Warm-Up Gym to ensure the team is performance-ready.**
- **The first violation of any of the safety rules will be reported to your Athletic Director. If you are found in violation a second time, a red card may be issued as the coach has not ensured their own athletes are violation-free.**