SECTION XI

CHEERLEADING

Brianne Hyer

Cheerleading Coordinator

2025-2026

BHYER@wbschools.org

November 2025

Dear Suffolk County Cheerleading Coach,

Welcome to another season of Section XI Cheerleading. It is my pleasure to serve all of you as your Sports Chairperson and I look forward to working with the Cheerleading Coaches Association.

Enclosed is pertinent information and forms to help you throughout the season. These forms and packet will be on both the www.sectionxi.org and www.suffolkcountycheer.com websites.

It is my job to serve as your liaison to the New York State Public High School Athletic Association and Section XI. Please do not hesitate to email me at bhyer@wbschools.org should you have any questions or concerns.

I wish each and every one of you an enjoyable and successful season.

Sincerely,

Brianne Hyer
Section XI Cheerleading Coordinator

TABLE OF CONTENTS

I. Schedule

II. Competitive Cheerleading Regulations

III. Competitive Cheerleading Class Requirements

IV. Time Limitations

V. Music

VI. Declaration

VII. Hosting

VIII. Officials Attendance Sheet

IX. Scrimmage Guidelines

X. Next Available Date

XI. Medical Waivers

XII. Mixed Competition

XIII. Section XI Guidelines & Recommendations for codes of behavior for coaches, participants, spectators and administrators in interscholastic competition

XIV. Section XI Codes of Ethics for Coaches

XV. Section XI Sportsmanship Guidelines

XVI. Rating Cards

XVII. Scheduling Information

XVIII. State Championship Information

XIX. Past Champions

2025 - 2026 Cheerleading Schedule

Varsity

Saturday, 12/13/25 at Sachem North
Saturday, 12/20/25 at Longwood
Saturday, 1/10/26 at Centereach
NEWSDAY (Hofstra), Sunday 1/11/26
Saturday, 1/17/26 at Kings Park
Saturday, 1/24/26 at Commack
Saturday, 1/31/26 at Pat-Med *(DII Nationals)*
Saturday, 2/7/26 at Smithtown West *(DI Nationals)*
2/14/26 Suffolk County Championship at ESM
2025 NYSPHSAA State Championship 3/7/2026

Junior Varsity

Sunday, 12/7/25 at Mount Sinai
Sunday, 12/14/25 at TBD
Sunday, 12/21/25 at East Islip
Sunday, 1/11/26 at Sachem East
Sunday, 1/18/26 at Comsewogue
Sunday, 1/25/26 at Babylon

Modified

Sunday, 12/14/25 at Walt Whitman
Sunday, 12/21/25 at Hauppauge
Sunday, 1/11/26 at West Islip
Sunday, 1/18/26 at Riverhead

UPDATED 11/3/2025

COMPETITIVE CHEERLEADING

Any Cheerleading squad that stunts or tumbles (see below) will be considered a Competitive Cheer Squad and is subject to all SED and NYSPHSAA rules and regulations. A team that does not stunt or tumble would be considered a traditional squad and not subject to SED and NYSPHSAA rules and regulations.

- **Stunt:** One or more persons supporting one or more top persons off the ground.
- **Tumbling**: Gymnastics skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

NYSED Regulations

Schools with Competitive Cheer Squads are required to follow the following NYSED regulations:

- Mixed Competition (JV and Modified)
- Advanced Athletic Placement
- Coaching Certification: Any outside clinician that works with a team more than 5 days during a season must be coaching certified.

NYSPHSAA/Section XI Guidelines

- Competitive Cheerleading Season is WINTER only as per NYSPHSAA. No competitive teams are permitted to compete in any other season.
- All Competitive Cheerleading coaches must have a current USA Cheer Safety Certification.
- NFHS Spirit Rule Book will be followed.
- All coaches should have a 2025 – 2026 NFHS spirit rulebook.
- Practice Requirements: 6
- Post Season Representation: In order to qualify for post-season, a team or individual must have competed in at least four (4) competitions within New York State under the NYSPHSAA rules and regulations.
- Official fees and DJ cost will be split by all schools.
- Varsity will participate in 6 section scheduled contests. Newsday Cheer Challenge is not mandatory but high recommended. Up to 3 more at your discretion (example: regionals, nationals and 1 invitational; must be all sanctioned by NYSPHSAA)
- Due to the 2026 NSCC being split across 2 weekends you must compete at the Section XI contest on the weekend that you are not competing at the NSCC.
- JV will participate in 6 section scheduled contests.
- Middle school will participate in 4 section scheduled contests.
- Concession, spectator admission and t-shirt sales go to host school during the regular season. There will be no team registration fees.

- If an injury occurs during a routine, the team will have the option of starting over. However, the score up to that point will remain and judges will score from the injury to the end of routine.
- Maximum Number of Contests: The maximum number of competitions will be Varsity-10; JV-6; and Modified-4.
- Admission is not to exceed $5 dollars per person during the regular season.
- NYSPHSAA scoring will be used during all Section XI scheduled contests and the Suffolk County Championship. **(NEW Scoresheets)**
- The New York State Scoresheets will be used for the NYS State Championship. (3/2026)
- Schools will submit a request to host a competition. Host schools will then be selected by Section XI.
- Schools with proper equipment (9 panels & proper Velcro strips) will only be selected; **No wrestling mats.**
- Warm-ups: **Varsity, JV & MS:** 10 minutes on 9 panels. Coach decides what to do in warmup. No Safety Judge present
- Once a team submits the Declaration Form, due Thursday, 11/20/2025 by 2:00 P.M., **there will be no changes permitted.**
- The County Championship will be the order they finished during the year.
- Your average score will be tallied from 6 Section XI scheduled contests. A forfeit will result in 0 points per forfeit.
- If a team cannot attend a Section XI scheduled contest (only because superintendent does not let bus out, weather, etc.) they will not be charged with a forfeit and their average score will be based on the contests attended. Circumstances beyond the control of the athletic department, example; senior trip, will be taken into consideration and reviewed by the sports chair and executive director for an excusable exemption from a competition.

Hosting

Recognizing the massive commitment and preparation in hosting a cheerleading competition, the next available date for a Varsity competition will be on Sunday (the day after the scheduled event). For participating schools that are not permitted to attend due to weather related conditions, they will not be penalized in the season long scoring procedure. (Please see page 12 with additional details)

Regulations

- Number of Night's Rest: Minimum 1 night's rest between competitions.
- Competitions are limited to 1 per day.
- Competition Standards: Duration of competition is 2 minutes and 30 seconds, including cheer and dance.

NEW Guideline (7/2025)

- In the sport of Cheerleading, Game Day competition rules and regulations were approved and will be added to the NYSPHSAA Handbook.
- Additionally, the committee approved a ban on choreography development prior to the first day of practice of that competition season.

Competitive Divisions

- **Varsity:** 5 Classes; A, B, C, D & COED. A - D are based upon school enrollment. No enrollment used for the Coed division.
- **JV**: Two Classes; A and B/C combined
- **Middle School**: Two Classes; A and B/C combined

Post-Season Qualifying

Section XI Championship – February 14, 2026

- In order to qualify for Post-season **a team or individual** must have competed in AT LEAST four Section XI competitions under the NYSPHSAA rules and regulations.
- Qualification for Section XI Championship will be based on scores achieved during the competitive season using the NYSPHSAA scoring sheets.
- Your average score will be tallied from the 6 Section XI scheduled contests. A forfeit will result in 0 points per forfeit.
- The top 50% of the schools based on the scores will qualify for the Section XI Championship with the exception of a 1 point marginal difference in the break.
- Awards: The winner and runner-up in each division at the Section XI Championship will receive a plaque. Medals will be presented to the participants on the championship team for each division.

NYSPHSAA Championship – March 7, 2026

- The winner of each division will qualify for the NYSPHSAA Championship.
- In the event of a tie in the Section XI Championship, both teams will advance.
- Visions Federal Credit Union Veterans Memorial Arena, Binghamton
- https://nysphsaa.org/tournaments/?id=7

NYSPHSAA Competitive Cheerleading Classification Requirements

Class Definitions

- Class A: > 1025
- Class B: 555 – 1024
- Class C: 250 – 554
- Class D: < 249
- COED: No enrollment

Team Size Requirements

Class A & B:

- Utilize 3 stunt groups (min), at some point in the routine, and a maximum number of 24 athletes on the mat

Class C & D:

- Utilize 2 stunts groups (min), at some point in the routine and a maximum number of 20 athletes on the mat

COED: Utilize 2 stunts groups (min), at some point in the routine and a maximum number of 24 athletes on the mat

- These stunt groups are based on double based groups containing 4 athletes in each group.
- The requirement means that at some point in the routine, the minimum number of groups required must perform stunts or pyramid skills at the same time but are NOT required to perform the same exact skill.

Class Size Violation

Teams that do not meet their class size with either the minimum stunt groups or exceed the maximum number of participants will receive a 3 point Choreographed Violation for Varsity.
A 1 point violation for JV and Modified. See example:

Violations

Performance Errors (2.0) *Non-Choreographed NFHS violations (PE) – cited per occurrence*

Apparel, Jewelry, and Prop Violations (0.5) *NFHS violations involving apparel, jewelry, or props – Cited per occurrence (AV, JV, PV)*

Choreographed Violations (3.0) *Violations that were intended to be performed in the routine – Cited once per rule (CV)*

Rule Citation	Category	# Of Violations	Deduction Value	Violations Total
Class Size violation	CV	1	3.0	

TIME LIMITATIONS

- **Each performance routine must include at least one cheer or sideline chant.**
- **Cheer or chant must be a minimum of 30 seconds.**
    - **Cheer Minimum (-5.0) deduction**
- **The music portion must not exceed 2 minutes.**
- **Total time limit is two minutes and thirty seconds.**
- **Timing will begin with the first movement, voice, or note of music, whichever comes first.**
- **If a team exceeds the time limit, a penalty will be assessed for each violation.**
    - **1 point deduction for 1-5 seconds over.**
    - **2 points deduction for 6 seconds or more.**
- **Acknowledging the potential variance caused by human reaction speed and sound system time variations; judges will not issue a deduction until their stopwatches show a time of 3 seconds over the allotted time.**
- **It is recommended that all teams time their performance prior to competition.**

INTRODUCTIONS

- **All introductions (tumbling, entrances, chants, spell outs, etc.) are considered part of the routine and will be timed as part of the performance.**
- **All team breaks, rituals and traditions need to take place prior to entering the mat.**
- **Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.**
- **All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE point deduction.**
- **There should not be any organized exits or other activities after the official ending of the routine.**

Please note: UCA has different Time Guidelines

AUTHORIZED MUSIC

USA Cheer has an educational initiative to provide music producers, coaches, professional members, athletes, and spirit leaders with the information needed to help all groups understand U.S. copyright laws regarding music usage as part of performances, routines, competitions, school events, camps, etc. These laws were designed to protect artists, promote creativity, and ensure that artists are compensated for their creations. This initiative were developed out of respect for all artists and to protect our members and all those involved in routines, competitions and performances of any kind in which music is used. In addition, USA Cheer is providing a directory of music providers who have signed an agreement to follow copyright law. If you have further questions or wish for your music company to be included in the directory, please email info@usacheer.org For the most up to date music information, visit https://www.usacheer.org/music

Music Copyright Education and Resources

https://www.usacheer.org/music-copyright-education-and-resources

https://www.clicknclear.com/education

https://nfhs.org/articles/cheerleading-and-dance-squad-music-copyright-law-issues/

https://www.usacheer.org/music-faq

Music Provider Directory

https://www.usacheer.org/music-provider-directory

- Please read and understand the USA Cheer Music Copyrights Educational Initiative.
- All sound recordings used in a team's music shall only be used with written license from the owners(s) of the sound recordings.
- Please check Music Provider list for updates and changes periodically.
- Teams must be able to provide proof of licensing, in the form of a printed copy, if deemed necessary.
- Proof of Licensing is REQUIRED for the NYS Championship.

Section XI Cheerleading
2025 - 2026 Request for Placement

MANDATORY

Please fill in the following form and return it no later than 2:00 p.m. on Thursday, November 20th to bhyer@wbschools.org

Please contact Brianne Hyer with any questions. 516-313-2279

School (Not District) Name: _____

Athletic Director: _____

Coach's Name: _____

Coach's Email: _____

Please Circle: **VARSITY: YES or COED (5-32) or NO Varsity**

Please Circle: **JUNIOR VARSITY: YES or NO**

Please Circle: **Will you have a Middle School team: YES or NO**

If YES: Name:_____

****2nd M.S. Team (if applicable): Name: _____**

*****ALL 3 LEVELS MUST BE COMPLETED ON THIS FORM*****

VARSITY

- Five Classes: A, B, C, D and COED
- Classes based upon School Enrollment
- COED will not be based upon school enrollment.
- 5 County Champions will represent Section XI at the 2026 NYSPHSAA Championship.

CLASS A & B Requirements

Minimum 12 athletes & 3 stunt groups
Maximum 24 athletes & 6 stunt groups

Class C & D Requirements

Minimum 8 athletes & 2 stunt groups
Maximum 20 athletes & 5 stunt groups

COED

Minimum 8 athletes & 2 stunt groups
Maximum 24 athletes & 6 stunt groups

If you fall below the Class required numbers or stunts groups, you still must compete but will receive the format violation deduction, thus fulfilling your requirement to attend all scheduled contests.

Athletic Director Signature:_____

2025-2026 Competitive IMPORTANT HOSTING INFORMATION

New for 2025 – Electronic Scoring

- Host school is REQUIRED to provide the following:
  - Wi-Fi
  - A backup Hot spot
  - Power Strips
  - Printed out Score Sheets in case of a disturbance
  - Printed out tally sheet in case of a disturbance

Electronic Scoring

- The "Head Judge" at the competition will enter the teams' names and Division.
- At the conclusion of the competition, the head judge will email the host school coach with the "View Only" version. Please make sure to provide that judge with the email you want it sent to at some point in the evening.
- It is the responsibility of the host school coach to then email the participating schools, Brianne, SCCCA and Section XI the results.

Administration Presence: Please make sure you have an administrator present and available at all times in the event a situation occurs.

Gym Lay-out - NEW for 2025

- Flip the Gym.
- Spectators on the side
- VIP Area for fans of performing team
- Officials on one end of gym, the 9 panels on the other side as far back as possible
- DJ location will be determined by the host school and the best placement for their gym.

Session Times:

It is the responsibility of the Host school to make sure the Officials are in the gym 5 minutes before the first team is set to perform. If the Session starts at 9:00 AM, please ask the officials to be in the gym by 8:55 AM. Please give them a 10-minute heads up before the start. National Anthem should be 10 minutes before the start of the competition. The 1st team should compete at start time.

Officials Table

- Must have power in case the electronic device needs to be plugged in. (Ext. cords, power strips, etc.)

Warm-ups:

- A coach and or qualified adult MUST be supervising the warm up Gym.
- Only athletes of the team warming up are allowed in the Warm-up Gym.
- No warmup Official
- It is the responsibility of the Host school to make sure the on-deck team is waiting outside the warm-up gym 10 minutes before their warm-up time.
- Host school must provide sound system with the Aux or Bluetooth connection for warmups.
- 8 minutes on 9 practice cheer mats; with the appropriate Velcro (ONLY); NO wrestling mats.

Admission

- $5 dollars per person during regular season scheduled contests.

Sales

- Concession, spectator admission, vendors and t-shirt sales go to host school during regular season.

It is your responsibility as the Host to run your competition. Please make sure that warmups and the main gym are running on time. If there is a delay in the main gym, it is your responsibility to pause the warmup gym accordingly.
If there is any issue throughout the day, it is the responsibility of the host school and AD to take care of the issue. Do not contact the Section XI coordinator.

MISC.

- Have a secure location for the Officials.
- NYSPHSAA Sportsmanship must be read
- After contest, host school MUST send Google Sheet Results Link (NOT Detailed Results Tab) and Officials Attendance to lmcmanus@sectionxi.org steph.walsh604@gmail.com & bhyer@wbschools.org

SUFFOLK COUNTY CHEERLEADING

OFFICIALS ATTENDANCE SHEET

Host School:_____

Date: _____

Print Name	Signature	Date	Sign-in time	Sign-out time

After contest, host school sends this attendance sheet to:

Section XI: Lisa McManus lmcmanus@sectionxi.org

Section XI Coordinator: Brianne Hyer bhyer@wbschools.org

SCRIMMAGE GUIDELINES

Cheerleading Scrimmage: A cheerleading scrimmage must alter format so it does not follow the regular 2 ½ minute routine in its entirety. Suggested formats include but are not limited to:

- Break out cheer, pyramid, stunting and tumbling.
- Competition rules must be altered.
- A scrimmage is a practice that is a SIMULATED CONTEST.
- In scrimmages: squads can use the same mat simultaneously with coaches making corrections and giving instructions.
- No uniforms.
- No admission is charged.
- No official score is kept or a score given therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or not-league standing.
- The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

Payment for Cheerleading Scrimmages:

- Schools are billed for a minimum of 2 hours ($51.00 per hour) for a total of $102.
- If scrimmages are longer than 2 hours or if the officials are asked to stay longer, they will be paid a per hour rate.
- Ex: if they work 2 hours and 15 minutes they will get 3 hours of pay. It is recommended that the schools speak with the coaches and work out time slots for scrimmages to the hour.

NEXT AVAILABLE DATE

In all sports, a postponed VARSITY contest must be played on the next available date.

PENALTY: Failure of a school to comply with the next available date policy will result in forfeiture. Any and all opposing schools that will not comply, will be assessed a loss.

FOR CONTESTS IN SECTION-WIDE SPORTS:

A date which is vacated and/or identified for the purpose of accommodating a school's prom or an entire grade level trip **prior to the deadline for schedule changes** will not be considered a next available playing date.
No Teams are exempt from this policy during a school recess.

NOTE: Schools may not mutually agree to be less restrictive on the implementation of this policy.

EXTRAORDINARY CIRCUMSTANCES:

I.E. hurricanes, snowstorms, power outages, etc. may preclude the team from practicing four or more consecutive days, the Executive Director may waive the next available date rule to allow for one day of practice.

CONTEST SITES:

The Executive Director, in consultation with the Sports Cahir, is allowed to direct schools to switch sites and/or find neutral sites in league or division varsity games during the last week of the regular season.

CHEERLEADING SPECIFIC EXCEPTIONS:

Recognizing the massive commitment and preparation in hosting a cheerleading competition, the next available date for a Varsity competition will be on Sunday (the day after the scheduled event). If a team cannot attend a Section scheduled contest (only because the Superintendent does not let the bus out, i.e weather, they will not be charged with a forfeit and their average score will be based on the contests attended.

MEDICAL WAIVERS FOR NYSPHSAA REGULATION

Waivers of the minimum number of required participations may be granted for medical reasons only. To request such a waiver, the athletic director must submit:

a) Written request for such to the Executive Director;
b) Medical documentation of the illness/injury indication record of the athlete's participation. specific dates,
c) A record of the athlete's participation.

The athletic director will be notified of the approval/disapproval.

MIXED COMPETITION

The purpose of Mixed Competition for cheerleading is to determine on an individual basis, whether or not participation by a particular male student on a cheer team organized for females in a district would "have significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport." **Middle School & JV**

Procedure

1. The superintendent must request, in writing, consideration to allow a male to participate on a team organized for females in his/her district.
2. The student's school Principal and the Athletic Director of the district must also sign the letter, indicating that they are aware of the request.
3. The letter shall be forwarded along with this document to the Executive Director and be received by the first day of winter practice.
4. A Mixed Competition Committee will convene to consider your request submitted for the Varsity, Junior Varsity & Middle School, Winter and Early Winter season.
5. A copy of the report of the district of the review panel including the Individual Athletic profile for Mixed Competition Form, the date of the last NYS fitness test, etc. must be on file with the Athletic Director.
6. The decision applies only to the season for which the application was made. Subsequent seasons will require another review. Therefore, all students that have been previously approved to participate in a mixed competition situation must be re-approved each season.

DATE:_____ NAME of STUDENT:_____

SCHOOL:_____

GRADE:_____ AGE:_____ DOB: **(/ /)**

Previously classified: (Please circle) YES or NO

(If yes) What level & when?_____

- Will participation by a particular male student on a cheer team, organized for females in a district "have a significant effect upon the opportunity of females to participate successfully in interschool competition in that sport" (Please circle) YES or NO

Athletic Director:_____ Athletic Director Signature: _____

Executive Director Signature: _____ (Please circle) Approved or Not Approved

GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS, SPECTATORS AND ADMINISTRATORS IN INTERSCHOLASTIC COMPETITION

I. INTRODUCTION

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct and fair play under all circumstances. The values to be derived from playing the game fairly should be stressed, and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility and to respect the integrity and the judgment of the sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. Most of all, it is the duty of all concerned with high school athletics to remember that an athletic contest is only a game and should be kept in that perspective.

II. THE COACH is expected to:

1. Set a positive example both on and off the playing area.
2. Be aware that you are representing a school district, a school, and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. Not use crude or abusive language with players, opponents, officials, or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question
11. Handle dissatisfaction with officiating quietly and efficiently through the use of the rating cards supplied by Section XI.
12. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
13. Refrain from shouting disapproval of calls made by officials.
14. Avoid behavior that will incite players, opponents, or spectators.

15. Encourage good sportsmanship, and remove players from competition who demonstrate unacceptable behavior.
16. The athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.

III. THE ATHLETE is expected to:

1. Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.
2. Conduct themselves as ladies and gentlemen at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotions can be self-defeating.
4. Not use crude or abusive language or gestures in dealing with opponents, officials or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
7. Be well-groomed, both on and off the field, as a representative of the school. Improper behavior while in uniform reflects badly upon yourself, your school, and your community.
8. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
9. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
10. Remember that participation in athletics is a privilege that should not be abused.
11. Refrain from shouting disapproval of calls made by officials. Shouting disapproval of calls made by officials may result in misconduct.

IV. THE SPECTATORS are expected to:

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches, and players and extend all courtesies to them.
3. Taunting, foul and abuse language, noisemakers, inflammatory remarks and disrespectful signs and behavior are not acceptable. Violations during a free throw attempt will be penalized by repeating the free throw, if missed. The officials will make this decision. (Rev. 3/7/12)
4. Obey the regulations of the site authorities. Those who do not conform should be brought to the attention of the supervisors.
5. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.
6. Refrain from shouting disapproval of calls make by officials.

V. THE ADMINISTRATORS

1. The Athletic Director is responsible for the conduct of coaches, players, spectators, and other employees of the school.
2. The Athletic Director assumes responsibility for informing these groups of the code of behavior expected during participation in Section XI athletic events.
3. General Recommendations for Home Contests:

a) The visiting school should be provided with information on directions to the school, game times, physical layout including parking area, locker facilities, and specific school regulations affecting visiting teams.
b) The home school is responsible for excluding from athletic events spectators whose past behavior indicates an unacceptable risk for trouble.
c) Adequate supervision must be provided in the gymnasium area as well as in hallways, bathrooms, and outside area where spectators may congregate.
d) Separate seating areas should be designated for visiting team spectators whenever possible.
e) Request the cooperation of the Suffolk County Police Department and/or Auxiliary Police units whenever the anticipated crowd size or previous relationship between schools indicate the potential for trouble.
f) Confer with coaches, cheering advisors, supervisors, and custodial help on your expectations for their behavior and on ways to handle difficult situations.
g) The Athletic Director should meet with game officials to identify him/herself, to offer any assistance, and to emphasize the importance of keeping the game under control.
h) The supervisor in charge should immediately report to police any information regarding any possession of weapons, drugs, or alcohol. Anyone under the influence of drugs and/or alcohol should be removed from the game and reported to the administration.
i) Supervisors should remain on duty until all spectators and visiting teams have left the premises, including parking lots.
j) Problems with students, coaches, and spectators should be communicated to the other Athletic Director, to the Principals, and, when appropriate, to the Section XI Executive Director.

4. Requirement for Schools/Teams Participating in Playoffs at Neutral Sites: It is required that any school/team participating in a Section XI playoff activity at a neutral site provide adequate supervision for that activity. The supervisor(s) must be easily identifiable and maintain an active presence throughout the activity. Refer to the Section XI Neutral Site Policy.

5. General Recommendations for Visiting Teams:
a) Visiting teams must be properly supervised at all times at the host school.
b) At spectator events, if possible, the visiting school should provide a supervisor for its spectators.
c) When a Varsity/JV doubleheader is held, the team not playing should be supervised in the stands.
d) Clarify with the host Athletic Director the best area for parking and access into locker facilities. Also, arrange for exiting after the event with at least one home school supervisor in the area to supervise.
e) Report in writing to the host Athletic Director any incident involving players, spectators, supervisors, etc., that deserves follow-up by the home school.
f) Refrain from shouting disapproval of calls made by officials.

VI. RECOMMENDATIONS FOR THE VISITING SCHOOL:

1. Athletic Director
a) Contact the Athletic Director of the home school and request the following if needed:
- Directions and best route to school.
- Location of parking area and recommended area for bus parking.
- Will there be a charge for spectators?

- Is there a specific seating area for spectators?

b) Inform the Athletic Director of the home school of the following:
   - If there will be a cheerleader and/or spectator bus in addition to the athletes' bus.
   - If the additional buses will be accompanied by one or more supervisors.
   - What type of identification your supervisors will be equipped with.

c) Inform the coach of the team of the particulars in a and b above.

d) Inform supervisors of the above information, and ask them to inform persons on the bus for whom they are responsible, of the pertinent information.

e) Inform the student body of any necessary details by public address system and/or bulletin.

2. Coach

a) Consult the Athletic Director for the above information.

b) The head coach of each sport should disseminate the information above for each school to his or her junior varsity and modified team coaches.

c) Follow the recommendations for Code of Behavior for Coaches in Section XI.

d) Require team members to follow Section XI Guidelines for Good Sportsmanship.

3. Supervisors

a) Should be persons who are familiar with the visiting school's student body.

b) Should be well informed of what their responsibilities are and be capable of enforcing regulations and encouraging proper behavior.

SECTION XI CODE OF ETHICS OF COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.
2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.
3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.
4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)
5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.
6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.
7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.
8. Do not attempt to seek an advantage through intimidation of opponents or officials.
9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).
10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.
2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.
3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.
4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.

SECTION XI SPORTSMANSHIP GUIDELINES

In all sports, players and coaches will be expected to demonstrate good sportsmanship.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.

2025 -2026 Competitive Cheer Rating Card

Please see below the rating card details.

Coaches, please be aware that there are 2 people working per score sheet, and therefore work as partners to arrive at that score. This should mean that when rating certain categories, the points given would be the same for each official.

Category A (1-5)

1. Officials, in partnership, worked to demonstrate knowledge of assigned score sheets.
2. Officials, in partnership, accurately applied NFHS Rules, NYSPHSAA Scoring Paradigms and/or Section XI deductions.
3. Official conducted oneself in a professional manner.
4. Officials, in partnership, assigned scores that aligned with the team's ranking.

Category B (0-1)

5. Official was onsite and prepared to officiate at time of performance.
6. Officials, in partnership, judged the team within a suitable time frame.
7. Official's attire was appropriate and professional.
8. Official worked in a cooperative manner with their partner while scoring.
9. Official worked in a manner that aligned with professional duties.

Sportsmanship

Rate all opponents:

1. Athletes – Category A (1-5)
2. Coach(es) – Category A (1-5
3. Spectators – Category A (1-5)

A rating less than 3 in Category A or a 0 in Category B must include a comment.

The rating card that competitive cheerleading use is the same one that other sports use except it has its own criteria. This corresponds with the same numbering system that other sports use.

2025 - 2026 SCHEDULING INFORMATION

HIGH SCHOOL SCHEDULING INFORMATION

SPORT	MAX # CONTESTS ALLOWED	# PRACTICES PRIOR TO 1st SCRIMMAGE/CONTEST	FIRST PRACTICE DATE	FIRST SCRIM/ CONTEST DATE	NYS CHAMP DATE
Cheerleading	6 JV 10 VAR	6	11/17	11/24	3/7/26

MODIFIED SCHEDULING INFORMATION

Sport	Max # Contests Allowed	# Practices Prior to 1st Scrim/Contest	1st Practice Date	1st Possible Date Scrim/Contests Allowed	Earliest Date Contests Will Be Scheduled	Last Date
Cheerleading	4	6	11/10+	11/13	1/19	1/23/26

+All early winter sports may conduct tryouts a maximum of 3 days during the week of Nov. 3 – Nov 7, 2025 These do not count toward the required minimum number of practices.

March 7th, 2026

2026 Championships Visions Veterans Memorial Arena, Binghamton	
Saturday, March 7	
8:00 AM	Doors Open
9:00 AM	Class B & Co-Ed Competition
12:00 PM	Class B & Co-Ed Finals Awards Presentation to Follow
2:00 PM	Class A, Class C, Class D Competition
6:00 PM	Class A, Class C, Class D Finals Awards Presentation to Follow

The NFHS Network is the official streaming partner of the NYSPHSAA Championships and exclusive rights holder for all NYSPHSAA Sub-regionals, Regionals, Semifinals, and Finals.

Broadcasting or streaming a NYSPHSAA event, including through social media, is a violation of the media rights agreement and is strictly prohibited. Failure to comply with this policy is grounds for removal from the event.

PAST CHAMPIONS

2016

1st EVER Suffolk County Championship

Div. 1 Small: Rocky Point

Div. 1 Large: Sachem East

Div. 2 Small: Babylon

Div. 2 Large: Mount Sinai

New York State Championship

Co-Ed: Mount Sinai - 1st place - CHAMPIONS

Div. 1 Small: Rocky Point 4th place

Div. 1 Large: Sachem East 2nd place

Div. 2 Small: Babylon 8th place

2017

Suffolk County Championship

Div. 1 Small: Rocky Point

Div. 1 Large: West Babylon

Div. 2 Small: Babylon

Div. 2 Large: Mount Sinai

New York State Championship

Div. 1 Large: West Babylon 3rd place

Div. 2 Large: Mount Sinai 5th place

2018

Suffolk County Championship

Div. 1 Small: Longwood

Div. 1 Medium: Rocky Point

Div. 1 Large: Sachem North

Div. 2 Small: Babylon

Div. 2 Medium: Miller Place

Div. 2 Large: Mount Sinai

New York State Championships

SECTION XI DID NOT ATTEND!

2019

Suffolk County Championship

Div. 1 Small: Smithtown East

Div. 1 Medium: West Islip

Div. 1 Large: Sachem North

Div. 2 Small: Hauppauge

Div. 2 Medium: Rocky Point

Div. 2 Large: Mount Sinai

New York State Championship

Div. 2 Large: Mount Sinai - 1st place - CHAMPIONS

Div. 1 Large: Sachem North 1st place

Div. 1 Small: Rocky Point - 1st place - CHAMPIONS

2020

Suffolk County Championship

Div. 1 Small: Hauppauge

Div. 1 Large: West Babylon

Div. 2 Small: Babylon

Div. 2 Large: Mount Sinai

Coed: Central Islip

New York State Championship

Div. 2 Large: Mount Sinai 1st place - CHAMPIONS

Div. 1 Small: Hauppauge 1st place - CHAMPIONS

Div. 1 Large: West Babylon 2nd place

2021

No County or State Championship (COVID)

2022

Suffolk County Championship

Div. 1 Small: Sachem North

Div. 1 Large: Sachem East

Div. 2 Small: Mount Sinai

Div. 2 Large: Shoreham-Wading River

Coed: West Babylon

New York State Championship

Div. 1 Small: Sachem North - 1st Place - CHAMPIONS

Div. 2 Small: Mount Sinai - 1st Place - CHAMPIONS

Coed: West Babylon - 2nd Place

2023

Suffolk County Championship

Div. 1 Small: East Islip

Div. 1 Large: Smithtown West

Div. 2 Small: Mount Sinai & Rocky Point (TIE)

Div. 2 Large: Shoreham Wading River

Coed: William Floyd

New York State Championship

Div. 1 Small: East Islip – 2nd Place

Div. 1 Large: Smithtown West – 3rd Place

Div. 2 Small: Mount Sinai – 1st Place - CHAMPIONS

Div. 2 Small: Rocky Point – 3rd Place

Div. 2 Large: Shoreham Wading River – 2nd Place

2024

Suffolk County Championship

Class A: Sachem East

Class B: West Babylon

Class C: Mount Sinai

Coed: Ward Melville

New York State Championship

Class A: Sachem East – 1st Place - CHAMPIONS

Class B: West Babylon – 5th Place

Class C: Mount Sinai – 1st Place - CHAMPIONS

Coed: Ward Melville – 1st Place - CHAMPIONS

2025

Suffolk County Championship

Class A: Sachem East

Class B: Rocky Point

Class C: Shoreham Wading River

Class D: Port Jefferson

Coed: Ward Melville

New York State Championship

Class A: Sachem East – 1st Place - CHAMPIONS

Class B: Rocky Point – 1st Place - CHAMPIONS

Class C: Shoreham Wading River – 1st Place – CHAMPIONS

Class D: Port Jefferson – 5th Place

Coed: Ward Melville – 1st Place – CHAMPIONS