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 established NUS Cheerleading teams. There are currently only three such established teams recognised by NUS; namely the NUS Varsity 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 shall be considered as Recreational NUS Cheerleading activities.

3.4 Recreational NUS Cheerleading activities refers to NUS Cheerleading activities undertaken by adhoc Cheerleading teams. These are temporary teams usually put together for a once-off performance.

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 Federation Cheerleading Singapore (FCS).
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, FCS and/or NUS’ rules differ, NUS Cheerleading Safety Rules will take precedence.

<table>
<thead>
<tr>
<th>NUS Cheerleading Safety Rules</th>
<th>Recreational</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Qualified Coach</td>
<td>All stunts must be supervised by an CAS or FCS certified coach who is officially appointed by respective NUS Faculty, Department or Hall of Residences. Coaches are required to know and adhere to the current safety rules as set by CAS, FCS and NUS. Coaches are required to check participants’ readiness and conduct trainings with proper learning progression. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement. Coaches must enforce the safety rules stipulated in this document.</td>
<td></td>
</tr>
<tr>
<td>2 Appointed Captain</td>
<td>All teams must have a student captain who is officially appointed by respective NUS Faculty, Department or Hall of Residences. Captains are required to assist the coach in enforcing safety rules stipulated in this document.</td>
<td></td>
</tr>
<tr>
<td>3 NUS Letter of Undertaking (Annex A &amp; B)</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>4 Environment &amp; Equipment</td>
<td>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: 1) Sufficient buffer space where there is no risk of participants colliding with obstacles. 2) All stunts must be conducted on suitable safety mats. 3) Sufficient buffer space where there is no risk of participants landing or falling outside of the safety mats.</td>
<td></td>
</tr>
<tr>
<td>5 Safety Briefing</td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
### NUS Cheerleading Safety Rules

<table>
<thead>
<tr>
<th></th>
<th>Recreational</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td><strong>Pyramids</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>The arms and legs are considered to be 0.5 high.</td>
<td>The arms and legs are considered to be 0.5 high.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7</th>
<th><strong>Tosses</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The person being tossed is not allowed to execute any twists or somersaults.</td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8</th>
<th><strong>Interpretation of Rules</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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: <a href="mailto:sports@nus.edu.sg">sports@nus.edu.sg</a>) before attempting any NUS Cheerleading activities.</td>
<td></td>
</tr>
</tbody>
</table>

### Developmental History

<table>
<thead>
<tr>
<th>Rev</th>
<th>Proposed by</th>
<th>Approved by</th>
<th>Approval Date</th>
<th>Effective Date</th>
</tr>
</thead>
</table>
| 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 |

END
CHEERLEADING COACH - LETTER OF UNDERTAKING

I, _____________________________________________________ (Name) of NRIC / FIN No. ________________________ verify that I have read and understood all the rules & regulations as stipulated in the NUS Policy – Cheerleading Sport Safety document including its appendixes.

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 & NRIC / FIN No. of NUS Staff who appointed the coach

END
CHEERLEADING CAPTAIN - LETTER OF UNDERTAKING

I, _____________________________________________________ (Name) of NRIC / FIN No. ________________________ verify that I have read and understood all the rules & regulations as stipulated in the NUS Policy – Cheerleading Sport Safety document including its appendixes.

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 & NRIC / FIN No. of NUS Staff who appointed the captain

END