

EAST CAROLINA UNIVERSITY  
FACULTY SENATE

The fourth regular meeting of the Faculty Senate for the academic year 1985/86 will be held on Monday, December 9, 1985, at 2:10 p.m. in Mendenhall Student Center, Room 244.

A G E N D A

- I. Call to Order
- II. Approval of Minutes of November 19, 1985
- III. Special Order of the Day
  - A. Announcements
  - B. Mr. Ralph Kinsey, Chair  
ECU, Board of Trustees
  - C. Faculty Assembly Report, Emily Boyce
- IV. Unfinished Business
  - A. Ad Hoc Criteria for Chancellor Selection Committee  
Report, James LeRoy Smith
- V. Report of Committees:
  - A. Curriculum Committee
    1. Minutes of Nov. 14, 1985 which include:
      - a. Revise BS DRED major and minor
      - b. Revise BS SCIE
      - c. Revise BS (Prof) INDT and INDT (B) minor
      - d. Revise Bachelor of Music
      - e. Revise BA Geography
      - f. Revise BS ELEM
      - g. Revise these Art degrees: BFA, BA, BFA Art Ed., minor
      - h. Revise Asian Studies minor
    2. Minutes of November 21, 1985 which include:
      - a. Revise European Studies minor
      - b. Revise BS in Health & PE
      - c. Revise BS in Urban & Rural Planning
      - d. Revise BSBE major and minor
      - e. Revise BS Theatre Arts
      - f. Revise BA English

- g. Revise BA Philosophy and minors
- h. Revise BS Home Ec: Housing major; Clothing & Textiles major (both Merchandising and Clothing & Textiles options)

B. Calendar Committee

- 1. Tentative dates for early registration for Fall 1986, Spring 1987, Fall 1987, and Spring 1988 will be recommended by the Calendar Committee.

C. Libraries Committee

1. Resolution:

Whereas academic library facilities are a primary focus and means of scholarly activities at all levels in a comprehensive University, and

whereas East Carolina University is the third largest of the University of North Carolina constituent universities and undergoing robust continued growth, with commensurately large and increasing academic library collections and activities, and

whereas East Carolina University's academic library square footage per f.t.e. student enrollment ranks fifteenth of the sixteen University of North Carolina system campuses, and

whereas the resulting drastic shortage of space places harsh restraints on the availability of library time and space for students and faculty and correspondingly hampers their academic and professional growth,

Therefore, be it resolved that:

the University Libraries Committee of East Carolina University urges the Faculty Senate and Administration of East Carolina University to give major expansion of Joyner Library the highest priority for capital expansion of academic facilities on this campus.

D. Educational Policies and Planning

- 1. Universal Recommendations & Guidelines for Cheerleading Safety
- 2. Add to Appendix B on item 12 to read: "Never

perform while under the influence of intoxicating or impairing substances.

3. Resolution to the Chancellor:

The Director of Athletics should be instructed to distribute the Universal Recommendations & Guidelines for Cheerleading Safety to visiting team cheerleaders with a request that they limit their activities to the Guidelines while performing at ECU.

VI. New Business

# UNIVERSAL RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable sponsor or coach.
2. Sponsors/coaches must recognize a squad's particular ability level and must limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
3. Tryout requirements should include minimum skills necessary to hold a place on the cheerleading squad.
4. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids). Training should be detailed in a step by step progression with emphasis on proper techniques and spotting.
5. All cheerleading squads should adopt a comprehensive conditioning program with special emphasis on problem areas indigenous to their activity (i.e., leg flexibility, upper arm strength, ankle and wrist strength, etc.).
6. Practice sessions should be supervised and held in a location suitable for the activities of cheerleaders (i.e., tumbling mats, away from excessive noise and distractions, etc.).
7. Practices should be conducted in an atmosphere conducive to maximum concentration. Talking should be kept to a minimum.
8. A structured stretching exercise and short review of basic cheerleading gymnastics (jumps, partner stunts, pyramids, tumbling) should precede all practice sessions and pregame activities.
9. Cheerleaders should take into consideration effects of environmental factors and proper attire when planning their activities including:
  - a. Proper uniform and footwear: Shoes should have adequate support and not cause abrasions when performing partner stunts and pyramids. Shirts with large pockets and low cut V-necks are hazardous when dismounting from pyramids.
  - b. Type of surface where squads will be cheering: Tumbling, partner stunts, and pyramids should be limited on concrete or undesirable floor surfaces.
  - c. Alternative plans for rain and intense cold or heat: Tumbling should be omitted and partner stunts and pyramids should be limited to two high on wet surfaces.
10. Any pyramid or partner stunt higher than a shoulder stand **must have a spotter in proper position at all times.**
11. No pyramid should exceed the three high level. (Several conferences have adopted a two and one-half high level.)
12. Visual and verbal communications should be established prior to attempting any partner stunt or pyramid.
13. All dismounts should be preceded by a verbal signal and a visual confirmation.
14. No pyramids over two persons high should be performed on a basketball court without the use of tumbling mats.
15. Any person dismounting from a stunt higher than a shoulder stand should be assisted when landing.
16. Flips off the shoulders or backs of other cheerleaders should not be attempted without the use of two spotters. Toe pitches and flips off shoulders or backs should not be attempted unless the person flipping can perform an unaided flip on the ground.
17. Adequate mats should always be in place for landings off of the mini-tramp.
18. At least one spotter should be in proper position to assist with landings off of the mini-tramp.
19. No cheerleader should be allowed to flip off of the mini-tramp without professional instruction and without first mastering the flip with the use of a safety belt or qualified spotter.

\*Pyramid height shall be measured by the height of a shoulder stand (i.e., a shoulder stand "two high", a shoulder straddle or sit is one and one-half high, etc.).

## APPENDIX A

### UNIVERSAL GUIDELINES FOR CHEERLEADING PARTNER STUNTS AND PYRAMIDS

A logical progression for learning basic partner stunts is: L-stand, shoulder straddle, rear thigh stand, shoulder stand, double base shoulder stand, and shoulder splits.

Develop verbal communication between partners involved (i.e., "Ready, down; one, two, down, up"). This communication should be mandatory in practice so that it becomes a necessary and practiced part of that stunt in a game. Once again the communication should include both a signal from one partner and an acknowledgement by the other partner.

Encouragement to stay within the bounds of one's capabilities and talents:

- a. Develop a type of qualifying system based upon a natural progression of stunts. (A complete list of partner stunts including lead up drills for each stunt is available upon request).

Use of tumbling mats: Partner stunts should always be mastered while standing on cushioned gymnastic mats. Mats should also be used at athletic events if at all possible.

Mental awareness and alertness: Practices should be conducted in a manner conducive to maximum concentration. Talking should be kept to a minimum with the exception of communication between partners.

Climbing technique: When performing partner stunts, the partner or person on top should always lock their legs when climbing and at the final position. Also thighs and hips should be flexed to bring the center of gravity over the base or bases.

When building pyramids each layer or combination of partner stunts should be practiced separately before putting the combination together.

All pyramids that include a "layer" that is higher than a shoulder stand should have a spotter built into the formation and in proper position during the pyramid.

No flips should be permitted off of shoulders or backs without the presence of two spotters. All flips should be mastered on the ground before being attempted from a partner stunt or pyramid. The added distance is often falsely perceived making the flip seem easier, when in fact more body control is necessary.

Spotting or catching from pyramids and partner stunts: While acro-sports is not new by any means, the building of pyramids and partner stunts is relatively new to cheerleading. Foremost in importance while mastering new stunts is the knowledge of basic spotting techniques. All stunts should be "spotted" while they are being mastered and any stunt higher than a shoulder stand should always be spotted.

#### a. Spotting

- 1) Spotter should stand in a position so that he or she can easily move under the person dismounting. If at all possible, the spotter should touch the person they are spotting. (A person's natural reaction is to move away from a falling object. If you are touching the object, the natural reaction is to catch it.)
- 2) Spotters should spot any new stunts until perfected. All advanced stunts and pyramids over "two high" should have a spotter.

#### b. Catching: Any time a person dismounts from a height above a shoulder stand, another person should assist with the landing. The top person must always look before dismounting to be sure persons catching are in position.

- 1) Catching position "A" (Side Catch): Catcher stands to either side of the person dismounting. As the top person dismounts, the catcher steps in and grabs the person with the outside arm and shoulder around the waist, the inside arm under the hips. The catcher's head is always behind the person dismounting.
- 2) Catching position "B" (Fireman's Catch): Two bases stand facing each other behind the person dismounting. The top person must always look before dismounting to be sure persons catching and watching are in position. The top person leans back and drops in a sitting position with the head and shoulders up and legs out. The catchers put the outside shoulder underneath the top person's arms and the catchers put the outside arms all the way around the back. The inside arms go underneath the legs of the person dismounting. The person dismounting drops with the arms extended. It is recommended that any time a fireman's catch is being employed, a third person should stand in back and "scoop" under the arms of the person being caught. This is a fail-safe method of keeping the dismounting person's head and shoulders off the ground.

## APPENDIX B

### UNIVERSAL GUIDELINES FOR TUMBLING FOR CHEERLEADERS

The following material will serve as a guideline for proper techniques for acquiring tumbling skills and the necessary spotting procedures.

Tumbling skills should be learned in progression from simple to more difficult.

The tumbler should go through a 15 minute warm-up before tumbling.

Never tumble wearing jewelry or watches.

Never chew gum when tumbling.

When tumbling into an area with other tumblers, be sure to have each one tumble to a designated area. This will help to avoid collisions.

Tumbling mats should be used whenever possible. Try to avoid tumbling on slick grassy areas or concrete surfaces.

Try to avoid tumbling in uniforms that cover the face when in the inverted position.

Always try to receive professional training when learning difficult tumbling skills.

Spotting is a very essential part of tumbling and each tumbler should learn to spot the tumbling movements as well as to perform them.

Aggressive spotting should be employed for all individuals as they develop various tumbling moves and skills. Spotting should be gradually decreased as the move is perfected by the individual and a high level of consistency is attained.

Do not push individuals beyond their limits in order to conform to stunts or tricks being performed by other squad members.