

As we are enjoying our Friday night lights, let's not forget the spirit safety rules keep keep both participants and coaches free from harm or liability.

The NFHS Spirit Rules Book provides rules and safety limitations that should be followed by all cheerleading / dance / drill / pom and other spirit teams that stunt, tumble or use props as a base. The spirit rules should be followed while participants are in a supporting role at an interscholastic contest and during competition.

General: Rule 2

Performance surfaces must be appropriate for the spirit activity. Stunting and tumbling must be modified to be appropriate for the surface and or area.

- Stunting or tumbling on concrete or hard surface is not safe
- Stunting while holding a run thru sign is not safe

Cheer: Rule 3

Jewelry of any kind is prohibited except religious medal worn under the uniform or medical alert which can be visible. This includes props, hair ties, earing plugs, naval ring, religious or medical medals on a chain.

- All jewelry must be removed to participate in any spirit activity, including sideline cheers, jumps and stunts (Rule 3-1-1).

Coaches should not permit loose, slick, baggy clothes, nylon hose / tights which are not appropriate for the specific activity in which they are participating (Rule 3-1-4).

Theme night props and apparel must be appropriate and fit within apparel guidelines.

Tosses are permitted provided the following conditions (Rule 3-5-3):

- The toss is executed on grass, mat or rubberized track
- The toss does not involve more than four tossers
- One of the tossers is behind the top throughout the toss
- Top is caught in a cradle
- Top does not hold objects (poms or signs) in his or her hands
- Top does not invert (Rule 3-3-1)

Reminder: back tuck basket tosses are not legal in high school

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Haley Thomas

cheerleading.sri@osaa.org

OSAA State Rules Interpreter – Spirit