

Halloween is approaching, let's not forget the spirit safety rules keep both participants and coaches free from harm or liability while we have a SPOOK-TACULAR Halloween week!

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.

Cheer: Rule 3

Halloween or theme night props and apparel must be appropriate and fit within apparel guidelines of NFHS rulebook.

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, earring plugs, naval ring, religious or medical medals on a chain. (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).

Ideas for appropriate costumes while cheering:

- Face paint
- Halloween t-shirts
- Bows in Halloween fabric

Not appropriate costuming would include:

- Sashes
- Headbands/ hats
- Anything around the neck (bandana, leis, necklace, etc.)
- Capes
- Non- athletic footwear and apparel

General reminder that **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 illegal.** This is any stunt or tumbling pass on any hard surface with the exception of a gym floor.
- **Stunting while holding a run thru sign is illegal.** It is illegal for athletes to be in any stunt in this situation (see rule book 2.1.5 Situation D on Page 14). The reason is that the close proximity of the other participants that are not cheerleaders makes stunting in this situation unsafe.