

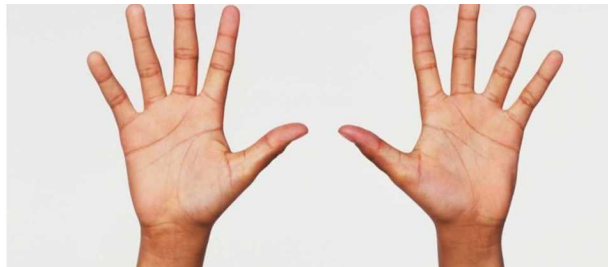
We hope you are having a great winter season, we know many teams are performing their competition routines at local competitions and want to provide a few reminders as it relates to competitive performances!

Routine questions and legality checks should be sent to Haley at cheerleading.sri@osaa.org. Please provide video, and associated scoresheets and allow for 48 hours response time.

Random nail and jewelry checks are back!

Participants found in violation of jewelry or nail rules will result in a 3-point safety deduction.

The athletes should hold their hand up with palms facing the safety judge, the judge will look at the hands of the athletes to check for nails while also looking over the body for jewelry. Nails should be kept short so they don't peek over the fingers.



Most common violations this season have been:

General: Rule 2, Section I - General

Article 7-C-1

(c) When using props that are made of hard material or have sharp corners or edges

Spirit Bulletin

Haley Thomas

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OSAA State Rules Interpreter – Spirit

1. A top person may not release the prop to the ground
2. A person on the ground must gently toss or place the prop.

Reminder: When using signs or props, carefully choreograph the proper discard of props to ensure you don't get a deduction. Many teams are passing them to a back base that is then quickly throwing them. Judges will be watching the flick of the wrist and/or airborne momentum of a sign that will result in a deduction if that toss is not gentle.

Cheer: Rule 3, Section 2- Stunting Personnel

Article 3 (page 18) A bracer must not provide primary support for a top person

Reminder: Tops should be holding their weight over the stunt and their primary bases. Shifting weight onto a bracer will result in a deduction.



ILLEGAL



LEGAL

OSAA Handbook:

1.6.2 (page 10) Time Limit.

A 2:30 maximum time limit shall be allowed each squad; there shall be no minimum time limit. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper. Penalty for Violation is based on the following graduated scale:

- (1) 1-3 seconds over = 3-point deduction from the final average score.
- (2) 4-6 seconds over = 5-point deduction from the final average score.
- (3) More than 6 seconds over = 10-point deduction from the final average score.

Reminder: It is the responsibility of the coach or team representative to ensure the routine is performed in the time allowed

1.8.1. (page 12) Music.

It is the responsibility of the coach to ensure music is ready and will play in order for the team. It is recommended that all teams practice a backup plan should they have a music issue, as music delays cause time and scoresheet errors that can be detrimental to their performance and teams will not be allowed to perform twice due to music issues.

Reminders about music

- All teams must provide their own MP3 device or smart phone for use on the event provided sound system.
- Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that an auxiliary cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which an auxiliary cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack.
- One or several selections of music may be used as long as they follow the music licensing rules
- Representatives will be asked to press “play” and “stop” for their routines.
- There will be no sound checks permitted on the main sound system.
- Competition music must be properly licensed, and a team must be able to provide proof of licensing.

We look forward to seeing you over the next few weeks and at the OSAA State Cheerleading Championships or OCCA Championships!
