

OSAA State Championships are here! Here are a few rule reminders that are common inadvertent illegal issues based on performance on the day of. These are preventable, but a reminder on these is imperative to prepare for State.

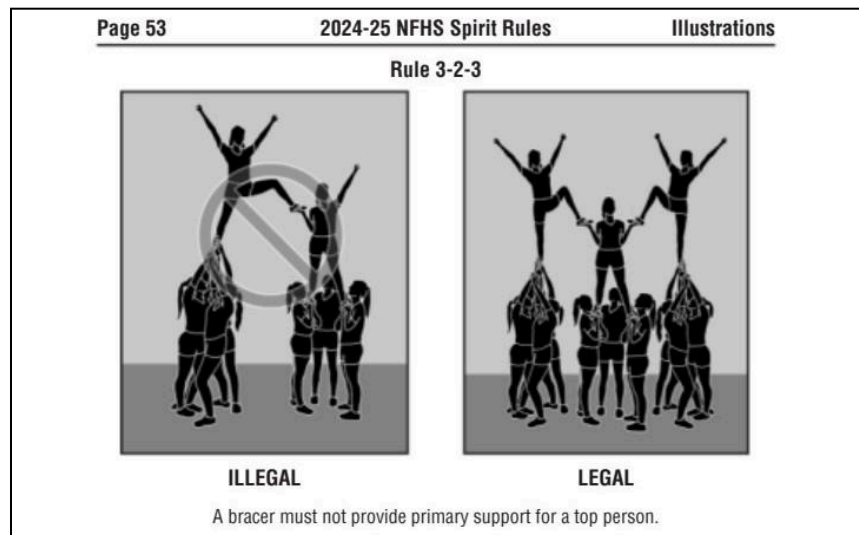
### Bracers

- Primary bracer issue is regarding 3.2.3 (outlined below); however, within each section of the rulebook, there are bracer clarifications. The following are the rules to review if you are using a bracer in a pyramid sequence:
  - 3.3.3 - Braced inversions (Page 18)
  - 3.3.4 - Braced rolls (Page 18)
  - 3.3.5 - Braced flips (Page 19)
  - 3.5.5 - Braced release transitions (Page 25)
  - 3.6.3/3.6.4 - Braced suspended splits (Page 28)

### Rule 3.2.3 - Page 16

“A bracer must not provide primary support for a top person.”

This inadvertent illegal stunt would result in a minor (-3pt) deduction per infraction.



### Section 10 - Props

- This is a common deduction and typically not intentional. Please remember the rules around discarding props and completing skills around props. Below are the rules and reminders that have been shared already this season. Be sure to share these rules with your athletes, so hopefully they are aware at the moment.

### Rule 3.10.1 - Page 32 - this would result in a minor (-3pt) deduction per instance

“When using props made of hard materials or have sharp corners/edges (includes megaphones) the following conditions must be met:

- a. Top person may not release the props to the ground
  - b. Person on the ground must gently toss or place prop on the ground
  - c. Cannot throw a prop from one person to another person”
- Be sure that flyers hand off props made of hard materials or with sharp corners/edges to a team member that is not required in the stunt or anyone else on the performing surface.

- Ensure to either place props or gently toss in a downward motion (no flick of the wrist).

**Rule 3.10.3 - Page 32 - stunting on a prop would result in a major (-6pt) deduction and tumbling on a prop would result in a minor (-3pt) deduction.**

**“A participant cannot step on a prop (soft or hard) while being a required spotter or while executing or landing from a stunt, jump, or tumbling skill.”**

- Stepping on a prop during transition/walking is no longer a fault unless it causes a fall itself.
- Tumbling/Jumping on a prop is a 3 point deduction, stunting on a prop (or with the prop directly under the stunt) is a 6 point deduction.
- Make sure to keep props far enough so the athletes do not step on during a skill. Please note, this includes anyone required in a stunt as well. For example, a required spotter in a single based stunt (i.e. toss to hands), even though the spotter is not actually touching the stunt, they are required and must follow all spotter rules (Rules 3.2.4 to 3.2.8)

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**Game Day division deductions (-5 points for all division deductions)**

- Be sure to review the division rules and guidelines found on the OCCA website.
- Quick glance:
  - 3 minutes maximum. The timing will begin with the first note of music from band dance.
  - In the Band Dance section:
    - **No standing tumbling or stunts allowed (including prior to the start of the music).**
  - In all other Game Day sections:
    - No baskets, sponge, elevator, or similar type tosses permitted.
    - No inversions are allowed.
    - No twisting released dismounts are allowed.
    - Single leg stunts are limited to liberties and liberty hitches.
    - **No running tumbling is allowed.**
    - **Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.**
- The above skills in red are the most common deductions within the Game Day category. No running tumbling is allowed and standing tumbling is limited to one skill at a time.

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As always, feel free to reach out for any questions or legality inquiries to the SRI email or via the Google form (QR code below). Please allow up to 3 days for a response and know that this response may not include the final determination if a creative stunt has to be sent to NFHS for clarification. **So, if you are looking to get clarification before the State Championships, please make sure you submit an inquiry with plenty of time for me to respond.**

**Google form QR for all stunt legality / safety inquiries**

*Spirit Bulletin #8*  
*Sarah Whaley*  
[cheerleading.sri@osaa.org](mailto:cheerleading.sri@osaa.org)  
*OSAA State Rules Interpreter - Spirit*

