

Hello Coaches and Athletic Directors, as we continue football season, there seems to be a need for more reminders of apparel issues we are seeing at games.

However, we are also excitedly beginning our competition season! Starting with Game Day, individuals, and stunts groups; we have some friendly reminders for those as well.

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**Apparel Examples - New items or details added from last year's example list in red.**  
**If you ever have questions on apparel legality, please send a picture or video to me.**

| Examples of LEGAL items                                                                                                                                                                                                                 | Examples of ILLEGAL items for stunting/tumbling - some items may be fine for just cheering or dancing |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Beads on laces (not on the loops or ends)                                                                                                                                                                                               | Non-athletic footwear (including only socks) - At all times, not just for stunting                    |
| Ribbon looped or laced through center of laces (no clips, chains, does not dangle, etc)                                                                                                                                                 | Jewelry of any kind ( <b>Rule 2-1-1</b> ) - At all times, not just during stunting                    |
|                                                                                                                                                                                                                                         | Hats                                                                                                  |
| Head warmers (not loose or impacting eyesight)                                                                                                                                                                                          | Capes                                                                                                 |
|                                                                                                                                                                                                                                         | Dangling charms and bows - At all times, not just during stunting                                     |
| Hair adornments attached with hair ties, bobby pins, or small flat barrettes                                                                                                                                                            | Hair must not cover the eyes, pulled back out of face                                                 |
| <b>Sweat/stunt wristbands for use in partner stunts - when used to help flyer's grip on base's wrists poses no more of a safety risk than athletic tape that gets sweaty. - Not allowed if not used for grips / no costume use only</b> | Leg warmers                                                                                           |
|                                                                                                                                                                                                                                         | Hair adornments with alligator clips                                                                  |
|                                                                                                                                                                                                                                         | Body flags while stunting                                                                             |
| Buttons (similar to rhinestone situation 2-1-1, must be sewn, punched or glued to uniform)                                                                                                                                              | Loose/baggy clothes or clothing with loops or straps (including hooded sweatshirts/jackets)           |
|                                                                                                                                                                                                                                         | Celebratory items such as Senior/homecoming sashes, crowns, etc.                                      |
|                                                                                                                                                                                                                                         | Bandanas wrapped and tied to the arms, wrists, legs, etc. - Illegal at all times, not just stunting   |
|                                                                                                                                                                                                                                         | Construction vests                                                                                    |

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**Rule 2.10.1 -**

“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).
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**Rule 2.10.3 -**

“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.
  - 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 2.2.4 to 2.2.8)
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**Time Deductions - Updated this year**

- -1 point per second over time
- -5 points for 5+ seconds over time (-5 is max)

**Time Limits:**

- All-State Individual - 35 seconds for all entry skills (running tumbling, standing tumbling, and jumps) - Timing will begin when the athlete steps onto the mat AND ends at the conclusion of the last skill.
- Timing for these divisions begin with the first movement, voice, or note of music, whichever comes first.
  - Mascot – 2 minutes
  - Traditional – 2 minutes and 30 seconds
  - Stomp & Shake – 3 minutes
- Stunt Group – 1 minute - Timing will begin with the first note of music.
- Game Day – 3 minutes - Timing will begin with the first note of music for band dance.

**Time deductions -**

- It is the responsibility of the coach or team representative to ensure the routine is performed in the time allowed. There will be no warnings for time deductions throughout the entire season. --*Times are always double checked before deducting.* - They can still be challenged at QC.
  - *Please note: an intro chant to get into position, such as “5, 6, 7, 8, Tigers!” does not count toward the start of the routine - but please leave a brief pause between the intro chant and the start of the routine so that we can time accurately.*
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**Times will not be stopped if there is an issue with the music mid-performance. Please plan accordingly and teach the athletes what to do if this situation occurs.**

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### **Game Day division deductions**

- -1 point for minor single athlete/unchoreographed division violation
  - -3 points for choreographed division violation
  - 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.
    - 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 - this includes during entry and prior to the start of the band dance music
    - Standing tumbling is limited to one tumbling skill at a time and a back tuck is the most elite tumbling skill allowed.
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### **Mascot Reminders:**

- Mascots must follow ***all*** NFHS rules as any other participant on the mat. Though, there is one specific rule related to mascots and skill limitations.

### **Rule 2.1.3 -**

**"A participant (mascot) in a full head and/or body costume must not stunt or tumble, except for a forward roll or a cartwheel."**

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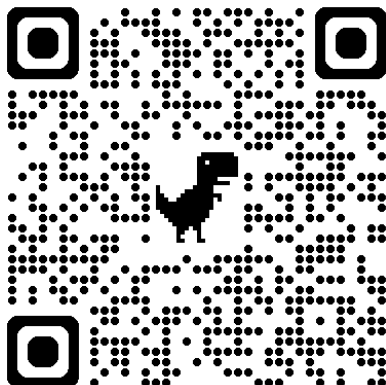
As always, feel free to reach out for any questions or legality inquiries to the SRI email or via the Google form. Please allow up to 3 days for a response and know that this response may not include the final determination if a creative stunt has to be sent to NFHS for clarification.

### ***Spirit Bulletin #3***

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