

1. Spirit teams can execute basket tosses but must follow the NFHS Spirit Rules. Tosses cannot be executed on a hard and unyielding surface. They are permitted on artificial turf or grass, mat, or a rubberized surface. (Rule 3-5-3a) Tosses must follow the rules found in Section 3-5,1,2, and 3 (Pages 24 and 25 in the new rules book - Release Stunts/Tosses) of cheer. Basket tosses are permitted, however, the coach should use good solid judgement in determining if the team is capable of executing a basket toss.

Can spirit squads complete full down dismounts on tracks?

2. Spirit teams may execute full-downs but must abide by the NFHS Spirit Rules. At this time there are no specific surface rules governing the execution of dismounts. Again the dismount must follow all of the guidelines in Section 7 of the rules book. Again the coach should use their common sense and solid judgement in determining if the team executes this dismount. Caution is primary to safety.

WARNING: Always check your school, school system, and regional rules. Schools and systems may make additional rules. Because of crowded conditions in a gym or on the field, prohibiting of stunting may occur. Coaches/Teams will abide by the rules of the school system where they are cheering. Also, failure to follow NFHS or GHSA rules can result in issues with your insurance company if you are taken to court.

REMINDER: Rule 2-1-5: Question: Can we hold our run-through with a shoulder sit? (Rule: NFHS 2-1-5- pg 12): Situation D (PG 14) A spirit team in a shoulder stand is holding a sign for the football players to run through. **Ruling: Illegal.** (The close proximity of other individuals makes this unsafe.) Also, a reminder - the NFHS cannot list all stunts in every rule. **The shoulder stand is used as an example. Interpretation by NFHS - No stunting is allowed when holding a run through sign.**

REMINDER: Rule 2-1-2: Questions: I have received the following questions - rulings follow.

1. We want to have our cheerleaders who graduated in May come back and perform at our first game, can they cheer on the field with our team?
2. We want to have our team coaches cheer at the game for one quarter with the team, can we perform a routine and/or stunt with them?
3. We have promised our little girls who came to camp this summer that they can cheer with us at a game, is this OK?

4. My principal wants his grand daughter to cheer with our team during the first half of each game?
5. We are competing at a competition on a Saturday and would like to have our Junior High team cheer at the game, is this OK?
6. We had a summer camp for elementary children this past summer can they perform a routine on the field before the football game starts or at the half-time?

Ruling: Situations 1 - 5 - would all be Illegal. Rule 2-1-2, pg 12-13. Please read the rule carefully. During a game or event it is illegal for the coach, non-team members, children, former cheerleaders to cheer with the team while the game is in play. However, they can cheer or perform a routine during the halftime. READ CAREFULLY! There are liability issues and insurance coverage issues.

Ruling: Situation 6 - would be legal.