

Welcome teams to a new year of Oregon Cheer!

First, I would like to introduce myself, Sarah Whaley, as the new OSAA Spirit Rules Interpreter (SRI). I am excited for this new season. Although I am new to this role and many of you don't know my name, I have been involved within Oregon Cheer since high school! After cheering all four years in high school, I almost immediately began coaching for various schools throughout Oregon for several years. I was then nabbed by the judge bug and started judging competitions (first as a performance judge, then soon after as safety) and have been doing so for about 14 years now. I am also a member of the Oregon Cheerleading Judges Association (OCJA) board and am currently the acting treasurer. I look forward to meeting everyone throughout the season and building relationships, so that I am able to support you and your teams.

Don't forget to submit stunt legality / safety inquiries to the google form! QR code found at the end of the bulletin.

As we start the season by enjoying the Friday night lights, let's not forget the spirit safety rules to keep both participants and coaches free from harm or liability.

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.

Participants in football game/sideline activity must be limited to cheerleaders with the exception of exhibition during a half time, pre or post game period. (Rule 2-1-2)

Youth or alumni cheerleaders shall not participate during game time activities.

Appropriate Surfaces during football games:

Stunting, jumping or tumbling on a wet track is not considered an appropriate or safe surface. (Rule 2-1-7)

Consideration of practice/performance surfaces are a vital component of risk minimization. The following skills are only allowed on a mat, grass or rubberized track surface

- Basket tosses, elevator/sponge tosses and other similar multi-base tosses. (Rule 3-5-3)
- Partner stunts in which the base uses only one arm to support the top person. (Rule 3-4-9)
- Twisting/tumbling skills (Arabians, full-twisting layouts, etc.) (Rule 3-8-6)
- EXCEPTION: Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

Stunting while holding a run thru sign is illegal. (Rule 2-1-7)

It is illegal for athletes to be in any stunt in this situation. The reason is that the close proximity of the other participants that are not cheerleaders makes stunting in this situation unsafe.

General Rule 3 : Apparel

Jewelry of any kind is prohibited except religious medal worn under the uniform or medical alert which can be visible. This includes, but is not limited to props, hair ties, earring plugs, navel rings, religious or medical medals on a chain.

- All jewelry must be removed to participate in any spirit activity, including practices, performances, competitions and games (including sideline cheers, jumps and stunts). **(Rule 3-1-1)**
- Fingernails, including artificial nails, must be kept short, near the end of the fingers
- 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)**

Theme night props and apparel must be appropriate and fit within apparel guidelines! These guidelines do not apply to only stunting and are considered illegal for any spirit activity.

<i>Do's of Theme night apparel</i>	<i>Don'ts of Theme night apparel</i>
<i>T-shirts or Jersey</i>	<i>Non-athletic footwear</i>
<i>Colored socks</i>	<i>Leis</i>
<i>Temporary Tattoos</i>	<i>Glow Necklaces</i>
<i>Printed or colored bow</i>	<i>Sashes</i>
<i>Face Paint</i>	<i>Loose Glitter</i>
	<i>Hats</i>
	<i>Capes</i>

General reminders:

Sportsmanship

Spirit participants should strive to boost school spirit; promote good sportsmanship; develop good, positive crowd involvement; and help student participants and spectators achieve the most worth while educational objectives of the interscholastic program. Spirit leaders can effectively neutralize negative environments at any interscholastic contests. **(Rule 2-2-1)**

The NFHS rules must be followed at all times (including team gatherings, carwashes, camp, parades, fundraising, etc.). It is also important that team social media channels promote safe cheerleading.

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Sarah Whaley
cheerleading.sri@osaa.org
OSAA State Rules Interpreter - Spirit



Google form QR for all stunt legality / safety inquiries.