

**As we continue through the football season and begin to embark on Individual, Stunt Group, and Game Day centered competitions, this bulletin takes into account some common rules that will apply.**

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**Recent Safety Clarifications or Questions:**

**Reminder for all NFHS rules** - These rules should be followed at all practices, games, and performances; not only for competitions.

- **2.1.4 and 2.1.5** - Hair and nails
    - Fingernails, including artificial nails, must be kept short, near the end of the fingers.
    - Hair must be worn in a manner that is appropriate for the activity involved. When executing partner stunts, pyramids, tosses and tumbling long hair must be secured and hair must not restrict the athlete's vision.
  - See Bulletin #1 for apparel guidelines - if you are still not sure whether something is legal or not, please submit a question to the Google form.
  - Beads on shoes - Several people have asked about adding beads to shoes, and this is illegal as it falls under the jewelry rule.
  - Body flags - Body flags are great props for crowd involvement; however, they are illegal to stunt with.
  - Bands - Whether it be headbands, sweat bands, leg warmers, etc. All of these are illegal to stunt with.
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**Additions to Rule 3.10 - Props** *Page 32 of rulebook, with Situations on page 33*

Many of these rulings regarding props were cited in previous years under the **2.1.7** rule. Now adding them to the specific props sections helps with guidance for coaches and judges.

- **3.10.1c** - Cannot throw a prop from one person to another person
    - Includes any props made of hard materials or have sharp corners/edges
  - **3.10.2** - A top person may not hold a flag on a pole.
  - **3.10.3** - 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.
  - **3.10.4b** - Jumps, tumbling and/or stunts are not allowed on props. (refers to rule when a prop is being used as a base)
  - **3.10.4c** - When transitioning from a prop to a stunt/cradle, the new bases must be in contact with the top person before leaving the prop. (refers to rule when a prop is being used as a base)
  - **3.10.5** - Hands-free poms are allowed
    - All rules regarding poms/objects in stunts and tumbling still apply.
      - Example 1: Bases and spotters cannot stunt or spot while wearing hands-free poms; with the exception of rule 3.2.1b.
      - Example 2: Any tumbling skills in which hand(s) are not being used for support can be executed while wearing hands-free poms.
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**More Prop Reminders:**

Be sure to choreograph properly to prevent prop deductions.

- **3.10.1** - Discarding of props made of hard materials or have sharp corners/edges:
  - a) A top person may not release the props to the ground
  - b) A person on the ground must gently toss or place props on the ground  
*Note: Throwing signs with a flick of the wrist and/or upward airborne momentum of a sign will result in a deduction.*

**Game Day Division Reminders** - Any violation of the Game Day Division skills listed below will result in a 5pt deduction.

	<b>Band Dance</b>	<b>Situational Chant</b>	<b>Crowd leading Cheer</b>	<b>Fight Song</b>
<b>Definition</b>	Performance should consist of sideline dances and may be repeated.	Following the band dance element, the announcer will give teams a game scenario indicating an offense or defense situation.	Following the situational chant element, teams will transition to their crowd leading cheer element.	Following the crowd leading cheer element, teams will transition to their fight song.
<b>Allowed Skills</b>	Jumps and kicks are allowed	Skills should be utilized to lead the crowd and include stunts, tumbling jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required but at least one skill is required to be performed during this element.		
<b>Stunting</b>	No stunting allowed in this element, including prior to the music beginning.	<ul style="list-style-type: none"> <li>● No baskets, sponge, elevator, or similar type tosses are permitted.</li> <li>● No inversions are allowed.</li> <li>● No twisting released dismounts are allowed.</li> <li>● Single leg stunts are limited to liberties and liberty hitches.</li> </ul>		
<b>Tumbling</b>	No tumbling allowed in this element, <i>including prior to the music beginning.</i>	<ul style="list-style-type: none"> <li>● No running tumbling is allowed.</li> <li>● Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.</li> </ul>		
<b>Time</b>	All elements together as one performance should not exceed <b>3 minutes</b> . Timing will begin with first note of music for band dance.			

## Time Guidelines and 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 on videos before deducting.*

If a team exceeds the time limit, a penalty will be assessed:

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

Reminders on time limits:

- Timing for these divisions begin with the first movement, voice, or note of music, whichever comes first.
  - Individual – 1 minute
  - 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 first note of music for band dance.

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