

We have three more weekends of competitions before OSAA State Championships! I wanted to include some recent trends of deductions as well as some reminders of deductions that seem to pop up every year.

OCCA Game Day Division Restrictions

- There continue to be deductions at every competition by not following the Game Day division guidelines. These guidelines apply to all divisions offered. Please review this quick guide again for reference:

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

Per OCCA, **props are not to be set up prior to taking the mat.** This differs from a Traditional routine where this is allowed.

	Band Dance	Situational Chant	Crowd leading Cheer	Fight Song
Definition	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.
Allowed Skills	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.		
Stunting	No stunting allowed in this element, including prior to the music beginning.	<ul style="list-style-type: none"> • No baskets, sponge, elevator, or similar type tosses are permitted. • No inversions are allowed. • No twisting released dismounts are allowed. • Single leg stunts are limited to liberties and liberty hitches. 		
Tumbling	No tumbling allowed in this element, <i>including prior to the music beginning.</i>	<ul style="list-style-type: none"> • No running tumbling is allowed. • Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. 		
Time	All elements together as one performance should not exceed 3 minutes . Timing will begin with the first note of music for band dance.			

OCCA Rec Team Restrictions

- Safety rule reminders pulled directly from the OCCA Rec Guidelines and Rules document (revised in June 2024)
 - Rec teams will follow the NFHS Spirit Rules across all divisions with the following exceptions:
 - Junior and Senior level teams only: Basket tosses, sponge tosses, elevator tosses, or similar multi based tosses are limited to a straight ride toss for the 2024-25 season.
 - Tiny, Mini, and Youth level teams, tosses are not allowed.
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Glitter

- This also continues to be seen each weekend, primarily by Rec teams. An easy way to know if it is legal or illegal is to run your hands over the glitter that's been applied, if you see it now on your hand, it is illegal. This rule also does not clarify glitter size; so whether it is fine glitter or coarse, this rule is applied the same.

Rule 3.1.5 - Page 15

“Glitter that does not readily adhere on the hair, face, body, uniform or costume is not permitted”

Situational example - Page 16

“A participant is wearing: (a) loose glitter sprinkled in the hair; (b) glitter-infused makeup that does not easily flake off; (c) glittery eyeshadow.

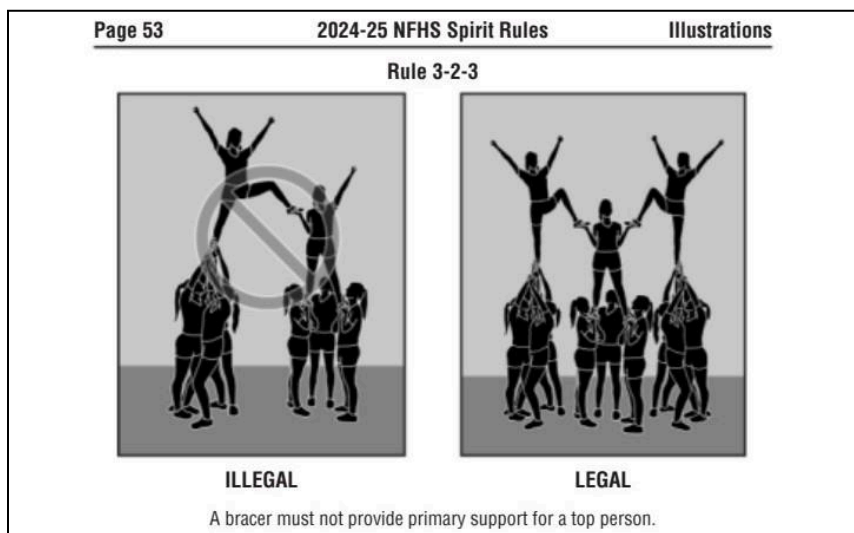
Ruling: (a) illegal; (b) and (c) legal”

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.”



Spotter Requirement & Location

- We have seen quite a few deductions regarding spotters. Make sure as you read through the rules, you are aware what stunts/transitions/dismounts a spotter is required for. Even more so, ensure spotters are in the proper location when they are required.

Rule 3.2.5 - Page 16

“In stunts that require a spotter, a spotter must:

- a. Be in the proper location with the appropriate body position to help minimize risk to the top person
- b. Remain visually focused on the head, neck and shoulders of the top person except when it is necessary to briefly check other stunts and/or personnel.”

Situational examples - Page 17

SITUATION A: “A spotter is standing slightly behind an extension and: (a) hands a sign to the top person; (b) glances away for a moment to check other stunts; © stays visually focused on the head and shoulders of the top person.

RULING: (a) illegal; (b) and (c) legal.”

SITUATION B: “A team executes a double-base prep. A spotter holds the ankles of the top person while looking at the crowd.

RULING: Legal

COMMENT: Spotting rules do not apply to stunts that do not require a spotter.”

SITUATION C: “A sole spotter is standing: (a) in front of a single-based extension; (b) to the side of a single-based extension; (c) behind an extension where the top person performs a full twice back to extension while remaining in contact with a base (a high-to-high).

RULING: (a) illegal; (b) and (c) legal

COMMENT: The proper location of a spotter depends on the specific skill, and may change during a skill. In general, a spotter should be in a position to have the quickest or cleanest path to protect a top person from falling off the back of a skill.”

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

“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

“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)

Time Deductions

- We had 3 time deductions by a drastic amount this last weekend and multiple other minor time deductions over the last several competitions. The issues are primarily seen in the traditional and game day divisions.
- 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.*
- Reminders on time limits:
 - Traditional – 2 minutes and 30 seconds - Timing for these divisions begin with the first movement, voice, or note of music, whichever comes first.
 - Game Day – 3 minutes - Timing will begin with the first note of music for band dance.

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

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.

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 #6
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