

We have two more weekends of competitions before OSAA State Championships! Here are a few rule reminders that have come up during the last weekend of competitions.

Mascots

- 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 3.1.3 (Page 15)

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

Rotations

- This is a reminder that most twists in stunts are limited to $1\frac{1}{4}$ rotations, be sure to read through the rules carefully to see how many twists or rotations you can choreograph into a stunt. There are numerous rules throughout that identify $1\frac{1}{4}$ twists are the maximum. See below for some specific rule examples:

Rule 3.3.5h (Page 19)

"Braced flips in a pyramid are permitted provided all the following conditions are met:

h. The top person does not perform more than one and one quarter ($1\frac{1}{4}$) flipping rotations and no more than one complete twist."

Rule 3.5.2e (Page 25)

"In all release stunts and tosses:

e. The top person must not make more than $1\frac{1}{4}$ twists during the release."

Note: This is true whether the release is braced or not.

Rule 3.7.7 (Page 29)

"A twist to a cradle or to the performing surface must not involve more than $1\frac{1}{4}$ rotations."

Dismounts

- Section 7 in the rulebook is all about dismounts. Be mindful of checking this section for dismounts. We have recently seen several teams not having the correct number of catchers in dismounts (primarily cradles). See examples below:

Rule 3.7.4 (Page 29)

"Cradle dismounts from multi-base stunts must have at least two bases/catchers and an additional head and shoulders catcher/spotter"

Example: This means when you cradle from a double-based prep, you must have a backspot (spotter).

Rule 3.7.5 (Page 29)

"Cradle dismounts from single-base stunts to single-base cradles must have an additional catcher/spotter who is responsible for the head-and-shoulder area of the top person."

Spotters

- Spotters need to ensure they are in the proper location when required for a stunt as outlined in Spirit Bulletin #6. However, we also continue to see part b of the rule being deducted on. See below for a reminder:

Rule 3.2.5b (Page 16)

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

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."

Drops

- This is a reminder that drops from first being airborne are not allowed. See Section 9 for all rules. Below is the most common rule:

Rule 3.9.1 (Page 32)

"Drops that go directly to the thighs, splits, knees or seat on the performing surface are not permitted unless most of the weight is first borne on the hands or feet..."

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

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