

As we continue through the football season there have been some rules that need to be reiterated.

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

Hair/Nails/Jewelry

- **Rules 1.1.4 and 1.1.5**
 - “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 hair must be secured and hair must not restrict the athlete’s vision.
- **Rule 2.1.1**
 - “Jewelry of any kind is prohibited except for the following: a religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.”
- Bulletin #1 had apparel guidelines; however, I am still seeing lots of issues arising at games so I would like to include them again in this bulletin with some clarifications. If you aren’t sure, please just reach out and I can give you guidance.
 - 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 2-1-2**)

Theme night props and apparel must be appropriate and fit within apparel guidelines! These guidelines may not apply to only stunting and could be considered illegal for any spirit activity depending on if any other skills are being performed

<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>
	<i>Construction vests</i>

Participation in spirit team activities:

- **Rule 1.1.2**
 - Participation “during interscholastic contests and spirit competitions must be limited to bona fide students of the school who are designated as members of the

school's spirit team(s). Only those students may participate in spirit team activities on the sidelines, court, field or context area during an interscholastic event, except when exhibitions during a pregame, halftime or postgame period are authorized by the administration of the participants' school and the host school administration, if applicable. A bona fide student is one who has not graduated and is eligible to participate with and/or compete for a designated school according to the rules of [the OSAA] and/or local board of education."

- **1.1.2 Situation**
 - During a game:
 - (a) a cheerleader who is dressed in street clothes comes out of the stands and stunts with the game cheerleaders;
 - (b) alumni cheerleaders participate on the sidelines;
 - (c) children are cheering on the sidelines;
 - (d) children perform with cheerleaders during a halftime routine
 - RULING: (a), (b), (c) illegal; (d) legal

Props

It has been noticed that many teams choose to show spirit and crowd engagement with push-ups on a raised board. This is unfortunately illegal and is not allowed due to the rule listed below.

- **3.10.4b** - "Jumps, tumbling and/or stunts are not allowed on props." (refers to the rule when a prop is being used as a base) Since in this situation the prop, or board, is holding the entire weight of the athlete, it is considered a 'base.'

Thank you everyone! Just remember, I know we have moved into our interpretations being safety forward; however, some rules are also fairly black and white and we must follow for all teams. This provides consistency and fairness to all athletes, in all divisions, across the entirety of Oregon. 😊

Spirit Bulletin #2

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Google form QR for all stunt legality / safety inquiries / scoresheet questions.

