

We hope you are having a great football season, we know many teams are preparing for the upcoming Game Day and All-State Competitions. We are excited to see you at these performances!

Important Game Day Reminders:

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.

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When using props, athletes should safely discard them and remove them from the performance surface in which the team is performing.

Safety deductions (-3pt) are as follows:

- signs that are thrown in a manner that drives upward momentum and is a risk to other athletes or spectators
- props that are on the performance surface and inhibit an athlete from performing on the performance surface

Athletes may properly remove the prop with their hands or feet in order to enable a safe performance surface prior to the skill they are performing.

Spirit Bulletin #1

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All State Updates:

It is important to note, the All-State Rubric is different than the Traditional Building Rubric.

Please use the Group Stunt Rubric [here](#), in combination with the Building Progressions from the traditional [rubric](#) for difficulty drivers and range placement. We are aware that not all of the Intermediate, Advanced and Elite categories align with every difficulty range on the progression sheet. Please see the Q&A below for helpful examples of how to interpret the rubric

Q&A for All State Stunting

Question: Are the stunts listed in "Intermediate, Advanced and Elite" the only stunts you can do? There are many skills not listed. If we do a basket toss, will it not be judged? If we do a partner stunt, will it not be judged? Is the goal that each stunt group performs the exact same skills?

Answer: You must complete two of the skills listed on the rubric from the range you want to be in. From there use the building guidelines rubric for the same or above range to move through the range. Any skill on the building guideline rubric will count to move through the range.

Question: The rubric says "Skills in your range or above will drive through the range" are these only the skills listed on this rubric, or can you include other skills like tosses and partner stunts to move through the range?

Answer: Once you have satisfied the requirements to get into range, you may fill your routine with any stunts from the Building Guideline Rubric to add difficulty drivers and creativity.

Question: My team is performing Intermediate skills. For the 1 leg extended body position, it doesn't specify body position required. Can they perform any body position to be in the 2.1-3 range?

Answer: The stunt group would have to complete a 1 leg extended body position (front or back variation) of their choosing. A 1 leg extended stunt is a liberty or an arabesque.

Question: My team is performing intermediate skills. For the inversion to extended position, does this mean non-release or released inversion?

Answer: As long as the group is performing an inversion to extension, they will receive the credit for that skill. Should a team perform a released inversion, that is higher in difficulty than a non-released inversion, and will be rewarded within that difficulty range of 2.1-3. We promote safe stunting and proper progressions and trust the coach to incorporate skills based on the group's ability in that range for creativity.

Question: My team is performing advanced skills. For the release to 1 leg extended stunt, what is meant by “release”?

Answer: A “release” stunt is defined as [Any stunt in which the top person becomes free of contact from all personnel on the performing surface.- NFHS]. Examples of releases that will be in the 3.1-4 Advanced range include: tic/switch up, ball up or any other legal toss release.

Question: What body position is required in Advanced and Elite Skills for the inversion with at least 1 foot over the hips through the full dip of a stunt or the release to a 1 leg extended stunt?

Answer: Safe stunting and proper progressions are of the utmost importance, and therefore we have thoughtfully required certain body positions in combination with the inversion rather than requiring releases at this skill level.

For advanced skills, 1 leg stunt is considered a liberty, arabesque or torch.

For elite skills, 1 leg stunt is a front or back variation like a scorpion, scale, stretch, bow & arrow

Question: Why does the Group Stunt Rubric say “* Percentage of Team Participation”

Answer: The percentage of the athletes involved in a stunt will be used as a difficulty driver, and can move a group within a range. Group stunts performed with 3 people under a top (not utilizing a front spot) is more difficult than teams that have 4 people under a top.

Question: What happens in this type of situation: A team performs a full up to extended lib, but they miss their compulsory element of a full up to extension. Would they still earn a .5? Or could that full up to extended lib satisfy the full up to extension requirement that was missed?

Answer: If the team does not perform the required elements in listed categories, they receive a 0.5. In your example, a full up to lib and full up to extension are not in the same category, therefore it would be determined by what other range appropriate skills they performed. If they were intending to be in the Intermediate range and the full up to extension is the required element, the full up to lib would not meet the intermediate skill requirement. HOWEVER, where the full up to extension is missed, could determine if a team receives credit for it. We intend to judge this category with athletes in mind and provide the benefit of doubt. This is where utilizing Quality Control will be important. We do have the following on the group stunt rubric, “* If you do not meet the requirements to score in a range, you will score 0.50 in difficulty and be accurately rewarded for the execution of the skills performed.” Therefore, if the skills performed are not in the range, credit will not be given.

Question: My team is performing Advanced Skills. For the inversion with at least 1 foot over the hips through the full dip of a stunt to a 1 leg extended stunt. What body position can they release?

Answer: As long as the group is performing an inversion to a liberty, arabesque or torch, they will receive the credit for that skill. Should a team perform a released inversion, that is higher in difficulty than a non-released inversion, and will be rewarded within that difficulty range of 3.1-4.

Question: My team is performing Elite Skills. For the release to an extended 1 leg body position, what body position can they perform to be in the 4.1-5 range?

Answer: The body position should be front and back variation such as a stretch, bow, scorp or scale.