

As teams head toward the State Cheerleading and OCCA Championships there are a few reminders and clarifications we hope to provide to ensure your success at these events!

Time Deductions

1.6.2 Time Limit:

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A 2:30 maximum time limit shall be allowed each squad; there shall be no minimum time limit. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper. Penalty for Violation is based on the following graduated scale:

- (1) 1-3 seconds over = 3-point deduction from the final average score.
- (2) 4-6 seconds over = 5-point deduction from the final average score.
- (3) More than 6 seconds over = 10-point deduction from the final average score.

Reminder: It is the responsibility of the coach or team representative to ensure the routine is performed in the time allowed

Music Responsibility

1.8.1. Music

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It is the responsibility of the coach to ensure music is ready and will play in order for the team. It is recommended that all teams practice a backup plan should they have a music issue, as music delays cause time and scoresheet errors that can be detrimental to their performance and teams will not be allowed to perform twice due to music issues.

Reminders about music

Spirit Bulletin

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OSAA State Rules Interpreter – Spirit

- All teams must provide their own MP3 device or smart phone for use on the event provided sound system.
- Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that an auxiliary cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which an auxiliary cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack.
- One or several selections of music may be used as long as they follow the music licensing rules
- Representatives will be asked to press “play” and “stop” for their routines.
- There will be no sound checks permitted on the main sound system.
- Competition music must be properly licensed, and a team must be able to provide proof of licensing.

Non-Braced Inversions

Rule 3.3.6

Page 21 NFHS Spirit Rule Book

b. inversions where base of support begins and remains below prep level, at least **1 person** shall maintain contact with the top person until the top is no longer inverted.



LEGAL example: roll over to sponge remains below prep level

c. inversions where the base of support begins at or passes thru prep level

- I. requires at least **2 people** on the performance surface to be in a position to protect the head and neck of the top person

2. the contact must be maintained by at least one base or spotter until the top person is not longer inverted



LEGAL example: inversion at prep level that maintains has more than 2 people in a position to protect the head and neck and contact maintained by more than 1 base or spotter.

Sportsmanship

Rule 2.2.1

A participant, coach, substitute, trainer, or other team attendants must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as

1. Disrespectfully addressing or contacting an official or gesturing in such a manner to indicate resentment.
2. Using profane or inappropriate language, music, or gestures
3. Baiting or taunting an opponent.

Please ensure proper sportsmanship is being upheld during all segments of a competition day, warm up, routine, quality control, and awards. And should be emphasized with both athletes and spectators.

Best of luck in the upcoming big events! If you have routine questions and legality checks should be sent to Haley at cheerleading.sri@osaa.org. Please provide video, and associated scoresheets and allow for 48 hours response time.