

Mid-month bulletin for clarification!

Hello Coaches and Athletic Directors, we are embarking on the time of year where traditional routines are being added in with our existing divisions. Included in this bulletin are common rules to keep an eye out for which are some of the most common areas for deductions. As the season progresses, I will be sending out more bulletins with common issues that occurred during the previous weekend of competitions. As always, feel free to reach out for any questions or legality inquiries to the SRI email or via the Google form.

Rule 3.2.3 - Pg 16 -

“A bracer must not provide primary support for a top person”

- Examples of common ways this has been seen:
 - Bracer is in a prep holding the foot of a flyer in an extended lib/hitch. If the lib flyer is leaning so much where if that bracer were removed they would fall, this would constitute a deduction.
 - Bracers in a flipping pyramid lift the flyer high and pause in an extended position (they are then at that point holding the flyer and no longer acting as a guide).
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Rule 3.10.1 - Pg 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).
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Rule 3.10.3 - Pg 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.
 - 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)
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Time deductions -

- 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.*
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- Timing for these divisions begin with the first movement, voice, or note of music, whichever comes first.
- *Please note: an intro chant to get into position, such as “5, 6, 7, 8, Tigers!” does not count toward the start of the routine*
- Traditional Routine time limit = 2 minutes and 30 seconds

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.

Rule 3.9.1 - Pg 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 or the descent is controlled.”

- Most commonly seen in dances when athletes go from a standing position and drop to their knees. Oftentimes the athletes get excited and full of energy, then jump before landing to the ground.
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Game Day division deductions (-5 points for all division deductions)

- Be sure to review the division rules and guidelines found on the OCCA website.
 - Quick glance:
 - 3 minutes maximum. The timing will begin with the first note of music from band dance.
 - No baskets, sponge, elevator, or similar type tosses permitted.
 - No inversions are allowed.
 - No twisting released dismounts are allowed.
 - Single leg stunts are limited to liberties and liberty hitches.
 - No running tumbling is allowed.
 - Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.
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Rule 3.3.5 - Pg 19

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

- a. The top person and at least one bracer(s) must have a hand to hand/arm connection. This connection can be with one or both hands/arms.
 - b. There must be three people involved in the toss and catch of the top person either as a base or spotter.
 - c. Bracer(s) with hand-to-hand/arm contact must be in a multi-base prep with a spotter and remain stationary until the top person is descending.
 - d. If the flip ends in a cradle, the bracers may release the top person or move to a loading position once the top person begins to descend and is no longer inverted.
 - e. Non-arm bracer(s) must be at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and spotter.
 - f. The top person must be to the side of or in front of the bracer(s).
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- g. The top person ends in a non-inverted position.
 - h. The top person does not perform more than one and one quarter (1 ¼) flipping rotations and no more than one complete twist.
 - i. The released top person and base(s) make no more than a ¼ turn around the bracer.
 - j. When the catchers are not the original bases, the new catchers are in place when the flip is initiated, remain close to the original bases and are not part of any other skill.”
 - There are a lot of subsections to this rule. Best practice, is when you are choreographing a flipping pyramid, go one by one of each subsection and make sure your pyramid meets all items that
 - The most commonly missed subsection is (c) which is not having a spotter (backspot) on the bracer stunt that is in hand-to-hand/arm contact.
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As always, feel free to reach out for any questions or legality inquiries to the SRI email or via the Google form. 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.

Spirit Bulletin #4
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Google form QR for all stunt legality / safety inquiries.