

Hello Coaches and ADs!

Only one more weekend before State Championships, and 3 weeks of Oregon competitions total! I wanted to share some common trends as well as other reminders.

Spotters

- A few common trends have been: required spotters not remaining focus on the top person, grasping the base's hand(s) under the top person's foot, and standing with hands behind their back. Below are the primary rules surrounding these guidelines.

Rule 2.2.5 - Page 18

"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.

NOTE: In general, a spotter should be in a position to have the quickest or cleanest path to protect an executing dancer from falling off the back of a skill.

Rule 2.2.6 - Page 18

"In stunts that require a spotter, a spotter must not:

- a. Grasp the sole of the top person's foot.
- b. Grasp the base's hand(s) under the top person's foot.
- c. Place torso underneath the stunt.
- d. Hold objects in hand(s).
- e. Stand with hands behind back.

Props

- This is a common deduction and typically not intentional. Please remember the rules around discarding props and completing skills around props. Below are the rules and reminders that have been shared already this season. Be sure to share these rules with your athletes, so hopefully they are aware at the moment.

Rule 2.10.1 - Page 35

"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 on the ground or gently toss in a downward motion (no flick of the wrist).

Rule 2.10.3 - Page 35

“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. Then it would only be a 0.5 deduction.
- This rule includes hard AND SOFT props. Make sure to move those poms far enough away from a stunt group so there is not a chance of accidentally stepping on them if the stunt were to travel.
- Please note, this rule 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 2.2.4 to 2.2.8)
- **RECENT CHANGE: Due to this typically being inadvertent and not choreographed, no matter whether the prop was stepped on from a stunt, jump or tumbling it will be a minor deduction (-3 points).**

Rotations

- This is a reminder that most twists in stunts are limited to 1½ 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 ½ twists are the maximum. See below for some specific rule examples:

Rule 2.3.5h - Page 21

“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 (1½) flipping rotations and no more than one complete twist.”

Rule 2.5.2e - Page 27

“In all release stunts and tosses:

e. The top person must not make more than 1 ¼ twists during the release.”

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

Rule 2.7.7 - Page 32

“A twist to a cradle or to the performing surface must not involve more than 1 ½ rotations.”

Drops

- This is a reminder that drops from first being airborne are not allowed. Most commonly seen for knee drops during a dance, ensure your athletes do not jump up prior to dropping to the knees. See Section 9 for all drop rules. Below is the most common rule:

Rule 2.9.1 - Page 34

“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...”

Bracers

- Primary bracer issue is regarding 2.2.3 (outlined below); however, within each section of the rulebook, there are bracer clarifications. The following are the main rules to review if you are using a bracer in a pyramid sequence:
 - **2.3.3 - Braced inversions (Page 21)**

- **2.3.4** - Braced rolls (Page 21)
- **2.3.5** - Braced flips (Page 21)
- **2.5.5** - Braced release transitions (Page 28)
- **2.6.3 & 2.6.4** - Braced suspended splits (Page 30/31)
- This weight shift is most often seen during pyramid sequences during flips/twist/inversion transitions. The bracer is not there to provide support by lifting the weight of the main flyer. The bracer is there to guide the flyer.

Rule 2.2.3 - Page 18

"A bracer must not provide primary support for a top person."

Picture: This inadvertent illegal stunt would result in a minor (-3pt) deduction per infraction.

Primary Support Definition:
Bearing the majority of a top person's weight during the execution of a partner stunt, pyramid, cradle dismount or the initiation of a toss

Page 53	2024-25 NFHS Spirit Rules	Illustrations	
Rule 3-2-3			
	ILLEGAL		LEGAL
A bracer must not provide primary support for a top person.			

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



Spirit Bulletin #6

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OSAA State Rules Interpreter - Spirit



OSAA Cheerleading Score Sheet

Safety

Team: _____

Division: _____

NFHS Deductions: Major = 6 Minor = 3 Apparel/Prop= 3 Sportsmanship = 6/10

All deductions in this section are available at Quality Control (QC) for review

Section	Category	Rule Pg	Deduction
Rule 1-1	General		
Rule #			
Rule 1-2	Sportsmanship		
Rule #			
Rule 2-1	Apparel / Accessories		
Rule #			
Rule 2-2	Stunting Personnel		
Rule #			
Rule 2-3	Inversions		
Rule #			
Rule 2-4	Non-Release Stunts		
Rule #			
Rule 2-5	Release Stunts/Tosses		
Rule #			
Rule 2-6	Suspended Stunts		
Rule #			

Section	Category	Rule Pg	Deduction
Rule 2-7	Dismounts		
Rule #			
Rule 2-8	Tumbling		
Rule #			
Rule 2-9	Drops		
Rule #			
Rule 2-10	Props		
Rule #			

Game Day / Stomp & Shake / Mascot
Division Deductions: Major 3 / Minor 1

Routine Length	
-1 point per second over time (-5 is max)	

Minor faults are NOT available at QC for review			
Fault	Point Value	Quantity	Total per
Prop Minor	0.5 pt		
Tum Minor	0.5 pt		
Tum Major	1 pt		
Stunt Minor	1 pt		
Stunt Major	3 pts		

TOTAL DEDUCTIONS

COMMENTS

Questions about deductions? Email cheerleading.sri@osaa.org

Deductions Point Cheat Sheet:

- Major deductions- NFHS rule choreographed (-6 points)
- Minor deduction - NFHS rule inadvertent (-3 points)
- Spectator Sportsmanship (-6 points)
- Athlete/Coach Sportsmanship (-10 points)
- Game Day, Mascot, and Stomp & Shake Violations (-1 points for minor single athlete/unchoreographed division violation)
- Game Day, Mascot, and Stomp & Shake Violations (-3 points for choreographed division violation)
- Apparel, jewelry, hair, nails or inappropriate apparel (-3 points)

Prop Faults:

--Individual Athlete is impacted by a prop on the surface (-0.5 points) stepping on to and from formations does NOT count. Look at impact (i.e. trip, slip, etc.) - This is a prop fault on the scoresheet

NOTE: moving a prop to avoid it before jumping, tumbling, or stunting with your foot is appropriate and would not cause a point deduction

Tumbling Faults

- Minor - Hands or knees touch down after a tumbling pass (-0.5 point)
- Minor - Falls from tumbling skill or pass, not landing the skill on the feet, after pass immediately dropping to seat from landing (-0.5 point)
- Major - Athlete did not protect the head/neck during or immediately after landing the pass (head hits the ground) Not including forward/backward rolls. (-1 points)

Stunt/Toss Fault

- Minor - Any stunt that falls or that there is not a clearly choreographed dismount but in a controlled manner to the performance surface or a cradle / load-in position. (-1 point)
- Minor - Any stunt/dismount where the base or spotter falls to the ground (includes knee touchdown, hand touchdown, seat) to the performance surface (-1 point)
- Major - Any stunt that falls AND is uncontrolled by a base or spotter, the top person's head/neck was not protected, and/or the top person falls to their seat, knees, hands, etc. (-3 points)

Examples include but are not limited to:

-Skills in which the event spotter is the primary catcher/saves an athlete while falling.

-Flyer falls from a stunt, lands on their feet momentarily prior to landing on their seat with no support/control from a base or spotter.

NOTE: If there is any question whether a fault should be a minor or major, benefit will be given to the team and the lower deduction will be given with a warning.

Inverted top person in a Toss

- A top person in a toss that inadvertently becomes inverted due to lack of control/technique. (-1 point)
- A top person who purposely over arches to the point of inversion, in a toss (-3 points)

Time Deductions

-1 point per second over time

-5 points for 5+ seconds over time (-5 is max)