

Welcome teams to a new year of Oregon Cheer!

Welcome back ADs, coaches, and athletes! I am excited to be back for yet another season as your Cheerleading SRI. I look forward to meeting more new faces throughout the season and building relationships with those I've already met, so that I am able to support you and your teams.

Don't forget to submit stunt legality / safety inquiries to the google form! Link found at the end of the bulletin, on the OCJA Instagram page, and the OCCA website. I will always respond within 3 business days. I may not have an answer right away if I need to seek further NFHS guidance, but I will ensure my initial communication is within the 3 day guarantee.

As we start the season by enjoying the Friday night lights, let's not forget the spirit safety rules to keep both participants and coaches free from harm or liability.

The NFHS Spirit Rules Book provides rules and safety limitations that should be followed by all OSAA registered cheerleading teams and other spirit teams. The spirit rules should be followed while participants are in a supporting role at any organized event as a part of the team; including but not limited to practices, performances, competitions, and games.

Participants in football game/sideline activity must be limited to cheerleaders with the exception of exhibition during a half time, pre or post game period. [\(Rule 1-1-2\)](#)

Youth or alumni cheerleaders shall not participate during game time activities.

- This occurred on several occasions last year. So this is your reminder, that when planning Youth Nights, etc this rule must be adhered to.

Appropriate surfaces during football games:

Stunting, jumping or tumbling on a wet track is not considered an appropriate or safe surface. [\(Rule 1-1-7\)](#)

Consideration of practice/performance surfaces are a vital component of risk minimization. The following skills are only allowed on a mat, grass or rubberized track surface

- Basket tosses, elevator/sponge tosses and other similar multi-base tosses. [\(Rule 2-5-3\)](#)
- Partner stunts in which the base uses only one arm to support the top person. [\(Rule 2-4-9\)](#)
- Twisting/tumbling skills (Arabians, full-twisting layouts, etc.) [\(Rule 2-8-6\)](#)
- EXCEPTION: Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

Stunting while holding a run thru sign is illegal. [\(Rule 1-1-7\)](#)

It is illegal for athletes to be in any stunt in this situation. The reason is that the close proximity of the other participants that are not cheerleaders makes stunting in this situation unsafe.

Apparel / Jewelry / Accessories

Apparel and accessories must be appropriate for the activity involved. [\(Rule 2-1-2\)](#)

A detailed list/guidelines for apparel is below. However, our main safety concern revolved around apparel and accessories is the activity being involved. **Therefore, when a team is executing skills such as stunts, tumbling, jumps, etc. Athletic wear should be worn (uniforms, t-shirts, athletic shorts/pants, etc.)**

Rule Clarification - When standing at attention, apparel must cover the midriff. [\(Rule 2.1.4\)](#)

- This rule is in place at all times except during practices. During practices, schools may follow their own school/district apparel rules/guidelines. However, during performances, games, competitions, etc, this rule must be followed.

Jewelry of any kind is prohibited except religious medals worn under the uniform or medical alert which can be visible. This includes, but is not limited to props, hair ties, earring plugs, navel rings, religious or medical medals on a chain.

- All jewelry must be removed to participate in any spirit activity, including practices, performances, competitions and games (including sideline cheers, jumps and stunts). [\(Rule 2-1-1\)](#)
- Fingernails, including artificial nails, must be kept short, near the end of the fingers [\(Rule 1-1-4\)](#)

Theme night props and apparel must be appropriate and fit within apparel guidelines! These guidelines do not include all examples or items. If you are unsure on the legality of an outfit, please send it to the SRI for legality.

Examples of LEGAL items for themed nights	Examples of ILLEGAL items for stunting/tumbling - some items may be fine for just cheering or dancing
Beads on laces (not on the loops or ends)	Non-athletic footwear (including only socks) - At all times, not just for stunting
Ribbon looped or laced through center of laces (no clips, chains, does not dangle, etc)	Jewelry of any kind (Rule 2-1-1) - Illegal at all times
	Hats
Head warmers (not loose or impacting eyesight)	Capes
Printed or colored bows	Dangling charms and bows - At all times, not just during stunting
Hair adornments attached with hair ties, bobby pins, or small flat barrettes	Hair must not cover the eyes, pulled back out of face
Sweat/stunt wristbands for use in partner stunts - when used to help flyer's grip on base's wrists poses no more of a safety risk than athletic tape that gets sweaty. - Not allowed if not used for grips / no costume use only	Leg warmers
	Hair adornments with alligator clips
	Body flags while stunting

Buttons (similar to rhinestone situation 2-1-1, must be sewn, punched or glued to uniform)	Loose/baggy/slick clothes or clothing with loops or straps (including hooded sweatshirts/jackets, nylon hose/tights)
T-shirts or jerseys	Celebratory items such as Senior/homecoming sashes, crowns, etc.
Colored socks	Bandanas wrapped and tied to the arms, wrists, legs, etc. - Illegal at all times, not just stunting
Temporary tattoos	Construction vests
Face paint	Leis
	Glowing or colored themed necklaces
	Loose glitter

General reminders:

Sportsmanship

Spirit participants should strive to boost school spirit; promote good sportsmanship; develop good, positive crowd involvement; and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program. Spirit leaders can effectively neutralize negative environments at any interscholastic contests. (*Rule 1-2-1*)

The NFHS rules must be followed at all times (including team gatherings, carwashes, camp, parades, fundraising, etc.). It is also important that team social media channels promote safe cheerleading.

Spirit Bulletin #1

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Inquiry form:

<https://forms.gle/SM96vbWp3r2bVcsb6>