

Hi everyone! Football season is off to a great start and competitions start so soon! This bulletin will primarily mention a few things:

- UPDATES to apparel / jewelry / accessory rules - Received further guidance from NFHS and several changes to what is allowed will be identified.
- Competition Safety Form Challenges / Inquiries - update to deductions at competitions and routine review
- Common game day / individual deductions

Apparel / Jewelry / Accessories

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

A detailed updated list/guidelines for apparel is below.

Jewelry of any kind is prohibited except religious medals worn under the uniform or medical alert which can be visible.

- All jewelry must be removed to participate in any spirit activity, including practices, performances, competitions and games (including sideline cheers, jumps and stunts).
[\(Rule 2-1-1\)](#)

Updated guidance from NFHS has been given that restricts some items that were previously identified as ok. Changes / clarifications / or emphasis on specific items will be in *red* below.

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) - <i>At all times, not just for stunting</i>
Ribbon looped or laced through center of laces (no clips, chains, does not dangle, etc)	Jewelry of any kind (Rule 2-1-1) - <i>Illegal at all times</i>
Head warmers (not loose or impacting eyesight)	Capes
Printed or colored bows	Dangling charms and bows - <i>At all times, not just during stunting</i>
Hair adornments attached with hair ties, bobby pins, or small flat barrettes	Hair must not cover the eyes, pulled back out of face
<i>Stunt wristbands - falls under the same rule as braces and support bands</i>	Leg warmers
	Hair adornments with alligator clips
T-shirts or jerseys	Body flags while stunting

Colored socks	Sweat bands . - Illegal at all times, not just during stunting (considered jewelry)
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)
Face paint	Celebratory items such as Senior/homecoming sashes, crowns, etc. - Illegal at all times, not just during stunting (considered jewelry)
Temporary tattoos	Bandanas wrapped and tied to the arms, wrists, legs, etc. - Illegal at all times, not just stunting
	Construction vests
	Leis - Illegal at all times, not just during stunting (considered jewelry)
	Glowing or colored themed necklaces . - Illegal at all times, not just during stunting (considered jewelry)
	Loose glitter . - Illegal at all times, not just during stunting
	Hats

Please note: This is an extensive list BUT does not cover anything. If you ever have questions regarding what may or may not be legal, please just reach out. I apologize for changing these interpretations halfway through football season.

Competition Safety Form Challenges / Inquiries

We are emphasizing a rule that is found within the OSAA Cheerleading Handbook. 2.2.3 indicates that the decision of the judges is final and is not open to review, debate, or appeal.

In Oregon, we have developed a quality control system that does allow for questions and clarifications. Sometimes these questions/clarifications result in a change in scoring or deduction.

However, at times, this pulls from the judging panel and this is where it becomes an issue. For safety, judges will be trained this year to give deductions if 100% consensus occurs between the entire judging panel. If there are questions or doubts, a warning will be given.

IF a warning is given on a skill, stunt, etc, the coaches will need to email the SRI with a video of the warned situation. This is identified on the safety scoresheet at the bottom of the front of the page.

You are still able to talk to the judge at QC for discussions or questions, but final review and determination will be given by the SRI.

The SRI has a running list of legality outcomes from submissions by coaches so that all of the safety judges are on the same page and do not deduct if something has already been cleared. *Note: this does not take into account how it was performed on the mat at each competition. Legalities are usually given with the clarifying comment of "as performed."*

Common Game Day / Individual Deductions

Rule 2.10.1 -

"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).

Rule 2.10.3 -

"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 2.2.4 to 2.2.8)

Time Deductions -

- -1 point per second over time
- -5 points for 5+ seconds over time (-5 is max)

Time Limits:

- All-State Individual - 35 seconds for all entry skills (running tumbling, standing tumbling, and jumps) - Timing will begin when the athlete steps onto the mat AND ends at the conclusion of the last skill.
- Timing for these divisions begin with the first movement, voice, or note of music, whichever comes first.
 - Mascot – 2 minutes
 - Traditional – 2 minutes and 30 seconds
 - Stomp & Shake – 3 minutes
- Stunt Group – 1 minute - Timing will begin with the first note of music.
- Game Day / SPIRIT – 3 minutes - Timing will begin with the first note of music for band dance or fight song (Spirit)

Time deduction notes -

- 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.* - They can still be challenged at QC.
- *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 - but please leave a brief pause between the intro chant and the start of the routine so that we can time accurately.*

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.

Game Day division deductions

- -1 point for minor single athlete/unchoreographed division violation
 - Most common deduction besides faults is from an athlete tumbling when not supposed to OR executing any running tumbling
 - -3 points for choreographed division violation
 - Most common is completing a stunt/skill not allowed in the OCCA guidelines.
 - Be sure to review the division rules and guidelines found on the OCCA website.
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Individual deductions

- Most common deductions for individual routines besides faults are when they are wearing jewelry

Spirit Bulletin #2

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Inquiry form:

<https://forms.gle/SM96vbWp3r2bVcsb6>