

2011 Spirit Rules Meeting

2011 Winter Cheer Season
Start Date: November 19, 2011

Presented by:
Denise Gelinis

Agenda SPIRIT RULES MEETING

1. General NFHS Rules
2. 2010-11 NFHS Spirit Rules Changes
3. Spirit Reminders
4. MPA Competition Guidelines
5. Technical Guidelines
6. Deduction Sheet

PLEASE NOTE!

This Power Point presentation DOES NOT take the place of you reading and knowing your Rule book. It is YOUR responsibility!

This presentation should only be used as a reference.

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NFHS Rules Jurisdiction

- The National Federation of State High School Associations has led the development of education-based interscholastic sports and activities that help students succeed in their lives.
 - Rules provide direction
 - Rules build awareness
 - Rules support activities
 - Rules improve activities
 - Rules establish a consistent standard

NFHS Rules Jurisdiction

- It is the professional integrity of our coaches that we need to rely on to make sure all rules are followed.
- Questions and concerns should be taken to administration.
- Resources are available to be knowledgeable regarding the spirit rules

NFHS Rules Jurisdiction

Available resources:

- NFHS Spirit Rules Books
 - Available today for \$7.00
- NFHS Spirit Rules Committee
- State Associations
- Spirit Rules Interpreters
- Coaches Associations



Rule 2 section 1: General

- ART. 1 - COACHES JUDGEMENT FOR PARTICIPATION
- ART. 2 - ELIGIBILITY
- ART. 3 - SUITABLE PRACTICE AREA
- ART. 4 - PERFORMING SURFACES*
- ART. 5 - STUNTS MODIFIED TO APPROPRIATE SURFACES*
- ART. 6 - WARM-UP
- ART. 7 - USE OF APPARATUS/SPRING FLOORS
- ART. 8 - INDOOR PARTICIPATION
- ART. 9 - STUNT PREP AREA
- ART. 10 - 30-SEC TIME-OUT
- ART. 12 - NO CHEWING GUM
- ART. 13 - DO NOT STAND BEHIND THE FREE THROW LANE DURING A BASKETBALL GAME
- ART. 14 - BLOOD
- ART. 15 - CONCUSSION

Rule 2 section 3: Height Limitations

ART. 1 TWO PERSON HIGH* (P)

The weight of the flyer must be borne by one or more person(s) /base(s) who is/are in direct contact with the performing surface



Rule 2 section 4: Spotting

- ART. 1 - SPOTTER CONTROL vs. SPOTTER AS PRIMARY Support
- ART. 2 - REQUIRED SPOTTER UNTIL MASTERY
- ART. 3 - SPOTTER LOCATION AND BODY POSITION
- ART. 4 - VISUAL CONTACT

Rule 2 section 4: Spotting continued Pg. 45 & 46

- ART. 5 SPOTTERS HAND AND ARM POSITIONS must be in one of the following positions:
 - a. hands grasping the wrist(s) / forearm(s) of the base(s).
 - b. hands touching or grasping the ankle(s) /lower leg(s) of the flyer.
 - c. arms lifted or extended toward the flyer's head and shoulders.
(if not touching either the flyer or a base)

NOTE: It is not necessary for the arms to be straight, but they must be in a "ready" position.

Rule 2 section 4: Spotting *continued*

A spotter must not:

- a. Grasp the sole of the flyer's foot
- b. Grasp the base(s) hand(s) under the flyer's foot
- c. Place her/his torso underneath the stunt.

ART. 7 - SPOTTER REQUIRED (pg.48/49) for stunts in which the supporting arm (s) of the bases (s) is (are) fully extended above the head, except for the following:

- Chair
- Russian lift
- Torch
- Double-base split catch
- Triple-base deadman lift
- Triple-base extended suspension splits
- Double-base vertical T-lift

Rule 2 section 12: Transitional Stunts

- **ART. 1 PHYSICAL CONTACT MUST BE MAINTAINED BETWEEN THE FLYER AND THE BASES(S) EXCEPT WHEN ALL OF THE FOLLOWING CONDITIONS ARE MET**

- 1. The flyer maintains hand to hand/arm contact with at least one bracer during the entire loss of contact with the bases
- 2. Flyer does not become inverted
- 3. Flyer has at least 2 bases (except in single-based tick-tock)
- 4. Flyer and bracer each have a separate spotter
- 5. Loss of contact is a continuous up and down movement
- 6. The flyer's gravity remains directly over the bases
- 7. The flyer's weight is not supported by the bracer (s).
- 8. The flyer is not released to a toss.
- 9. The bracers do not INTENTIONALLY increase the height of the flyer.

- **ART. 2 - CHANGING BASES *(P)**- new bases must be at the side or in front of the person moving the stunt except when the flyer remains upright throughout the transition to the new base(s). The person moving the stunt can make no more than half turn to face the new base(s)

Rule 2 section 15: Sportsmanship/Conduct

ART. 1 UNSPORTING ACTS Includes, but not limited to:

- Baiting and taunting in MUSIC and CHEERS.
- Using profane or inappropriate language, music or gestures.
- Disrespecting or Addressing an official

ALL ASPECTS OF CHEERLEADING SHOULD BE FAMILY FRIENDLY!

ART. 2 ILLEGAL SUBSTANCES

STATE AND SCHOOL RULES APPLY DURING ALL EVENTS.

The Coach may have their own team rule – this would be approved by the school. A mandatory meeting should be scheduled for parents and athletes so everyone has read and understood the rules and they can sign to the rules in person.

NFHS Spirit Rules

Six Spirit Rules Changes for 2010-11
We will cover four out of the six rule changes.
Two are from the Dance/Drill / Pom Division.

1. Rule 2-1-15

- An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

(Please see NFHS Suggested Guidelines for Management of Concussion page 73).

Rule 2-1-15 Concussions

Comment: Clarifications from NFHS Sports Medicine Advisory Committee for all NFHS rules books.

2. Rule 2-2-8

- Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow recovery foam padding no less than one-half inch thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt.

Rule 2-2-8 Supports and Braces

Comments: 2-2-8

Clarification from NFHS Sports Medicine Advisory Committee for all NFHS rules books.

Spirit Rules Interpretations – Situation #1

- **SITUATION 1** – “A participant performs while wearing a knee brace that is: (A) made of hard material with metal hinges; (B) padded with a closed-cell, slow-recovery foam padding, no less than ½ inch thick”.
- **RULING:** (A) illegal; (B) legal.
- **COMMENT:** A neoprene sleeve or similar material would be considered appropriate covering. Coaches must ensure that coverings do NOT restrict movement of hinges (2-2-8).

3. Rule 2-6-7

Add exception: 1 ¼ twists are permitted from side-facing stunts.

Comment: Twist cradles from side-facing stunts present only minimally more risk than single twists. The extra ¼ twist allows the flyer to face forward before completing the rotation. This is consistent with 2-13-2, which allows an extra quarter-turn in double twisting cradles.

Rule 2-6-7: Twist Restrictions/Double Downs

- To be consistent with Rule 2-13-2, there was an exception added to Rule 2-6-7 regarding stunts involving twists. During stunts, participants are now permitted to do 1 1/4 twists from side-facing stunts.



Situation # 2

- **SITUATION 2** – “A flyer performs a double twist to a cradle on: (A) grass; (B) a cheer performance mat; (C) a gymnasium floor; (D) wet grass”.
- **RULING:** (A) and (B) legal; (C) and (D) illegal.
- **COMMENT:** A twist to a cradle involving more than 1 ¼ rotations is permitted only on appropriate mats, grass, rubberized surfaces and soft-yielding surfaces (2-6-7).

4. New Rule 2-8-14

- Suspended splits involving bracer(s) that originate at any height and drop to any level are legal provided all the following conditions are met:

New 2-8-14 Suspended Splits

- The flyer has both hands in contact with the bracer(s).
- The flyer does not become inverted.
- The flyer has at least two bases.
- The flyer and bracer(s) each have a separate spotter.
Exception: Bracers in shoulder sits or thigh stands
- In suspended splits when the flyer is not released by the bases, the bracer(s) must maintain hand/arm contact with the flyer until she/he is no longer in a split position.
- In suspended splits when the flyer is released by the bases, the release must be a continuous vertical up-and-down movement in which the flyer remains over the base(s). The bracers must maintain hand/arm contact with the flyer during the entire loss of contact with the bases. (Note: See 2-12-1)

New 2-8-14 Suspended Splits

COMMENT: Bracers are frequently used in many types of stunts. This rule allows a flyer in suspended splits to have contact with bracer(s) rather than with base(s).



Situation # 3

- **SITUATION 3** – “A flyer drops to suspended splits while in contact with: (A) a bracer on each side holding a hand; (B) one bracer who holds both of the flyer’s hands with her hands; (C) one bracer who holds one of the flyer’s hands”.
- **RULING:** (A) and (B) legal; (C) illegal. (2-8-14)

Major Editorial Changes

Section 12
Rule 2-6-12a

Rule 2 - Section 12

- Transitional stunts
- This section was reorganized so that it is more specific regarding release and non release transitions.

2-6-12 a

- The flyer maintains hand to hand/arm contact with at least one bracer until the flyer is descending

Points of Emphasis

- Concussions
- Double Downs
- Jewelry
- Coach & Participant Responsibilities

Points of Emphasis

- Concussions

Signs, Symptoms & Behaviors of Concussion

Signs Observed By Others	Signs Reported By The Athlete
• Appears dazed or stunned	• Headache
• Appears confused	• Nausea
• Forgets plays	• Balance problems or dizziness
• Unsure of game, score or opponent	• Double or fuzzy vision
• Moves clumsily	• Sensitivity to light or noise
• Answers questions slowly	• Feeling sluggish
• Loss of consciousness	• Feeling foggy or groggy
• Cannot recall events prior to or after injury	• Confusion

<http://www.nflslearn.com> (Concussion in Sports – What you need to know)
http://www.cdc.gov/concussion/HeadsUp/high_school.html (Heads-Up: Concussion in High School Sports)
http://www.colby.edu/academics_cs/goldfarbmen/index.cfm (Maine Concussion Management Initiative)

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSIONS IN SPORTS

- Here are some suggested observations and questions a non-medical individual can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for appropriate medical care:
 1. **Problems in brain function**
 2. **Speed of brain function**
 3. **Unusual behaviors**
 4. **Problems with balance and coordination**

MANAGEMENT OF CONCUSSIONS AND RETURN TO PLAY

SIDELINE DECISION-MAKING

1. No athlete should return to play (**RTP**) on the same day of concussion.
2. Any athlete removed from play because of a concussion must have medical clearance from an appropriate health care professional before he/she can resume practice or competition.
3. Close observation of athlete should continue for a few hours.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms.

PREVENTION

- Although all concussions cannot be prevented, many can be minimized or avoided. Proper coaching techniques and good officiating of the existing rules can minimize the risk of head injury.



Points of Emphasis

- Double Downs

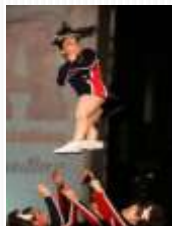
Double Downs

- It has been stressed to spirit coaches that they are responsible for teaching and enforcing general risk management rules, identifying teams' ability levels, and following proper progressions in learning new skills. It is the NFHS's responsibility to revise rules to minimize risk whenever trends indicate a continuation of poor execution of skills resulting in injuries.



Double Downs

WARNING - WARNING



For this reason, the NFHS is calling attention to the fact that double downs/twists will no longer be allowed at the high school level after this year if coaches continue to allow athletes to perform this skill with improper technique.

Double Downs

P-B-P

In order to retain double downs/twists in the future, it is imperative that coaches insist upon “perfection before progression” when allowing teams to stunt.



Points of Emphasis

- Jewelry

Jewelry

- Spirit coaches are expected to follow the rules written for the safety of all participants of cheerleading and dance. The spirit rules regarding jewelry (2-2-1 and 3-1-2) apply to all spirit activities, which includes both practices and performance events.



* Nose piercings are not allowed – It is not acceptable to cover the piercing with tape or fill a piercing with a spacer or clear stud



Jewelry

- With the **exception of religious and medical medals**, examples of jewelry include, but are not limited to: necklaces, bracelets, rings, all facial and body piercings (*includes spacers and fishing line*), wrist bands, corsages, and hair ties on wrists. This rule is consistent with rules concerning jewelry in the NFHS rule books for other athletic activities. **“No jewelry” means NO JEWELRY.**



Points of Emphasis

- Coach and Participant Responsibilities

www.nfhs.org

Coach and Participant Responsibilities

- The links below list guidelines to serve as useful reminders of basic procedures for coaching spirit teams.

Coaches Responsibilities:

- <http://www.nfhs.org/content.aspx?id=3084>
- www.nfhs.com
- www.aacca.com
- www.mpa.cc

Rule Book Correction

Rule Book Correction

Page 60 has the exact rule listed as on page 61. It should read as rule 2-8-13 on page 20.

- Please direct your coaches to the fact that page 60 should have the correct 2-8-13 as written on page 20.

Corrected page 60



Spirit Reminders

- New Course on Concussions
- Fundamentals of Coaching Cheer & Dance
- Courses located www.nfhslearn.com
- NFHS Injury Surveillance-Spirit
- Online Meeting Evaluation Form
- Closing Remarks

Concussion in Sports:

www.nfhslearn.com



Fundamentals of Coaching Cheer and Dance

www.nfhslearn.com



AACCA Emergency Plan

- <http://aacca.org/content.aspx?item=Resources/EmergencyPlan.xml>

Sample Emergency Plan for Cheerleading Safety

- Available for download:
 - [\[Sample Emergency Action Plan\]](#)
 - [\[Sample Emergency Action Plan Pictorial\]](#)
 - [\[Emergency Action Plan Sample Phone Script\]](#)
 - [\[Sample Information Card\]](#)
 - [\[Emergency Action Plan FlipChart\]](#) - New!
 - [\[Emergency Preparedness Program\]](#) - New!

MPA

Competition Guidelines

Competition Guidelines:

- Team may include up to 20 members.
- Performance surface is 42 x 42 carpeted gymnastic mats. The tape lines will be vertical with one center line down the center and across horizontally in the center to form a +.
- Choreographed routine must not exceed 3 minutes. 2 ½ minutes is highly recommended.
- Each team will be announced as follows:
 - Getting Ready
 - On Deck
 - Next to Perform
 - Now Performing
- The timing starts on the first sound or routine movement.
- **NEW:** Team members may start the routine from any position (hands do NOT need to be down by their and at least one foot needs to be on the mat.)
- Routines will be scored from the moment the routine begins until the last timed motion. Penalty official will review a routine from the moment the team steps onto the mat until the team exits the mat.

Competition Guidelines cont

- A coaches box will be provided for coaches only.
- A routine will NOT be stopped due to a shoe lace being untied. IF a shoe falls off the routine will be stopped.
- **NEW:** Routine will be stopped IF mats separate.
 - NOTE: IF a routine is stopped they will start the routine back up where they left off. **PRACTICE this before the competition.**
- If there is a situation that the routine should be stopped (bodily fluid, injury, mats, etc) the routine will be stopped immediately and the team will continue the routine from the point of interruption.
- If there is a situation that the officials are unaware of (such as the music does not start due to technical difficulty), please notify the lead official immediately.

Routine Guidelines:

Routine **MUST**:

- Include a cheer (no certain time or length of the cheer but long enough for voice and motions to be judged).
- Include a minimum of three (3) different jumps
 - If there are less than 3 **different** jumps the score will be zero (0).
- Include 4 eight-count dance sequences. Two eight-counts must be done consecutively.
 - Age appropriate dance & music, please.
- Include pyramid / partner stunts.
- Include whole team tumbling skills.

MPA Technical Guidelines

2010 - 2011

Partner Stunts & Pyramids

Difficulty

- Liberty Variations – stunts based on the traditional liberty grip, including but not limited to hitch,
- Arabesque, scorpion, scale, heel stretch, bow and arrow.
- Pyramid and Partner Stunt judged in the same category.

Partner Stunts & Pyramids Cont....

Elite - 9-10 **Level: Elite**

Skill: **Elite stunts** include liberty or liberty variations with above average flexibility, all girls single based extended stunts, extended co-ed single based stunts, basket tosses with twist or two positions. All stunts performed with a **high level** of execution, perfection, and flexibility. Maximum participation:

Dismounts:

- Single Twisting Dismounts from extended liberty variations without front spots and with maximum participation.
- Double Twisting Dismounts from extended liberty variations with/without front spots.
- Single Twisting Dismounts from extended stunt with All Girl based stunting.

Transitional pyramid sequences using a combination of liberty variations (without the use of front spots) and/or tick tocks. Pyramids performed with a **high level** of execution, perfection, and flexibility

Partner Stunts & Pyramids Cont...

Point Range 7-9 **Level: Advanced**

Skill: **Advanced stunts** included liberty or liberty variations with average flexibility, basket tosses, toss to hands (co-ed), single based all girls stunting at prep (half extension) level.

- All stunts performed with a **high level** of execution, perfection, and flexibility and/or **elite stunts** performed with a **sub-standard level** of technique and execution. Maximum participation

Dismounts:

- Single Twisting Dismounts from extended liberty variations **with/without** front spots.
- Single Twisting Dismounts from 2-Legged extended stunts **without** front spots.
- Straight Cradles from extended liberty/liberty variations performed **with** front spots.
- Double Twisting Dismounts from the prep (half extension) level

Transitional pyramid sequences using a combination of liberty/liberty variations with the use of front spots. Pyramids performed with a **high level** of execution, perfection, and flexibility and/or **elite pyramids** performed with a **sub-standard level** of technique and execution.

Partner Stunts & Pyramids Cont...

Point Range 5-7 **Level: Intermediate**

Skill: **Intermediate stunts** included traditional two-leg extended stunts or any combination thereof, chairs, and liberty with a front spot.

- All stunts performed with a **high level** of execution, perfection, and flexibility and/or **advanced stunts** performed with a **sub-standard level** of technique and execution.

Dismounts:

- Single Twisting Dismounts from the prep (half extension) level **without** front spots.
- Single Twisting Dismounts from 2-Legged extended stunts **with** front spots.
- Straight Cradles from extended liberty/liberty variations performed **with** front spots.
- Straight Cradles from 2-Legged extended stunts **without** the use of front spots.

- **Pyramid sequences** using liberty/liberty variations performed from the ground up with no transitions. Transitional 2-legged pyramid sequences and/or **advanced pyramids** performed with a **sub-standard level** of technique and execution.

Partner Stunts & Pyramids Cont...

Point Range: 1 -4 **Level:** Beginner

Skill: **Beginner Stunts** include prep (half extension), thigh stand, shoulder stand, shoulder sit, pop up splits, straddle press, liberty and liberty variations at the prep (half extension) level

And/or- Pyramid sequences built from the prep (half extension) level and below.

And/or- Intermediate stunts or pyramids performed with a **sub-standard level** of technique and execution. Maximum participation- refer to following sheet

Dismounts:

- Single Twisting Dismounts from the prep (half extension) level.
- Single Twisting Dismounts from the liberty variations at prep (half extension) Level. Straight Cradles from 2-Legged stunts.
- **Pyramid sequences** built from the prep (half extension) level and below and/or **intermediate pyramids** performed with a **sub-standard level** of technique and execution.

Stunt Group Options

Maximum participation – required for maximum points

- 20 cheerleaders – 4 or 5 stunt groups
- 16-19 cheerleaders – 3 or 4 stunt groups
- 15 cheerleaders – 3 stunt groups
- 12-14 cheerleaders – 2 or 3 stunt groups
- 10-11 cheerleaders – 2 stunt groups
- 9 or less cheerleaders – 1 or 2 stunt groups

Jumps:

- **Jumps**
 - Basic Jumps = Tuck, Spread Eagle, Herkie, Double Hook
 - Intermediate Jumps = Toe Touch, Side Hurdler, Front Hurdler
 - Advanced Jumps = Pike, Double Nine

***Strong technique:** Pointed toes in air, feet together on landing, use of absorption in landing, height/air time with proper body positions, legs level or better, correct arm positions during jump execution.

Jumps Cont...

Range of Scores: 9.0-10.0

- **Skill:** Three different Intermediate-Advanced jumps (see examples below) performed by the whole team with the majority of the team executing ***strong technique**.
- **Criteria:** Two jumps **MUST** be performed consecutively/stamina with **no prep** in between. The third jump may be performed with the two consecutive/stamina jumps and/or may be performed at another time during the performance but **MUST** be performed by the whole team.

Jumps Cont...

- **Range of Scores:** 7.0-9.
- **Skill:** Three different Intermediate-Advanced jumps (see examples below) performed by the whole team with the majority of the team executing with ***strong technique**.
- **Criteria:** Two jumps **MUST** be performed consecutively and **MAY have a prep** in between the two jumps. The third jump may be performed with the two consecutive jumps and/or may be performed at another time during the performance but **MUST** be performed by the whole team.

Jumps Cont...

Range of Scores: 5.0-7.0

- **Skill:** Three different Basic-Intermediate jumps performed by the whole team.
- **Criteria:** and/or Intermediate-Advanced jumps executed with sub-standard technique and perfection. The jumps in this range may be performed/executed separately.

Motions:

Strong Technique: Motions are sharp, precise, punched/snapped, and strong. Angles are uniform, wrists are not broken, and thumbs are in.

Range of Scores: 9.0-10.0

Skills: Advanced-Elite motions performed by the whole team with the majority of the team executing with strong technique (examples: Motions executed with sharp precision and snap, executed at fast pace, strong level of technique, difficult foot and body movement during transitions, strong use of moves, motions and level changes to enhance the visual effects of the team's movements).

Motions Cont...

Range of Scores: 7.0 – 9.0

Skill: Intermediate-Advanced motions performed by the whole team with the majority of the team executing with strong technique (examples: Executed at an average pace, average to good level of technique, moderate amount of foot and body movement during transitions, moderate variety of moves, motions, level changes).

Motions Cont...

Range of Scores: 5.0 – 7.0

Skill: Basic-Intermediate motions (examples: execution performed at a slow pace, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions, level changes). A Lack of snap and sharpness in motions. Motions are dragged and slow.

Dance:

- At least 4 eight counts of full team dance must be performed. Two of those eight counts must be done consecutively. Males must participate in a way that compliments the dance motions.
- **Strong Technique:** Unique and original dance moves that fit the style of music selected, moves are well defined. Body positions and movements are hit uniformly. Execution of dance moves is clean and precise.

Dance Cont...

Range of Scores 9.0 – 10.0

- **Skills:** Advanced-Elite dance performed by the whole team with the majority of the team executing with strong technique (examples: Motions executed with sharp precision and snap, executed at fast pace, strong level of technique, difficult foot and body movement during transitions, strong use of moves, motions and level changes to enhance the visual effects of the team's movements).

Dance Cont...

Range of Scores: 9.0 – 10.0

- **Skill:** Intermediate-Advanced dance performed by the whole team with the majority of the team executing with strong technique (examples: Executed at an average pace, average to good level of technique, moderate amount of foot and body moves during transitions, moderate variety of moves, motions, level changes).

Dance Cont...

Point Range: 5.0 - 7.0

- **Skill:** **Basic-Intermediate** dance moves (examples: executed at a slow pace, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions, level changes). Dance is dragged and slow.

Tumbling:

- **Tumbling Skills**
 - Basic = rolls, cartwheels, round-offs
 - Intermediate = standing / running back hand-springs, round-off back handsprings.
 - Advanced = round-off back tucks, round-off back hand-springs back-tucks, standing back tucks and standing back hand-spring back-tuck
 - Elite = X-outs, series passes with advanced/elite skills, whips, layouts, full twisting layouts

Tumbling Cont...

Range of Scores 9-10

- **Skill:** Elite tumbling skills include standing tucks, X-outs, series passes with advanced/elite skills, whips, layouts, and full twisting layouts. Jumps into back tucks
- 100% of team with intermediate skills or above, majority of team with advanced skills or above, and numerous elite skills performed with a **high level** of execution and perfection.

Tumbling Cont...

Range of Scores 7.0 -9.0

- Skills:** Advanced tumbling skills including round-off back tucks, round-off back handspring back tucks, standing back tucks, and standing back handspring back tucks. Jumps into back hand springs.
- 100% of team with intermediate skills and only some advanced skills performed with a high level of execution and perfection.
 - **And/or-** majority of team with intermediate skills and several advanced/elite skills performed with a **high level** of execution and perfection.
 - **And/or-** elite skills performed at a **sub-standard level** of execution and perfection.

Tumbling Cont...

Range of Scores 4.0 – 7.0

- Skills:** Intermediate tumbling skills include standing back hand springs, round-off back handspring, and round-off multiple back hand springs
- 100% of team with intermediate skills only, performed with a high level of execution and perfection.
 - **And/or-** 100% of team with beginner skills or better, majority of team with intermediate skills and minimal advanced skills performed with a **high level** of execution and perfection.
 - **And/or-** advanced level skills performed at a **sub-standard level** of execution and perfection.

MPA Deduction Sheet

2010 - 2011

☹ Deductions ☹

- **1 Point Deductions**
 - Hands touch down on advanced or elite tumbling skills
 - Knees / buttocks down (over rotation) on advanced or elite tumbling skills
- **5 Point Deductions**
 - Any situation that could endanger the athletes performing
 - Back handsprings on their heads, unperfected tumbling
 - Prone landings (face or torso landing down in a dismount)
 - Falls to floor from a stunt by anyone in the stunt group
 - Tumbling collision
 - Legs slamming to the floor on a cradle or dismount
 - Hair length, inappropriate hair pieces, bows with wire
 - Stepping on a pom or hair piece
 - Inattentive spotter / spotter not in the correct position
 - Illegal stunt
 - If the flyer touches the floor with their arm/hand
- **10 Point Deductions**
 - Jewelry
 - Swearing
 - Glitter on uniforms or hair bows
 - Inappropriate words in music
- **Exceeding Time:** -1 point for every second up to 5 and -10 for over 5 seconds.

Legal or Illegal



Legal or Illegal



Legal or Illegal



2010-11 Spirit Rules Meeting

Thank you and have a great season!

Have A Great Year !!



Contact Information:

For questions concerning rule interpretations only:

Denise Gelinis
E-mail - ggelinas@maine.rr.com

Susan Hartnett
E-mail - sehartnett@comcast.net

All other inquiries must go through School Athletic Director.