2024-25 NFHS Spirit Rules - Quick Reference Index CHEER

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RULE 3 CHEER	RULE	Pg
Apparel/Accessories: 1-jewelry; 2-appropriate for activity; 3-full mascot costume; 4-midriff; 5-glitter	3-1 <i>(1-5)</i>	15
Base: a.body position; b. and c. holding objects with one exception	3-2-1	16
Base both feet on floor	3-2-2	16
Braced Release: a. stunts before/after; b-bracers at prep and two bases; c. primary support; d. ¼ turn; e. new catchers in place and top can't be in contact with another released person	3-5-5 (a-e)	25
Bracer primary support	3-2-3	16
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Drops: 1-airborne to knee, seat, thigh, split; 2-to push-up; 3-stomach/back; 4-flip	3-9 (1-4)	32
Extended stunts: brace each other	3-4-1	23
Hanging stunt	3-4-3	23
Height limitation	3-2-9	16
Helicopter: a. 180-degree rotation; b. no twist; c. face up; d. 3 bases; e. head shoulder support	3-5-7 (a-e)	26
Inversions: 1-general; 2-pass thru extended; 3-braced non-flip, non-roll; 4-braced rolls; 5-braced flips; 6-all other inversion rules; 7-hold props; 8-swing roll down.	3-3 (1-8)	18-20
Jump on back of horiz. base	3-4-8	23
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a.skills permitted; b. to orig bases;		_
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e. vertical seated pike start;		
f. cradle or horizontal start		
Pitch: toe/leg	3-5-8	26
,		
Props:	3-10	32
1-made of hard materials/sharp	(1-6)	
corners; 2-top can't hold flag pole;		
3-stepping on prop; 4-prop as a		
base; 5-Hands free poms allowed;		
6-glitter on props		
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Roll down from T-lift	3-4-5	23
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6-hold two top persons; 7-hold top	(6-7)	
person with one arm	, ,	
Spotter:	3-2-	16
4-primary support;	(4-8)	
5-location/focus; 6-must not do; 7-is	(' 0)	
missing (exceptions that stop at		
extended); 8-single base hands		
under feet or toss to single-base		
shoulder stand		
	3-6-6	20
Suspended: arms/legs abv torso		28
Suspended Splits:	3-6	28
1-non-braced start below prep; 2-	(1-4)	
non-braced prep level; 3- braced;		
4-released by bases (refer to 3-5-5)		
Swinging Stunts	3-6-5	28
Release Stunts/Tosses:	3-5-2	25
a.directed vertical; b. top lands	(a-f)	
upright; c. pass over/under; d.		
bases/catchers remain; e. 1 1/4		
twist; f. top person no contact w/		
another released top person		
Toss to cradle:	3-5-3	25
a.surface; b. max tossers; c.	(a-e)	
position of bases; d. how cradled;		
e. top can't hold objects		
Toss to non-inverted stunt	3-5-4	25
Tumbling:	3-8-	30-31
1-over/under; 2-holding props; 3	(1-9)	00 01
dive roll; 4-flip into stunt/cradle; 5-	(, 0)	
flip into tumb pass; 6-airborne		
twisting tumb surfaces; 7-kip		
up/rubber band skill; 8-skills on		
head; 9-connected airborne skills		
Vertical to Horizontal Transition:	3-4-2	23
		23
a.contact; b. catch upper body;	(a-d)	
c. catchers not original bases;		
d. pass thru extended 3 catchers		

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