

2025-26 NFHS Spirit Rules - Quick Reference Index

CHEER

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RULE 2 CHEER	RULE	Pg
Apparel/Accessories: 1-jewelry; 2-appropriate for activity; 3-full mascot costume; 4-midriff; 5-glitter	2-1-____ (1-5)	17
Base: a. body position; b. and c. holding objects with one exception	2-2-1	18
Base both feet on floor	2-2-2	18
Braced Release: a. stunts before/after; b-bracers at prep and two bases; c. primary support; d. ¼ turn; e. new catchers in place f. top can't be in contact with another released person	2-5-5____ (a-f)	28
Bracer primary support	2-2-3	18
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Dismounts to cradle: 3- visual contact and top person no hard props; 4-multi-base; 5-single base; 6-skill; 7-twists; 8-to new catchers	2-7-____ (3 -8)	32
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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; 9- leave floor unassisted and caught inverted	2-3-____ (1-9)	20-22
Jump on back of horiz. base	2-4-8	26

Move over/be under stunt	2-2-10	19
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Pitch: toe/leg	2-5-8	28
Props: 1-made of hard materials/sharp 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	2-10-____ (1-6)	35
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Single Base: 6-hold two top persons; 7-hold top person with one arm	2-4-____ (6-7)	26
Spotter: 4-primary support; 5-location/focus; 6-must not do; 7-is missing (exceptions that stop at extended); 8-single base hands under feet or toss to single-base shoulder stand	2-2-____ (4-8)	18-19
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Swinging Stunts	2-6-5	31
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Vertical to Horizontal Transition: a. contact; b. catch upper body; c. catchers not original bases; d. pass thru extended 3 catchers	2-4-2____ (a-d)	25

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