

2026-27 NFHS Spirit Rules - Quick Reference Index

CHEER

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Apparel/Accessories: 1-jewelry; 2-appropriate for activity; 3-full mascot costume; 4-midriff; 5-glitter	2-1-____ (1-5)	15
Base: a. body position; b. and c. holding objects with one exception	2-2-1	16
Base both feet on floor	2-2-2	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 f. top can't be in contact with another released person g. not pass over another top or bracer	2-5-5____ (a-g)	26
Bracer primary support	2-2-3	16
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