Idaho High School Activities Association

2026-2027 SPIRIT TECHNICAL JUDGE TRAINING

Introduction

The purpose of having certified technical judges at spirit competitions is to:

1) Promote safety
2) Encourage coaches to learn and follow NFHS and IHSAA rules
3) Ensure an equitable competitive environment.

As an Idaho technical judge, you will be an important part of a process that develops performance skills, personal responsibility and fair play. In this training, you'll review NFHS and IHSAA rules and learn responsibilities and judging mechanics, discuss problem areas and practice judging.

Thank you for participating in this important part of the educational experience of our student athletes.

Lisa Hahle State Spirit Rules Interpreter

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Expectations and Responsibilities

Know and Apply the Rules Correctly

A thorough knowledge of both the NFHS safety rules and applicable state competition rules is critical. But it is just as important to develop skill in judging "real time" routines. It is devastating for a team to be penalized for something that is legal. It is also a disservice to not penalize something that is illegal. *Practice as often as you can on your own.* Watch performances and practice-judge at every opportunity, collaborate frequently with other judges, and watch videos and televised competitions.

Professionalism

Dress Appropriately Clothing and shoes should be professional and comfortable. Technical judges are generally at floor level so clothing should not stand out. Dark colors are preferred.

Arrive on Time Arrive at the competition in time to attend judge meetings and perform all pre-competition duties. If an arrival time is not specified, 45 minutes ahead is a good target.

Bring Supplies Make sure your NFHS spirit rules book and Idaho competition rules are readily available at all times. Bring a stopwatch, extra pencils, penalty summary sheets, and an extra **current** tech score sheet. Dance judges - bring a tape measure for checking dimensions of props used as bases.

Don't Overstep Your Authority

Tech judges have **one** job: evaluate routines for compliance with NFHS and IHSAA rules. Do not consider what you may have seen a team do at previous competitions. ***Note:*** If you feel that some aspect of a routine is not "appropriate", but it doesn't actually violate a rule, let the routine judges or tournament manager take care of it.

If you attend a competition in a capacity other than as a technical judge, remember that you are not judging that day! Let the hired judges do their job and stay out of their business unless you are invited to comment.

Judge Ethically

Technical judges must exhibit the highest levels of objectivity, consistency, and integrity. It is critical to remain impartial when judging. It is never OK to judge according to your personal opinion of a rule or of a specific team.

Pre-Competition Preparations

Previewing Routines

Previewing in **Advance** of a Competition (*There should be NO previewing of routines at the competition*)
You may be asked to review technical elements of a routine in advance of a competition.

1. Always state that your interpretation is based on the routine/stunt as you saw it executed at that time, the coach must understand that there is NO guarantee that something interpreted as legal during a preview won't be penalized at a competition if executed illegally.
2. For video reviews, return written comments to the coach ASAP. For in-person reviews, make sure that the coach understands your interpretation before leaving the site.
3. Notify the appropriate tech coordinator and district rules interpreter of your interpretation and keep a record for yourself. You never know when a coach might say. "X told me this was legal", when you really didn't.
4. If you're not completely sure about the legality of a stunt, COLLABORATE! Ask for help from your district rules interpreter, or the IHSAA. You can then respond to the coach.

Preparations at the Competition Site

1. Report to the director, pick up all judging materials and locate pertinent tournament areas.
2. Find out if a scribe and timer will be provided.
3. Survey the competition floor and determine how the areas of coverage will be divided among judges. *(Specific assignments are listed below.)*
4. Review the procedure for getting score sheets to the tabulators.
5. Do not watch full routines prior to the team taking the floor.
6. Maintain a professional distance from all coaches and participants – even your good friends.

Working with Tournament Spotters (Cheer)

One judge should ensure that tournament spotters understand their role, are well prepared, properly dressed and have removed their jewelry, gum, etc. Tell them it's OK to move dropped signs, poms, etc. out of the way. Reminder: Don't be influenced by spotters' opinions of legality except in general terms.

The Judging Process – Overview and Mechanics

How Many Judges?

All areas of the floor must be visible to at least one technical judge at all times. CHEER: Three judges are best unless all teams are small (under 12); in that case, two judges are ok. DANCE: Two judges are generally sufficient. Having a trained scribe is helpful for both Dance and Cheer competitions.

Judging Assignments and Positions

CHEER

1. One judge must be positioned in the front and work with the scribe to verify and sign all technical score sheets. For every penalty assessed, both the rule reference and a brief, but clear, explanation must be given. This judge will also keep a record of violations on a penalty summary sheet so that questions from coaches whose teams receive penalties can be addressed.
2. <u>Other judges</u> will be positioned on either side of the floor. One should be on the back corner and one can be on the opposite side more towards the front.
3. Determine which group each judge will watch when there are multiple stunts occurring at the same time. Be sure to shift positions as formations change and be ready to take over for a colleague if they are distracted or called away from their assigned area.

DANCE

1. Most dance routines can be judged from the front. All judges can be positioned either in the lower stands *(if isolated from spectators)* or on the floor. One judge signs the score sheets.

Judge the Routine Only

Technical judging should occur only during a routine, <u>except for violations of sportsmanship rules during entrances or exits</u>. If illegal stunts, tumbling, division rules, etc. occur prior to or following the performance, note it on the score sheet (without a deduction).

Concentration & Focus

Stay focused on the technical aspects of a routine. Do not allow outside factors to interfere with your concentration. Losing concentration or looking away for even a moment can mean a missed violation.

<u>CHEER</u> Your primary focus should be on releases, pyramids, and inversions as this is when many violations occur. Concentrate on the bases and spotters' upper bodies, arms & hands, bracer's arms and hands and top persons' lower bodies and torsos. But non-building segments also require attention.

Be sure someone is assigned to watch tumblers & floor "workers" during stunt segments. Illegal tumbling is easy to miss if all judges concentrate on stunting.

DANCE Concentrate on the middle to lower half of the performers' bodies. If lifts occur, focus on the middle of the lift– e.g., supporting dancer's and spotters' upper bodies and hands and the executing dancer's lower bodies and torsos.

Anticipating

Learn to look for clues as to what a team might do next. Train your eye to recognize when they're setting up specific stunts/lifts and check for the required number of participants and the position for each role of the pyramid or stunt/lift. Always be ready for the unexpected. Looking away at the wrong time can result in a missed violation.

Professional Behavior During Competition

1. Conferencing after routines: Judges' conferences to discuss possible violations should occur *only when necessary - not after every routine*. Conferences should be brief and near the head judge's location if possible – not within the boundaries of the performing area. Be sure that coaches, athletes or fans cannot hear your conversation.
2. Flexibility: Work collaboratively with tournament management and personnel. Physical limitations of a competition venue may require flexibility in judges' locations and assignments.
3. Contact with non-tournament personnel: Do not visit with non-tournament personnel while the competition is in progress or allow a friend or family member to hang out at your judging area.
4. Contact with coaches: All contact between judges and coaches should go through the tournament manager and occur only during breaks or after the competition. Do not initiate conversation with coaches about their penalties until the competition is over, if at all.
5. Confidentiality: Do not discuss specific penalties with anyone other than the coach involved, other judges or tournament management.

Communication

Communication during the competition is critical. If any penalties (other than minor infractions) are assessed by any judge, make sure other judges are aware of them before tech sheets are sent to the tabulators. The front judge must also be in contact with the scribe and any others helping with the technical aspects of judging, competition director, announcer and the tournament spotters.

Record Keeping

The judge sitting with the scribe must be responsible for recording violations, but all judges should keep track of them. Make a quick note between routines. One judge will keep a copy of the penalty summary sheet and send a copy to the IHSAA office/state interpreter so violations can be tracked.

After the Competition - Follow up

1. Turn in all non-personal materials to the competition director.
2. One judge should be available to answer questions from coaches if asked by tournament manager.
3. Maintain confidentiality! Discuss specific violations and penalties only with the coach involved, other judges or tournament management, not with other coaches, participants or parents.
4. One judge (usually the one sitting with the scribe) will send a copy of the penalty summary sheet to the IHSAA office after the competition.

Assessing and Recording Penalties

Accuracy: Be Sure and Be Specific

A cardinal rule of technical judging is this: Do not give a penalty if you are not **100%** sure a violation occurred. If you think you *might* have seen a violation, but the other judge(s) either didn't see it or don't agree it was illegal, **give the benefit of the doubt to the performers.** ***Note:*** *Video playback is a valuable tool but should be used only when necessary.*

Be very specific when citing a rule on a tech score sheet and on the penalty summary sheet. Always cite the rule, section, article and letter, if applicable. *Example: Inversion at prep level with only one person in a position to protect head/neck. Cite 2-3-6c-1 or 3-3-8a. Citing just 2-3-6 or 3-3-8 doesn't provide enough clarity to the coach or to the IHSAA.*

Note: *Use the language of the rule book to list deductions on the tech score sheet AND the penalty summary sheet. If you use a scribe, double check each score sheet.*

Multiple Violations of Same Stunt

When there are multiple violations of the same stunt or skill during a routine, penalties can add up quickly if points are deducted every time.

Our procedure is:

1. If different groups illegally execute a stunt at the same time, give one penalty for the stunt as a whole.
2. If the same violation occurs multiple times during a routine, give the penalty no more than twice.

Major vs. Minor NFHS Violations

CHEER

Major: Rules 2-2 through 2-8; 2-10-4
Higher risk such as Illegal stunts, pyramids, tosses, releases, tumbling, prop as bases

Minor: Rules 1-1, 1-2, 2-1, 2-9, 2-10-1 thru 2-10-3, 2-10-5 & 2-10-6
Lower risk such as jewelry, fingernails, hair, sportsmanship, drops, use of props

DANCE

Major: Rules 3-2 through 3-8; 3-10-6 thru 3-10-19, 3-11, 3-12
Higher Risk such as Illegal lifts, tumbling, props as bases

Minor: Rules 1-1, 1-2, 3-1, 3-9, 3-10-1 thru 3-10-5
Lower risk such as jewelry, fingernails, hair, apparel, sportsmanship, drops, use of props

Idaho Deductions - Point Values

CHEER

Penalties are assessed by technical judges and deducted by tabulators from the total combined scores.

NFHS

1. Major Violations	6 pts. show; 3 pts. sideline/pom/stunt group – each violation
2. Minor Violations	2 pts. show; 1 pts. sideline/pom/stunt group – each violation

IDAHO

1. Division Criteria	4 pts. show; 2 pts. sideline/pom/stunt group – each violation
2. Dress Standard	2 pts. show; 1 pt. sideline/pom/stunt group
3. Routine Timing	2 pts. show; 1 pt. sideline/pom/stunt group – each 5 sec. *(5 sec. grace)*
4. Out of Bounds	2 pts. show; 1 pt. sideline/pom/stunt group – each occurrence
5. Repeated intentional violation of NFHS or IHSAA rules.	Disqualification *This applies to teams who were previously penalized for a specific violation and notified in writing that another violation of the same rule at future competition will result in DQ.*

DANCE

Penalties are assessed by technical judges and deducted by tabulators from each routine judge's raw score before assigning ordinal points.

NFHS

1. Major Violations	2 pts. each violation
2. Minor Violations	1 pt. each violation

IDAHO

1. Timing	.5 pt. each 5 sec. (or fraction of) over/under *(5 sec grace)*
2. Division Criteria	2 pts.
3. Drop Prop/Accessory	.5 pt. per drop
4. Dress Standard	.5 pt.
5. Excessive Debris	.5 pt.
5. Repeated intentional violation of NFHS or IHSAA rules.	Disqualification *Disqualification applies to teams who were previously penalized for a violation and notified in writing that another violation of the same rule at future competition will result in DQ.*
6. More than 9 in Sm Dance	Disqualification

CHEER
TECHNICAL SCORE SHEET
(Tech Judge Sample)

School _____*West Charter*_____ **Classification** [6A] 5A 4A 3A 2A

Division/Category __*SHOW*___ **Competition** _____

MAJOR NFHS VIOLATIONS
Rules 2-2 through 2-8, 2-10-4

Penalty: *6 pts. Show* *3 pts. Sideline / Pom / Stunt Group* ***Deduction***

Rule *2-8-9* **pg.** *32* **v** *connected back flips* ***6***

Rule *2-5-3f* **pg.** *26* **v** *top person did a back flip during toss to cradle* ***6***

MINOR NFHS VIOLATIONS
Rules 1-1, 1-2; 2-1, 2-9; 2-10-1 thru 2-10-3; 2-10-5 & 2-10-6

Penalty: *2 pts. Show* *1 pt. Sideline / Pom / Stunt Group* *Deduction*

Rule *2-10-1* **pg.** *34* **v** *prop with hard materials thrown from one person to another* ***2***

Rule_____ **pg**._____ **v**_____ _____

IDAHO RULES

Penalty: *4 pts. Show* *2 pts. Sideline / Pom/ Stunt Group* *Deduction*

Violation *26 team members on floor* ***4***

Violation _____ _____

DRESS STANDARD

Penalty: *2 pts. Show* *1 pt. Sideline/Pom/ Stunt Group* *Deduction*

Violation _____ _____

TIMING **Routine Time** *2:38* **Music Time** *ok* *Timing Deduction*

Penalty: 2 pts. Show 1 pt. Sideline/Pom/Stunt *Penalize each 5 sec (or fraction of) under/over (5 sec. grace period for routine timing)* ***4***

OUT OF BOUNDS **Number of OB** *1* *OB Deduction*

Penalty: 2 pts. Show 1 pt. Sideline/Pom/Stunt *Penalize each occurrence* ***2***

Comments:

TOTAL DEDUCTIONS
Tabulators: deduct penalties from total raw score before determining placement.

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Judge Signature_____

DANCE
TECHNICAL SCORE SHEET
(Sample)

School _____***Smallville***_____ **Classification** **6A** **5A** **4A**

Division/Category ___***DANCE***_____ **Competition** _____

MAJOR NFHS VIOLATIONS ***Rules 3-2 through 3-8; 3-10-6 thru 3-10-19, 3-11, 3-12***

Penalty: 2.0 pts. per violation ***Deduction***

Rule___***3-7-6***____ **pg.**_***49***__ **v**_____***twist to cradle***_____ ___***2***__

Rule_____ **pg.**_____ **v**_____ _____

MINOR NFHS VIOLATIONS ***Rules 1-1, 1-2; 3-1, 3-9***

Penalty: 1.0 pt. per violation ***Deduction***

Rule___***3-1-3b***__ **pg.**_***39***__ **v**_____***round-off back flip in lyrical sandals***__ ___***1*** _

Rule_____ **pg.**_____ **v**_____ _____

IDAHO RULES Routine Time ___***2:10***_ **Entrance/Exit**___***:30***___ ***ID Deduction***

Timing	*Penalty – 0.5 pt. each 5 sec. (or fraction of) under/over (5 sec. grace)*		_____
Division Criteria	*Penalty – 2.0 pts. per violation*		_____
Dropped Prop/Accessory	*Penalty – 0.5 pt. per drop*	***# Drops*** ____	_____
Excessive Debris	*Penalty – 0.5 pt.*		_____ _
Dress Standard	*Penalty – 0.5 pt.*		___.5___

Tabulators: Deduct penalties from each judge's raw score before assigning ordinal points. ***TOTAL PENALTIES***

Comments:

3.5

*Judge Signature*_____

Idaho Cheer/Dance Penalty Summary Sheet
EXAMPLE

***Note:**. There must be an accurate account of all deductions in the event of a coach's inquiry. Complete this form as penalties are assessed. Describe violations using the language of the rules book!*
***Lead Judge:** Keep a copy - send an electronic copy to IHSAA and State Spirit Rules Interpreter*

Competition_____ Date _____

Tech Judges _____

Division / School	Description of Violation	Rule	Pts. Ded
CHEER			
Show –AG / West Charter	*Connected Back Flips*	*2-8-9*	*6*
Show - AG / West Charter	*26 Team members on floor*	*ID*	*4*
Show - AG / West Charter	*Hard prop thrown from one person to another*	*2-10-1*	*2*
Show – AG / West Charter	*Top person did back flip in toss to cradle (basket)*	*2-5-3f*	*6*
Show – AG / West Charter	*Routine overtime 8 seconds*	*ID*	*4*
Show – AG / West Charter	*Out of Bounds*	*ID*	*2*
Show – Coed / Gotham	*Tumble on sign*	*2-10-3*	*2*
Pom / Bedrock	*Airborne tumbling (back tucks)*	*ID*	*2*
DANCE			
Hip Hop / Springfield	*Connected back flips*	*3-8-9*	*2*
Military / Forks	*Headstand – did not use hands for support*	*3-8-8*	*2*
Dance / Smallville	*Twist to cradle*	*3-7-6*	*2*
Dance / Smallville	*Round off, back flip – lyrical sandals*	*3-1-3 b*	*1*
Dance / Smallville	*Uniform standard – pelvis/groin visible*	*ID*	*.5*

TECHNICAL *HIGHLIGHTS* of the 2026 - 27 NFHS RULES

*All changes/updates to rules are underlined and highlighted in yellow.

RULE 1 – GENERAL RISK MANAGEMENT

RULE 1 applies to both **CHEER AND DANCE** technical judging and is for information only. **Do not use this document to cite violations.** Official rules are in the current NFHS Spirit Rules Book.

SECTION 1 GENERAL RISK MANAGEMENT

1-1-4 – FINGERNAILS - near the end of the fingers

1-1-5 – HAIR-CONTROL devices, accessories and other adornments: Securely fastened, appropriate for activity, safe.

Judging Note: *Read through the Situations A, B, C and D on pages 11-12 for this rule. (Especially for DANCE teams!) Hair must be worn in a manner that does not interfere with the safe execution of stunting or tumbling. Long hair that is not secured or that restricts vision presents significant risk during stunting skills/lifts and tumbling. If a team is not touching each other or doing any of the aforementioned skills, their hair can be down.*

1-1-7 – PERFORMING SURFACES:

The performing surface must be reasonably free from objects and impediments.

Stunts and tumbling must be modified in relation to other performers as well as area/surface.

1-1-11 –SUPPORTS/BRACES:

Soft, nonabrasive and/or non-hardening supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require additional padding.

Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow or upper arm must be padded (see specifics in the rules book).

A participant wearing a lower body plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps, or tumbling.

1-1-19 – ACCOMMODATIONS FOR DISABILITIES AND SPECIAL NEEDS

1-1-20 – AMERICAN FLAG/MEMORIAL PATCHES ON UNIFORMS

1-1-21 – RELIGIOUS HEAD COVERINGS OR WRAPS

SECTION 2 SPORTSMANSHIP

1-2-1 – PARTICIPANT/ BEHAVIOR

Use of profanity is an example of behavior that would constitute a minor penalty.

Egregious disregard for sportsmanship would constitute a major penalty.

Judging Note: *Report such behavior to tournament manager, district rules interpreter and IHSAA.*

RULE 2 – CHEERLEADING RISK MANAGEMENT

***RULE 2** review contains NFHS rules that pertain to **CHEER** technical judging and is for information only. Do not cite rule violations directly from this document. Official rules are in the current Spirit Rules Book.*

Rule 2 CHEER

Sec 1	Apparel/Accessories	Sec 5	Release Stunts/Tosses	Sec 9	Drops
Sec 2	Stunting Personnel	Sec 6	Suspended Stunts	Sec 10	Props
Sec 3	Inversions	Sec 7	Dismounts		
Sec 4	Non-release Stunts	Sec 8	Tumbling		

SECTION 1 CHEER APPAREL/ACESSORIES

2-1-1 – JEWELRY also includes rhinestones or sequins glued to the face, body piercing objects (including dermal piercings) and spacers, i.e., plastic, fishing line, etc. Exceptions: Uniforms with rhinestones applied by the mfg. and small rhinestones on hair bows are OK.

Judging Notes:

* *Below-skin anchors for dermal piercings are OK. Gauges in earholes are not OK. (ok to tape over holes)*
* *Daith piercings for migraines can be worn **only** if participant provides written authorization from a doctor Permission from the IHSAA is also required. If questions, tournament mgr. should contact Julie at IHSAA.*
* *Hair ties on wrists are illegal.*

2-1-2 –APPAREL, ACCESSORIES, FOOTWEAR shall be appropriate for the activity in which they are being worn. The rule specifically requires athletic shoes for cheerleaders. ***Judging Note:** Read situations! Lots of options to consider.*

2-1-3 –Participant in full HEAD AND BODY COSTUME (*or bulky, loose costume minus the head)* must not stunt or tumble, except for a forward roll or a cartwheel.

2-1-4 –MIDRIFF ***Judging Note:** Also cite Idaho Rules when judging this.*

2-1-5 –GLITTER rule restricts only glitter that does not readily adhere – generally meaning loose glitter that is sprinkled into the hair, uniform or applied over petroleum jelly. ***Judging Note:** Many products securely bond glitter make-up to the skin. Glitter residue or small flakes that randomly come off is OK, but if it is a lot, warn the team or penalize!*

SECTION 2 STUNTING PERSONNEL

2-2-1 – BASES MUST NOT: ***Judging Note:** Read the exception in b.*

2-2-2 – BASES FOR EXTENDED STUNTS: ***Judging Note:** Moving the stunt is OK*

2-2-5 – SPOTTERS LOCATION: ***Judging Note:** Generally, the proper spotting location is to have the quickest/cleanest path to protect a top person from falling toward their back. See situations for 2.2.5 for guidance. If spotter is not required, spotting rules do not apply.*

2-2-6 – SPOTTERS MUST NOT:

*Grasp the bottom of the top person's foot. ***Judging Note:** If a small portion of spotter's hand is under the heel, don't give a penalty.*

*Be positioned so his/her torso is completely under a stunt ***Judging Note:** This penalty is rarely given. Watch angle of arms to help determine legality.*

2-2-7 – SPOTTER REQUIRED FOR EXTENDED STUNTS:
***Judging Note:** Judges should know the **exceptions** in this rule. See the rules book!*

2-2-8 – SPOTTERS FOR SINGLE BASE: ***Judging Note:** In a single base stunt, if the spotter's hands are under top's foot or base's hand, it becomes a legal double-base stunt. If they cradle from that double-base stunt, a spotter is needed.*

SECTION 3 INVERSIONS

Judging Note: *It is important to understand this section as described in the rules book. The rules that are highlighted here are the ones that can be confusing if you don't take the time to **study** the rule. Others that are **not** highlighted here are simple and can be understood from reading the rules book.*

2-3-3 – BRACED INVERSIONS THAT DO NOT FLIP OR ROLL: ***Judging Note***: *Know the criteria if released*

2-3-4 – BRACED **ROLLS** IN A PYRAMID: ***Judging Note***: *Know the definition/differences between a roll and a flip*

2-3-5 – BRACED **FLIPS** IN A PYRAMID: A few updates and additions! NEW Situation A language. Two new situations.

2-3-6 – ALL OTHER INVERSIONS: New Situation K

Judging Note: *This rule encompasses many other inversion scenarios. In includes what the inversion can release to, what they can look like when the base of support is below prep level (remember contact does not have to be upper body), and what they look like when the inversion passes through prep level (Remember the **Foldover** exception in this part.) READ THE SITUATIONS to help you understand this rule!*

2-3-7 – INVERTED TOP PERSON HOLDING PROPS

2-3-9 –TOP PERSON MUST BE ASSISTED IF THEY LAND OR ARE CAUGHT IN AN INVERTED BODY POSITION

SECTION 4 NON-RELEASE STUNTS

2-4-1 – BRACERS HOLD WHEN STUNT IS EXTENDED

2-4-2 – TOP PERSON VERTICAL TO HORIZONTAL: A few updates and additions! NEW Situation C language.

2-4-3 – HANGING STUNT

2-4-6 & 7 – SINGLE BASE WITH EXTENDED TOP PERSONS: ***Judging Note*:** *An exception is double cupies/awesomes. If cradled, there must be three catchers for each top person. Must be on appropriate surface.*

SECTION 5 RELEASE STUNTS / TOSSES

2-5-2 – RELEASE STUNTS AND TOSSES: Know the six basic items in this rule to be legal.

2-5-3 – TOSSES TO A CRADLE: Know the six basic items in this rule to be legal. NEW Situation A language.

2-5-4 – TOSS CAUGHT NON-INVERTED STUNT

2-5-5 – BRACED RELEASE TRANSITIONS: ***Judging Note:*** *Know all of the conditions to be met in this rule. NEW condition added at letter g. NEW Situation D added.*

2-5-6 – NON-BRACED RELEASE TRANSITIONS: NEW language added. NEW Situation A language. ***Judging Note:*** *Know all of the conditions to be met in this rule.*

2-5-7 – HELICOPTERS

2-5-8 – TOE/LEG PITCH

2-5-9 – QUICK TOSSES

SECTION 6 SUSPENDED STUNTS

2-6-1 – NON-BRACED SUSPENDED SPLITS THAT START AT AND REMAIN BELOW PREP LEVEL

2-6-2 – NON-BRACED SUSPENDED SPLITS THAT START AT OR PASS-THROUGH PREP LEVEL OR ABOVE

2-6-3 - BRACED SUSPENDED SPLITS

2-6-4 – TOP IN BRACED SUSPENDED SPLITS RELEASED BY BASES

2-6-5 – SWINGING STUNTS

2-6-6 –TOP PERSON CANNOT BE SUSPENDED IN A FACE-DOWN POSITION BETWEEN BASES *(a.k.a. Mission Impossible position)*

SECTION 7 DISMOUNTS

2-7-2 – DISMOUNTS TO THE FLOOR FROM PREP LEVEL OR ABOVE

2-7-3– ALL DISMOUNTS TO CRADLE (Visual contact & No sharp/hard props held by top person)

2-7-4 – CRADLE DISMOUNTS FROM MULTI-BASE STUNTS

2-7-5 – CRADLE DISMOUNTS FROM SINGLE BASE STUNTS TO SINGLE BASE CRADLES ***Judging Note:*** *Chair stunt does not require additional spotter/catcher.*

2-7-6 – SKILLS (TOE TOUCH, TWIST, ETC.) TO CRADLE ***Judging Note:*** *No skill allowed if going to separate catchers*

2-7-7 – TWISTS TO CRADLE

2-7-8– CRADLE DISMOUNTS TO NEW CATCHERS: NEW exception added. NEW Situation to describe.

SECTION 8 TUMBLING

2-8-1 –TUMBLING OR REBOUNDING OVER OR UNDER A STUNT, PERSON, OR PROP

2-8-2 – TUMBLING WHILE HOLDING PROPS: ***Judging Note:*** *Any soft props can be held in hand not used for tumbling support.*

2-8-8 – HEADSTANDS, HEADSPINS AND HEADSPRINGS

2-8-9 – AIRBORNE SKILLS WITH HIP-OVER-HEAD ROTATION

SECTION 9 DROPS

2-9-1 – DROPS MUST BE CONTROLLED

2-9-2 – AIRBORNE DROPS TO A PUSH UP POSITION (one exception)

2-9-3 – FALLING DIRECTLY TO BACK OR STOMACH

2-9-4 – FLIP TO ANY DROP IS NOT PERMITTED ***Judging Note:*** *Taking weight on foot/feet is OK*

SECTION 10 PROPS

2-10-1 – PROPS WITH HARD MATERIALS AND SHARP CORNERS: Update to the rule.

2-10-2 – TOP PERSON CAN'T HOLD A FLAG ON A POLE: New Situation.

2-10-3 – STEPPING ON A PROP: Update to the rule. ***Judging Note:*** *There has been a relaxing of this rule.*

2-10-4 – USING A PROP AS A BASE: Combined former prop as base rules.

2-10-5 – HANDS-FREE POMS ARE ALLOWED: ***Judging Note:*** *Even though it says "hands free," any activity or skill that prohibits the use of poms also prohibits the use of hands-free poms.*

2-10-6 – GLITTER MUST BE LAMINATED OR SEALED ON SIGNS OR PROPS

RULE 3 – DANCE RISK MANAGEMENT

*This **RULE 3** review includes NFHS rules for **DANCE** technical judging and is for information only. For a complete list of rules and/or the precise wording of a specific rule, refer to the current NFHS Spirit Rules Book.* ***Don't cite rule violations directly from this document. Don't cite Rule 2 for any dance violation.***

Rule 3 DANCE

Sec 1	Apparel/Accessories	Sec 5	Release Lifts	Sec 9	Drops
Sec 2	Lift Personnel	Sec 6	Suspended Lifts	Sec 10	Props/Bases
Sec 3	Inversions	Sec 7	Dismounts Lifts	Sec 11	Spotting while on Bases
Sec 4	Non-release Lifts	Sec 8	Tumbling	Sec 12	Dismounts from Bases

SECTION 1 DANCE APPAREL / ACESSORIES

3-1-1 – "HARD" JEWELRY NOT PERMITTED UNLESS SECURELY AFFIXED TO COSTUME OR HAIR

Judging Notes: *Read the two situations and rulings to learn about different ideas for interpreting this rule. Daith piercings for migraines are not permitted in Idaho without written authorization from a doctor. Permission from the IHSAA is also required. If questions, tournament mgr should contact IHSAA.*

3-1-2–APPAREL AND ACCESSORIES MUST BE APPROPRIATE FOR THE ACTIVITY INVOLVED

Judging Notes: ***Gloves*** *worn during lifts or tumbling skills in which weight is borne on the hands must have non-slip material/substance on the palms and palm-side fingers.* ***Masks, hoods & hats*** *are OK during tumbling and lifts only if they fit securely and snugly. Nothing should restrict vision.* ***Length of Skirt/flowing costume*** *needs to be calf length or shorter (and/or tucked away) to not interfere with the safe execution of a lift or tumbling. (Ex: If it is hanging down during a simple lift like a T-lift, it can be legal. A flatback would* ***NOT*** *be legal if not tucked away) At any time, if the skirt interferes and was obvious that safety was compromised due to the costume, give a penalty.*

3-1-3 – FOOTWEAR: Update to this rule. NEW Situation to describe.

3-1-4 – GLITTER

Judging Notes: *Glitter chips sprinkled on petroleum jelly is illegal. Many products that securely bond glitter to the skin is OK, but if you see excessive glitter on the floor after a performance, an excessive debris penalty can be given.*

SECTION 2 LIFT PERSONNEL

3-2-1 – SUPPORTING DANCER MUST NOT: ***Judging Note:*** *Read the rule and know the exception written into this rule*.

3-2-2 – SUPPORTING DANCER FOR EXTENDED LIFTS: ***Judging Note:*** *Moving the lift is OK*

3-2-3 – BRACER NOT PRIMARY SUPPORT FOR EXECUTING DANCER

3-2-5 –SPOTTERS LOCATION: ***Judging Note:*** *Generally, the proper spotting location is to have the quickest/cleanest path to protect a top person from falling toward their back. See situation 3.2.5 A and B for guidance.*

3-2-6 – SPOTTERS MUST NOT:

*Grasp the sole of the executing dancer's foot. ***Judging Note:*** *If a small portion of spotter's hand is under the heel, don't give a penalty.*

*Be positioned so his/her torso is completely under a lift ***Judging Note:*** *This penalty is rarely given. Watch angle of arms to help determine legality.*

3-2-7 – SPOTTER REQUIRED FOR EXTENDED LIFTS:

Judging Note: *Judges should know the* ***exceptions*** *in this rule. See rules book!*

3-2-8 – SPOTTERS REQUIRED FOR SINGLE SUPPORTING DANCER PREP-LEVEL LIFTS: ***Judging Note:*** *In a single supporting dancer stunt, if the spotter's hands are under top's foot or base's hand, it becomes a legal multi supporting dancer stunt. If they cradle from that stunt, the spotter is needed.*

3-2-9 – LIFTS LIMITED TO TWO LEVELS HIGH

SECTION 3 INVERSIONS

3-3-3 –BRACED INVERSIONS THAT DO NOT FLIP OR ROLL

3-3-4 –BRACED ROLLS IN A PYRAMID

3-3-5 – BRACED FLIPS ARE NOT PERMITTED IN DANCE

3-3-6 – DISMOUNTS FROM INVERTED LIFTS

3-3-6 – BELOW PREP LEVEL INVERSION CONTACT MAINTAINED

3-3-8 – ALL OTHER INVERSIONS THAT BEGIN OR PASS-THROUGH PREP LEVEL: NEW Situation A language.

Judging Note: *This rule encompasses other inversion scenarios. In includes required personnel, how contact should be maintained (Remember the* ***Foldover*** *exception in this part), how executing dancer can't go directly to surface when inverted and if caught in a cradle by new catchers, what needs to happen.*

3-3-9 – LIFT BEGINS IN INVERSION AND TRANSITIONS TO NON-INVERSION

3-3-10 – INVERTED TOP PERSON HOLDING PROPS

SECTION 4 NON-RELEASE LIFTS

3-4-1 – EXTENDED LIFTS: Lifts in which supporting dancer(s) support(s) an extended executing dancer under the foot/feet and stops in an extended position are not permitted in Dance.

3-4-2 – OVER/UNDER A LIFT RESTRICTION

3-4-3 – VERTICAL TO HORIZONTAL: Added language on c. NEW Situation C added.

3-4-4 – NO JUMPING UNASSISTED ONTO BACK

Judging Note: *Includes base being on hands & knees, in a prone or in a nugget position*.

3-4-5 – ROLL DOWN FROM SIDE T-LIFT

3-4-6 – SINGLE-SUPPORTING DANCER LIFTS SUPPORTED UNDER LEGS NOT PERMITTED

3-4-7 – HANGING PYRAMID

SECTION 5 RELEASE LIFTS

3-5-2 – RELEASE LIFTS NOT PERMITTED IN DANCE/DRILL: ***Judging Note:*** Exception: Legal helicopters and log rolls

3-5-3 – HELICOPTERS

3-5-4 – LOG ROLLS

3-5-5 – TOE/LEG PITCH to a jump or tumbling skill is illegal.

3-5-6 – QUICK TOSSES are permitted.

SECTION 6 SUSPENDED LIFTS

3-6-1 – NON-SUPPORTED SUSPENDED SPLITS THAT START AND REMAIN BELOW PREP LEVEL

3-6-2 – NON-SUPPORTED SUSPENDED SPLITS THAT START AT OR PASS-THROUGH PREP LEVEL OR ABOVE

3-6-3 – SUPPORTED SUSPENDED SPLITS

3-6-4 – TOP PERSON IN BRACED SUSPENDED SPLITS must not be released by supporting dancers.

3-6-5 – SWINGING STUNT

3-6-6 –TOP PERSON CANNOT BE SUSPENDED FACE-DOWN between supporting dancers with their torso below their arms and legs.

SECTION 7 DISMOUNTS FROM LIFTS

3-7-2 – DISMOUNTS TO THE FLOOR FROM PREP LEVEL OR ABOVE

3-7-3 – ALL DISMOUNTS TO CRADLE

3-7-4/5– CRADLE MULTI-SUPORTING DANCER STUNTS & CRADLE SINGLE SUPPORTING DANCER STUNTS

3-7-6 – SKILLS (TWIST, TOE TOUCH, ETC.) to a cradle are not permitted in Dance.

3-7-7 – TWIST TO PERFORMING SURFACE: No more than 1¼ rotations.

3-7-8 – CRADLE DISMOUNTS TO NEW CATCHERS: NEW exception added.

3-7-9 – BRACED DISMOUNTS TO CRADLE:
Judging Note: This rule refers to dismounts in which bracers maintain contact with the top person after supporting dancers have released a top person to the cradle.

SECTION 8 TUMBLING

3-8-1 – TUMBLING OR REBOUNDING OVER OR UNDER A LIFT, PERSON, OR PROP ***Judging Note:*** *Non-airborne tumbling **on** a person is OK.*

3-8-2 – TUMBLING WHILE HOLDING PROPS

3-8-3 – DIVE ROLLS are illegal. ***Judging Note:*** *Does not apply low level airborne front rolls which are now allowed.*

3-8-8 – HEADSTANDS, HEADSPINS AND HEADSPRINGS

3-8-9 – AIRBORNE SKILLS WITH HIP-OVER-HEAD ROTATION

SECTION 9 DROPS

3-9-1 – DROPS MUST BE CONTROLLED

3-9-2 – AIRBORNE DROPS TO A PUSH UP POSITION (one exception)

3-9-3 – FALLING DIRECTLY TO BACK OR STOMACH

3-9-4 – FLIP TO ANY DROP IS NOT PERMITTED ***Judging Note:*** *Taking weight on foot/feet is OK*

SECTION 10 PROPS/BASES

3-10-1 – USE OF PROPS THAT ARE MADE OF HARD MATERIALS OR HAVE SHARP CORNERS

3-10-2 – HOLD A FLAG ON A POLE

3-10-3 – STEPPING ON SOFT OR HARD PROPS

3-10-4 – HANDS FREE POMS ALLOWED: New Situation language added
Judging Note: *Even though it says "hands free," any activity or skill that prohibits the use of poms also prohibits the use of hands-free poms.*

3-10-5 – GLITTER ON A SIGN, PROP OR BACKDROP

3-10-6 and 7 – HEIGHT LIMITATIONS
Judging Note: *Exception: It's OK for a participant to hang from a prop higher than 4' by the hands (think monkey bars) with feet closer to the floor than their center of gravity.*

3-10-8 – INVERTED POSITIONS ON A PROP

3-10-9 – TUMBLING ONTO, OVER OR UNDER A PROP IS ILLEGAL (two exceptions)

3-10-10 – MAINTAINING CONTACT WITH PROP

3-10-11 – STUNTS/LIFTS ON A PROP ARE ILLEGAL (one exception)

3-10-12 – DROPPING HEAD BACK when on a prop

3-10-13 – PROP HELD BY SUPPORTING DANCERS with an executing dancer on prop

3-10-14 – DANCING/MOVING FEET ON A STATIONARY PROP

3-10-15 – MOVING PROP WITH WHEELS, ROUNDED SURFACES OR FLAT BOTTOM COVERED WITH FABRIC

3-10-16 and 17 – MOVING FROM ONE PROP TO ANOTHER AND TO PROPS WITH WHEELS/ ROUNDED SURFACES

3-10-18 – WHEN PROPS ARE STACKED

3-10-19 – WHEN TRANSITIONING FROM A PROP TO A STUNT/LIFT

SECTION 11 SPOTTING PARTICIPANTS ON BASES

3-11-2, 3 – SPOTTER MAY TOUCH, GRASP, OR HELP MOVE A PROP provided that her/his focus remains on the top person (except to briefly check other props and/or performers). ***Judging Note:*** *Know what the spotter must **not** do if they are required.*

SECTION 12 DISMOUNTS FROM BASES

Judging Note: *When a top person leaves the surface of a prop/base while being supported by other participants, it is a transition, not a dismount. See Rule 3-10-19.*

3-12-1 – INVERTED DISMOUNTS ARE PERMITTED: (know the two that are legal)

3-12-2, 3 – SUSPENDED ROLL DISMOUNTS FROM PROPS

3-12-4, 5 – DISMOUNTS TO THE FLOOR FROM BASES HIGHER THAN 3'

IDAHO CHEER COMPETITION RULES FOR TECH JUDGES

A complete list of IHSAA cheer rules are posted on the IHSAA website, idhsaa.org
New rules and changes are shaded and underlined.

DIVISIONS OF COMPETITION

Show Cheer: Time: 2:30 max.

Required: Routine must contain at least one cheer or chant and a musical segment of at least 45 seconds, but not greater than 2:00.

Permitted: Partner stunts, pyramids, tosses, tumbling, jumps, dance, poms, megaphones, signs and banners.

Sideline Cheer: Time: 1:00 max.

Required: Routine must include at least one continuous two-jump series performed by the entire team in unison.

Permitted: Traditional cheer props (poms, signs, flags, banners and megaphones), standing tumbling (limited to single skill at a time), stunts that are prep level or below, and multi base extended stunts (limited to extensions, liberty hitches and basic liberties without any variations as listed in the NFHS rules book definition).

Not Permitted: Music, running tumbling, basket tosses, inversions, twisting or spinning dismounts or load-ins, load-ins that are airborne (i.e. toss to hands, toss to stunt); cradle dismounts, pyramids of three or more braced stunt groups, extended partner stunts, cheer boxes, non-traditional or theatrical type props including 3-dimensional signs. ***Judging Note:*** *Running tumbling is considered to be 3 steps or more*

Pom: Time: 1:00 max.

Required: Music is required for the entire routine. Poms must be used throughout a majority of the routine and by a majority of the team members.

Permitted: Vocals, jumps, kicks, leaps, turns, and non-airborne tumbling.

Not Permitted: Airborne tumbling, stunts, pyramids, tosses, other props of any type.

Stunt Group: Time: 1:00 max. ***(Specialty Division – offered only at invitational competitions)***

Required: Music is required for the entire routine.

Not Permitted: Tumbling, jumps, chants, megaphones, poms, signs, banners.

TEAM CATEGORIES

Team Sizes

1. Show, Sideline, Pom: Max of 24 team members (including mascots) on the floor.
2. Stunt Group: Max of 5 on the floor.

Coed Divisions

1. Show: Teams with one boy may choose to compete in either coed or all-girl. Teams with two or more boys must compete in coed division.
2. Stunt Group: Coed stunt groups must include at least one boy and one girl.
3. Sideline, Pom: Coed teams and all-girl teams compete together.

GENERAL CHEER COMPETITION RULES

Prop Materials

Props (poms, megaphones, signs, banners, etc.) must not contain glass, have an outside power source or have lights.

Matting

All sites must provide an appropriately matted (at least 40'x40') competition area.

Timing

Routine Timing starts with the first beat of the music or when performance begins. Timing ends with the last beat of the music or when a final position is hit if music has already stopped

Grace Period: A 5 second grace period for routine timing is allowed. ***Judging Note:*** *If a routine is overtime by more than 5 seconds, the deduction is applied to the entire overtime, not just starting at the :06 mark.*

Out of Bounds

Stepping/tumbling off the mat during performance is illegal *(meaning: any part of body fully touching the floor beyond the mat)*. Placing props or gently tossing props off the mat during performance is OK provided the performer does not go off the mat to do so.

Scoring / Score Sheets

All Idaho competitions must use adjusted total points *(raw scores with penalties deducted)* to determine the winners of each division. Ties will be broken using judge preference. Current IHSAA score sheets must be used.

Technical Judging

All Idaho competitions must provide Idaho-certified technical judges who have no other responsibilities. Three technical judges are required; Exception: If all teams have 12 or fewer members, two technical judges may be used.

1. Violation of NFHS and IHSAA rules will result in technical deductions from that routine's score.
2. Repeated intentional violations of NFHS safety rules or IHSAA rules of competition will result in disqualification of that routine. *(IHSAA and tournament manager will determine disqualification status)*

Dress Standard

Cheerleaders must wear uniforms that are appropriate for the high school level.

1. When standing at attention, no part of the buttocks, breasts or midriff (front or back) shall be visible.
2. Single-shoulder uniform tops are not permitted.

Judging Note: *We no longer worry about skirts being pulled down unless they actually have buttocks showing. Don't expect compliance while a stunt is in progress.* ***Also****: Give warnings at early season competitions.* ***USE COMMON SENSE WHEN JUDGING THIS!***

Disqualification Repeated, intentional violations of NFHS / IHSAA rules will result in disqualification. This rule applies to those teams who were previously penalized for a violation and notified in writing that repeating that violation at future competition will result in DQ. ***Judging Note:*** *IHSAA and tournament manager will handle any DQs*

Point of Emphasis

Competitions who offer individual skills/tricks contests must follow all Idaho guidelines and NFHS safety rules. If participants perform illegal actions, they will be immediately disqualified, and the competition may be referred to their District Board of Control for further fines or sanctions.

IDAHO DANCE COMPETITION RULES FOR TECH JUDGES

A complete list of IHSAA Dance rules are posted on the IHSAA website, idhsaa.org
New rules and changes are shaded and underlined.

DIVISIONS OF COMPETITION

Dance Time limit: 2-3 minutes. Not permitted: storylines, character development, costume changes, hand props, stage props, backdrops.

Hip Hop Time limit: 2-3 minutes. Required: All aspects of the routine must be appropriate for the high school level. Permitted: hand props. Not permitted: stage props, backdrops

Military Time limit: 2-3 minutes. Required: Costumes must be military style or generic. Not permitted: storylines, character development, costume changes, hand props, stage props, backdrops.

Pom Time limit: 2-3 minutes. Required: Poms must be used for at least 75% of routine by all team members. Not permitted: storylines, character development, costume changes, hand props other than poms, stage props/backdrops

Other Specialty Divisions Can be offered at all invitational competitions.

1. Specialty Divisions:
   a. Must follow all NFHS safety rules and IHSAA competition rules.
   b. May be offered as "open" classifications
   c. Time limits: 2-3 minutes (team divisions); 1:30-2:00 (solo division)
   d. Team Sizes: No set number except in Small Dance (maximum of 9)
2. Specialty Divisions for 2026-2027: *See Idaho Dance Rules and Regulations for detailed requirements*
   a. Solo Division, Kick, Prop, Small Dance

STAGING DEFINITIONS

Performance Area — The area within the boundary lines of the basketball court. *(a.k.a. "the floor")*

Backdrops — Stationary objects located behind performance area; used for visual enhancement only. ***Judging Note:*** *Backdrops are not permitted in any required division of competition.*

Hand Props — Items manipulated on or off the floor for the purpose of routine enhancement. Costumes are considered hand props if they are removed and manipulated or if they are manipulated for an extensive portion of the routine.

Kick — A rhythmic opening and closing of the leg at a minimum of 45 degrees.

Stage Props — Located within the performance area used as bases, visual enhancement, and/or entrances/exits.

Character Development — Creating a specific character where performers act out behaviors of that character within the choreography. Personality and intent of character will be evident.

Storyline — Conveying a specific story thread via message, idea, or event with choreography. The routine progresses through various stages within the story.

TIMING

1. Entrance/Exit Timing Includes set-up and take-down of props as well as getting the team to ready position and also off the floor at the end of the routine.
   a) Timing starts when the first person/prop enters the floor.
   b) Timing ends when the last person/prop leaves the performance area.
   c) Entrance/Exit time limit – 1 min. combined time
2. Routine Timing starts with the first beat of the music or when performance begins if music has not started. Timing ends with the last beat of the music or when a final position is hit if music has already stopped. Routine timing does not include entrances/exits (unless exit is part of routine and end pose is not hit)
3. Grace Periods: A 5 second grace period for routine timing is allowed. Entrance/Exit timing does not include a grace period. ***Judging Note:*** *If a routine is undertime or overtime by more than 5 seconds, the deduction is applied to the entire overtime, not just starting at :06.*

PROP COVERINGS AND INSPECTION

1. All props and shoes must be inspected by tournament personnel. Any prop or shoe that does not meet the following criteria must not be allowed on the floor.

   Stage Props: All props that will be pushed on or carried onto the floor must have sufficient protective covering on all surfaces that will *(or could easily)* touch the floor, **including bottoms, corners and edges**. This requirement includes hard wheels on large or heavy props and those that will hold a performer. Soft, non-marking rubber wheels do not require covering.

   Hand props: Any hard or sharp edges, ends, or points that will intentionally hit or rest on the floor must have sufficient protective covering.
   Judging Note: *"Sufficient protective covering" depends on such factors as the size, weight, and intended use of the prop, and whether it is carried on or pushed on around the floor.* ***Ask****!*

   Shoes: Must have non-marking soles**.** ***Judging Note:*** *Watch for hip hop boots that scuff the floor.* ***Do not allow shoes/boots with spikes on the floor****.*
2. If an illegal prop is used on the floor, an Idaho "division criteria" penalty will be assessed.
3. All props that are stored inside the gym must be at least five feet from the rear boundary (court sideline) of the performance area.

IDAHO DRESS STANDARD

1. Bare skin or nude-colored coverings must not be part of the costume from below the armpits in the front, nor from below the waist in the back.
2. When a participant is standing at attention and throughout the majority of the routine, no part of the buttocks, breasts, pelvis/groin, or midriff *(refers to front of torso for both NFHS and Idaho rules)* shall be visible.
3. Shoes must have non-marking soles. Must comply with NFHS Rules.

APPROPRIATENESS OF CONTENT

Routines shall be appropriate for participation at the high school level as accepted in communities throughout the state of Idaho.

1. Music shall not contain inappropriate or vulgar language.
2. Choreography shall not contain any movement of a sexual nature.
3. Ideas/concepts of routines shall be appropriate for the school environment.
4. Plagiarizing choreography or routine concepts/ideas is a violation of the coaches Code of Ethics.

Judging Note: *Appropriateness is a general term that encompasses accepted community standards across the state. If in doubt about specific content, refer the matter to IHSAA.*

SCORING

The ordinal (ranking) system of scoring shall be used at Idaho dance competitions.

1. Each routine judge's raw scores are ranked (1-2-3, etc.) by tabulators after deducting penalties as listed on the technical score sheets.
2. Any penalties assessed by technical judges will be deducted from each routine judge's raw score prior to determination of ordinal scores.

DISQUALIFICATION

Repeated, intentional violations of NFHS or IHSAA rules shall result in disqualification

This rule applies to those teams who were previously penalized for a violation and notified in writing that repeating that violation at future competition will result in DQ. ***Judging Note:*** *IHSAA and tournament manager will handle disqualifications.*

Point of Emphasis

Competitions who offer individual skills/tricks contests must follow all Idaho guidelines and NFHS safety rules. If participants perform illegal actions, they will be immediately disqualified, and the competition may be referred to their District Board of Control for further fines or sanctions.

Surface Restriction Chart

Stunts, Tosses & Tumbling Skills with Restricted Surfaces

PERMITTED ONLY ON MATS / GRASS / RUBBER TRACKS	RULE	PERMITTED ON ANY APPROPRIATE SURFACE
Partner Stunts *Cheer Only* A. A single base supports a top person with only one arm/hand. *(This stunt is illegal for dance*)	**2-4-7**	**Partner Stunts** *Cheer* A. All other partner stunts not specifically limited to mats, grass or rubber tracks.
Tosses to a Cradle *Cheer Only* *Toss: Throwing motion; bases' hands under top's feet; starts below shoulder level.* *(Tosses are illegal for dance.)*	**2-5-3**	**Release Stunts** *Cheer* *Release Stunt: Top person becomes free of contact from all personnel on the performing surface.*
Tumbling *Cheer & Dance* A. Airborne twisting tumbling *except for round-offs & aerial cartwheels.*	**2-8-6** **3-8-6**	**Tumbling** *Cheer & Dance* A. Non-airborne tumbling B. Non-twisting airborne tumbling C. Round-offs; aerial cartwheels

Props as Bases – Height & Dimension Chart

Rule	Restriction	Ht / Dim
3-10-6	Dance – Max height for weight-bearing surface of prop.	**4'**
2-10-4	Cheer - Max height for prop used as bases (i.e. cheer boxes)	**3'**
3-10-8a	Inverted position OK if one foot is in weight-bearing contact with prop at least 2' x 2'.	**2' x 2'**
3-10-8b	Inverted position OK if LYING on prop at least 1' wide and not more than 3' high.	**1' x 3'**
3-10-10	If prop is higher than 3', executing dancer must maintain contact except if the performance area is at least 3' x 3' for each participant.	**3' x 3'**
3-10-11	Width required for forward roll while on a prop.	**1'**
3-10-12	Head arching back - OK if on prop at least 2' x 2' **or** executing dancer grasps a secure portion of the prop	**2' x 2'**
3-10-13	Height of support surface if prop suspended between two people. Spotter required if executing dancer is standing.	**Waist**
3-10-14	Executing dancer is dancing or moving feet on stationary prop higher than 3' and less than 1' wide, a spotter is required. If prop moves (wheels or rounded surface), a spotter is required.	**3' x 1'**
3-12-4	Dismounts to performing surface from higher than 3' must have assisted landing. No skill from prop higher than 3' without hand-to hand or hand to base (prop) contact.	**3'**
3-12-5	Cradle dismounts from base (prop) are not permitted from above 3'	**3'**