

SIDELINE CHEER GUIDELINES DURING THE COVID EMERGENCY AND BEYOND

- Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
- Stunt is defined within the context of Stunt/Partner Stunt/Life in the NFHS Spirit Rules, and is further defined as “One or more bases support one or more top persons off the performing surface”
- NFHS Spirit Rule 2-7 states: “Performing surfaces must be suitable for spirit activities”
- Stunts or Stunting by sideline cheerleaders is not permitted on Hard Surfaces
- At football games, stunting would not be allowed on gravel/chat rock or cinder tracks, or any unpadded concrete surface.
- When permitted, stunting would be permitted on appropriate mats, grass, rubberized and soft-yielding surfaces.
- Stunting is not permitted on any surface if it is wet.
- Sideline cheer coaches must carefully consider the cheering surface regarding safety, as even an all-weather track would be considered unsafe if it were wet.
- The following skills are only allowed on a mat, grass, or rubberized track surface:
 - Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.
 - Partner stunts in which the base uses only one arm to support the top person.
 - Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).
- At basketball contests, basket tosses and other similar multi-base tosses may only be performed with appropriate matting.
- Stunts and tumbling must be modified to be appropriate for the surface and/or area and in relation to other participants.
- Skill practicality, difficulty, and proficiency should especially be considered for performances on playing surfaces at games, as any injury could also result in a stoppage of play.