

**DDCA Technical Judge
NFHS Spirit Rules Placemat 2022-2023**

Timing – .65 pt. (Penalty Type: T)	
	Nov 19, 2022 – Jan. 14, 2023 – only penalties for under 1 minute, or over time
DDCA, OSAA 2.2.3	2-3 minutes (Categories except Kick). Penalty for over or under time 1.5-2.5 minutes - Kick Category only. Penalty for over or under time 2-6 minutes – Show Category only. Penalty for over or under time
General (Penalty Type: G)	
OSAA 1.1.2 R2/Sec1/Art 2	All student participants must meet OSAA student eligibility rules - DQ
OSAA 2.6.1 (a)	A Prop is anything that is <u>not permanently attached</u> or positioned on a uniform/costume of the performer, which is manipulated in any skillful, physical, or mechanical manner to add to the overall effect of the performance. – 2 pts (State = 10-pt)
OSAA 1.4.2	Number of performers above or below stated division – 2 pts (State = 10-pt)
OSAA 2.3.4	Live Music, if used, may be provided by a maximum of ten <u>instrumentalists</u> who must remain inconspicuously outside of the performance boundary in order not to be counted toward the roster limit. The same ten instrumentalists must be used throughout the performance, and they must meet the OSAA student eligibility rules. <u>Musicians</u> are defined as up to ten instrumentalists who are not engaged in the dance performance and provide music to perform to. – DQ
OSAA 2.3.5	A team member may be a dancer or an instrumentalist but not perform as both. – Penalty: Infraction with live music/ and/or instrumentalist is 10-pt deduction.
OSAA 2.4	Unapproved special effects (special note: dry ice and special lighting will not be permitted) – DQ
Sportsmanship – .65 pt. (Penalty Type: SP)	
R2/Sec2/Art1	Dancers, Coach may not use profane or inappropriate language, music or gestures (pg. 17)
General/ Apparel – .65 pt. (Penalty Type: A)	
R2/Sec1/Art 4 & R2/Sec 1/Art 5	Fingernails must be short, Hair must be worn in a manner that is appropriate, hair devices & accessories must be secure. (pg. 13)
R2/ Sec 1/ Art 7	Performing surfaces must be held in a location suitable for spirit activities.
R2/ Sec 1/ Art 12	A manufacturer’s logo/trademark, no more than 2.25 sq. inches is permitted on apparel. Novelty costumes that replicate trademark logos is permitted (Pg 16)
Safety, Level 1 – .65 pts (Penalty Type: SA)	
R4/Sec1/Art1	Jewelry: Wearing “hard” jewelry is illegal, except when such items are securely affixed to the costume or the hair. Exception: Religious medals may be taped to the body under the apparel without a chain and medical meds may be taped to the body and may be visible.
R4/Sec1/Art4	Glitter: Glitter that does not readily adhere on the hair, face, body or costume is not permitted. On props, signs or backdrops , glitter may be used only if laminated or sealed.

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Safety, Level 2 – 2 pts (Penalty Type: SA)	
R4/Sec 1/Art 2	<p>Tumbling in Costume: A participant in a full head and/or body costume, or loose flowing costume, must not spot, stunt, or tumble with the exception of a forward roll or cartwheel</p> <p>Costume Risks: Hems long enough to step on, safety pins outside of costume, etc. (Pg 34)</p>
R4/Sec1/Art3 4.1.3 Situation (Page 35)	<p>Dance Shoes: Dancers must wear footwear that is appropriate for the activity. At minimum, footwear must cover the ball of the foot. Teams performing on a floor cover may be barefoot.</p> <p>Lyrical sandals/shoes are not appropriate footwear for stunts/lifts at prep level or above in which the feet of the top person are in the hands of bases or for running airborne tumbling. Footwear for these activities must have adequate support and a non-slip sole</p>
R4/Sec9/Art1	<p>Drops: Airborne drops that go directly to the thighs, splits, knees or seat on the performing surface are not permitted unless most of the weight is first borne on the hands or feet OR the descent is controlled. (Pg 47)</p>
R4/Sec9/Art2	Airborne drops to a push-up position are not permitted except springing from a crouch to a push-up position is permitted.
R4/Sec9/Art3	Falling from a stand directly to the stomach or back on the performing surface is not permitted unless weight is first borne on the hands.
R4/Sec9/Art4	Dropping to the performing surface from a handspring or flip is not permitted.
Stunts/Lifts/ Tumbling – 5 pts (Penalty Type: ST)	
Illegal stunts/lifts/improper number of participates required, as determined by NFHS rule book	
R4/Sec 2/ Art 1	<p>A base and top person may share a pom during a mount or dismount from a thigh stand, shoulder sit/straddle, should stand, or prep.</p> <p>A base must not: (1) assume a backbend, headstand or handstand position, (2) Hold objects in a hand that is supporting a top person.</p>
R4/Sec2/Art5 (Pg 36)	Spotters must be in proper location with the appropriate body position to help minimize risk to the top person AND remain visually focused on the head, neck and shoulder of the top person, except when it is necessary to briefly check other stunts/lifts/lifts or team members.
Rule 4/Section 3	Rules & Situations regarding Inversions – Page 37-40, NFHS Spirit Book
R4/Sec3/Art 6, Situation E	Suspended forward and backward rolls/flips (such as a chorus line flips) are permitted provided they are done correctly. (pg. 39)
R4/Sec4/Art3	Partner stunts/lifts and pyramids <u>may not pass over, under or through</u> other partner stunts/lifts or pyramids. (See page 68, NFHS Spirit Book)
Rule4/Sec6/Art5 Rule4/Sec6/Art6	<p>Swinging stunt/lift: A swinging stunt/lift is permitted provided the following conditions are met: any downward movement begins from below prep level, the top person is face up, and the top person begins on the performing surface or in a stunt that is below prep level.</p> <p>A top person must not be in a face-down position between bases in which the torso is suspended below the arms and legs. (pg. 42)</p>
R4/Sec8/Art1	Tumbling or rebounding over or under a stunt, person or prop is not permitted with the exception of non-airborne tumbling over a person or prop on the performing surface.

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Tumbling/ Props – 5 pts (Penalty Type: P)	
R4/Sec8/Art2	Tumbling while holding props is not permitted except for the following: a) forward roll, backward roll, (b) holding props during airborne or non-airborne tumbling skills in which hand(s) are not being used for support. The props shall not be made of hard material, have corners or sharp edges.
OSAA 2.8.3, R4/Sec10/Art1	The weight-bearing surface of props used as bases must not exceed five' in height. (pg. 48)
R4/Sec10/Art 2	Performing on props is limited to two levels high , meaning that the prop is the first level, and participant(s) in direct weight-bearing contact with it is/are the second level. A single, unfolded mat on the performing surface is not considered a prop. OR Interpretation: A mat is also defined as a tarp or single layer floor covering and is not considered a prop. Additional flooring/mats/etc. on top of the base tarp would be considered a prop and therefore no stunts/lifts could take place on the additional floor/mat/etc. on top of the tarp.
R4/Sec10/Art3	Inversions on a prop: Inverted positions on a prop are allowed only in the following situations: (a) The top person has at least one foot in weight-bearing contact with prop and the supporting surface is <u>at least 2 feet by 2 feet</u> , (b) the top person is lying on a prop that is at least 1 foot wide and not more than 3 feet high. (Picture pg. 86)
R4/Sec10/Art6	Stunting on Prop: Stunts/lifts, lifts or tumbling while on a prop are not permitted, except for a forward roll that begins with at least one foot and both hands in contact with a prop that is at least one (1) foot wide. Jumps/ Lifts are not defined as tumbling in NFHS Spirit book.
R4/Sec10/Art7	A standing top person on a prop must not drop his/her head backward out alignment with the torso unless the prop is at least two feet by 2 feet OR she/he grasps a stable part of the prop.
R4/Sec10/Art9	Moving Prop with Dancer: A top person may dance or move feet on a <u>stationary prop</u> provided the following conditions are met: (a) On a prop higher than 3 feet that does not have wheels/rounded surfaces and the performance surface is less than 1 foot by 1 foot, a spotter is required, and (b) if prop has wheels or rounded surfaces a spotter is required, and the prop must be stabilized.
R4/Sec10/Art10	Moving Prop with Dancer: <u>when a moving prop has wheels, rounded surfaces</u> (e.g. balls, barrels, etc.), or a flat bottom covered with fabric, a spotter is required in the following situations: (a) When the top person is standing, except when the prop is low to the ground (scooters, skateboards, etc.), or the top person is grasping a stable part of the prop, (b) When top persons on individual props brace one another. Note: A spotter is required for each top person.
R4/Sec11/Art2	Spotting Performers on Prop: A spotter may touch, grasp, or move a prop provided spotter remains visually focused on the head-and-shoulder area of the top person, except when it is necessary to briefly check other props or team members (pg. 50)
R4/Sec12/Art4	Dismounts to the performing surface from props higher than three feet must have an assisted landing. Skills (e.g., toe touch, twist, etc.) are not permitted unless the top person maintains continuous hand-to-hand or hand-to-prop contact prior to landing on the performing surface. (pg. 51)
Jr. High Penalties	
All rules apply to MS/Jr High teams. Exception: No timing minimum requirement, 3-minute max of music	