

~ CHEER PENALTY MESSAGE BOARD ~

The purpose of this board is to provide additional guidance for coaches and judges when interpreting NFHS and Massachusetts rules and regulations. It does not take the place of the NFHS Rules Book or diminish a coach's responsibility to read the rules book, including the situation rulings, to fully comprehend all rules in order to safely and correctly teach skills to athletes. Please review the rules book prior to submitting a request for clarification.

2017-18 RULINGS AND CLARIFICATIONS

The NFHS has provided additional guidance on new and **EXISTING** rules. Please review this information carefully. In some cases these new interpretations modify previous rulings.

DATE	QUESTION	ANSWER	RULE(S)
2017-11-01	In our flip pyramid, the bracers start in preps but then drop to thigh stands as the center flyer is coming down from the flip. Is this legal?	No. This is illegal because while the flip is still happening, the bracers are no longer in preps. From a safety standpoint, the reason we want them in preps is to be able to help control the top during the flip and the landing. If they aren't in the skill, they aren't stable enough to do that. The bracers must remain in preps until the completion of the flip.	NFHS 3-3-5
2017-11-01	Can extended heel stretches brace each other?	Extended stunts may brace each other however the connection is limited to hand/arm to hand/arm only.	NFHS 3-4-3
2017-11-01	Are suspended rolls allowed with only one arm?	No. It is illegal under NFHS rules, which require a single based suspended roll to have hand to hand contact with both hands. However, if the spotter on the side grabs the top person's wrist, it would make the skill a double based suspended roll, which only requires that two people are in contact with the upper body of the flyer. Important note - they can't hold onto the other base's wrist. That would still be one person holding onto the top	NFHS 3-3-6c(2)2
2017-11-01	Can a person on the floor be the second bracer for a flip pyramid?	Trick question. This type of skill is actually considered a "Braced Roll" and falls under Rule 3-3-4 because the inverted flyer has continuous contact with a person who is in direct contact with the performing surface (aka floor).	NFHS 3-3-4
2017-11-01	I have a flyer in an extension that performs a half twist before being caught in a cradle on her stomach. Is this legal?	This release skill would be illegal. It would require continuous contact between a base/spotter and the top person in order to be legal for high school	NFHS 3-4-4

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DATE	QUESTION	ANSWER	RULE(S)
2017-11-01	My stunt group is in an extension. The back spot holds the ankles as the 2 bases provide a slight pop and the flyer is caught in a prone position at the shoulders by the two bases. Is this legal as long as the back spot holds on the whole time?	Yes. If the back spot maintains contact with the flyer, this is a legal vertical to horizontal transition. Also, the flyer must not become inverted when she is caught by her bases.	NFHS 3-4-4
2017-11-01	Is a 1 and ½ express up legal?	No. Release stunts are limited to 1 and 1/4 twists by the flyer under Rule 3-5-2 on page 25.	NFHS 3-5-2
2017-11-01	Can I do a ball up from a sponge to an extended heel stretch?	<p>No. You can't do a ball up from a sponge to any position.</p> <p>A release is only allowed from prep level provided the flyer remains vertical. The intention is to limit the height of the release. A release from a load/sponge position has the potential to go much higher and is considered a toss.</p>	NFHS 3-5-5