

ATTENTION: Principals, Athletic Directors, Cheerleading Coaches
SUBJECT: Safety Rules for cheering on sidelines
DATE: August 1, 2022

POLICY 33 SIDELINE CHEERLEADING

As per s.1006.18 Florida Statutes, the “Spirit Rules” published by the National Federation of State High School Associations, shall be the statewide uniform safety standards for sideline cheering.

Excerpt from the NFHS “Spirit Rules”

SURFACES

Consideration of practice/performance surfaces are a vital component of risk minimization. The following skills are only allowed on a mat, grass or rubberized track surface:

- a. Basket tosses, elevator/sponge tosses and other similar multi-base tosses.
- b. Partner stunts in which the base uses only one arm to support the top person.
- c. Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).
- **EXCEPTION:** Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track. NOTE: the Escambia County School District Risk Management Department does not make an exception for a rubberized track surface.

Unless you are bringing mats to use at the contest, you are required to follow the above rules of safety.

I have read and understand the above rules for Sideline Cheerleading Safety as per FHSAA Policy and the NFHS “Spirit Rules”.

Signature of Principal DATE _____

Signature of Athletic Director DATE _____

Signature of Cheerleading Coach DATE _____

IMPORTANT: Please scan and email to cthiele@ecsdf.us.