



Cheerleading

Rule Changes Clinic

June 13, 2012

6:00-8:00pm Section III Athletics Office

4983 Brittonfield Parkway, East Syracuse

As many of you already know, NFHS Rules for the 2012-2013 Cheerleading season have had some dramatic changes. We would like to offer a free clinic on June 13th to discuss these changes, as well as offer some instructional methods of teaching the proper skill progression for these pyramids we are now being allowed to perform. Please join us for a night of rules discussion and demonstration of skills progression. We are hoping to clear up any questions coaches may have and provide a solid understanding of the skills we are and are not allowed to be performing in order to offer the best experience for our athletes.

Below is a list of the rule changes for the 2012-2013 Season:

2012-13 Spirit Rules Changes

- 2-3-8 Adds wrist braces to the items of protective equipment that do not need additional padding
- 2-4-1b Specifies that a base must not hold any objects if her/his hands are primary support
- 2-4-8 By deleting this rule from the 2011 rules book, the rule no longer requires the spotter to have her/his hands extended toward the top person
- 2-4-6e Stipulates that a spotter's hands cannot be behind her/his back
- 2-4-8 Specifies that a spotter is required for single base shoulder level stunts
- 2-5 Adds a new section on inversions which includes some existing rules that have been moved into this section and some sections that are new
- 2-6-4 Stipulates the requirements that must be met when moving a top person from a vertical position to a face-up or face-down horizontal position
- 2-6-11 Specifies limited situations where single base extended stunts are allowed and the requirements for cradle dismounts from those stunts

- 2-6-12 Stipulates that partner stunts in which the base uses only one arm are allowed only on specified surfaces
- 2-7-2 Specifies that basket tosses, elevator tosses and other similar multi-base tosses are allowed only on specified surfaces
- 2-6-4c By deleting this rule from the 2011 rules book, a release twist during a quick toss is allowed on any appropriate surface
- 2-7-4c Stipulates that the bases on a quick toss can apply upward force on any part of the body other than under the feet
- 2-6-7b By deleting this section of the rules from the 2011 rules book, bases are allowed to move as specified in rule 2-7-7e.
- 2-7-7e Specifies that both the top person and the base(s) may make up to a $\frac{1}{4}$ turn in a release transition stunt
- 2-8-5 Allows swinging stunts to begin from below shoulder height
- 2-9-8 Specifies that twists to a cradle can involve no more than one complete rotation eliminating double-downs
- 2-10-6 Specifies the surfaces on which airborne twisting tumbling skills are permitted
- 2-10-1 This redundant statement was deleted from the 2011 rules book as it is covered in other rules
- 2-11-1 Restates rule 2-9-8 which eliminates double-downs
- 3-4-1b Specifies the limited situations where inverted dismounts from props are allowed

Please complete the attached form and send it to:

Nina Baker

Section 3 Cheerleading Coordinator

8101 McCamidge Drive

Cicero, NY 13039

By June 9th in order to account for materials needed.

Feel free to contact Nina Baker with any questions at ninapalucci@yahoo.com

Section 3 Cheerleading Rule Changes Clinic Registration Form

Name _____

School _____

Phone Number _____

Email _____

****You will be sent a confirmation email once your registration is received.**

We look forward to seeing each of you! Please feel free to bring any other questions regarding rules for the 2012-2013 season that you may have!