

# 2024-2025



## **SPIRIT**

### **COACHES' MANUAL**

~2023-2024 STATE SPIRIT CHAMPIONS~

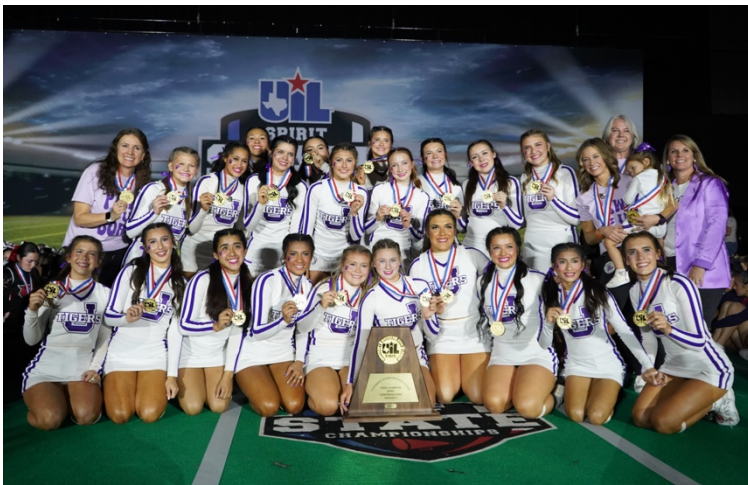
Vernon Northside High School  
1A State Champion



Falls City High School  
2A State Champion



Jacksboro High School  
3A DII State Champion



Shallowater High School  
3A DI State Champion



Lago Vista High School  
4A DII State Champion



Celina High School  
4A DI State Champion





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~2023-2024 STATE SPIRIT CHAMPIONS~

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**Crandall  
5A DII State Champion**



**Lamar Fulshear High School  
5A DI State Champion**



**Northwest Nelson High School  
6A DII State Champion**



**Northwest Eaton High School  
6A DI State Champion**



**Conroe Caney Creek High School  
Coed State Champion**





## Spirit Calendar | 2024-2025

September 4, 2024:	Event Registration Opens
November 1, 2024:	Event Registration Closes
November 22, 2024:	Registration Payment Deadline
December 6, 2024:	1 <sup>st</sup> Performance Order Posted
January 16-18, 2025:	UIL Spirit State Championships

## Spirit Specific Information

### **UIL Cheerleading**

CHEER falls under the SPIRIT tab for UIL – What does that mean?

- It means that cheer/spirit squads have a *set of guidelines which are unique to just them*.
- It also means that a few things that apply to students on a team that falls under the athletic umbrella, *do not apply* to cheer/spirit:
  - Parent Residency Rule: Cheerleaders have to be a full time student at the school and be academically eligible; where they live *does not matter* for cheer.
  - PAPF: New students who come in and make the cheer team *do not* need to complete a Previous Participation Form.

### **Constitution & Contest Rules: Section 1500-1503**

- Section 1500: [Introduction to Spirit Contest and Events](#)
- Section 1501: [Spirit Contest Ethics Code](#)
- Section 1502: [General Regulations](#)
- Section 1503: [Health and Safety](#)

### **UIL Eligibility: Cheerleading**

A student is eligible if the student:

- Is a Full-Time Student at the school they will participate with
- Meets all other requirements of [Section 400 of the C&CR](#)
- Meets the academic eligibility standards of state law and UIL rules
- Home school students

### **UIL Required Student Participation Forms**

- [Concussion Acknowledgement Form](#)
- [Sudden Cardiac Arrest Awareness Form](#)
- Check with your local school district policies regarding additional required documentation for students.





### **Coaches Reminders**

1. Know your rules
2. Yearly Required Training
3. Educate/Lead your staff

### **UIL Coaches Education & Training Requirements – Spirit**

- AED & CPR Certification
- UIL Concussion Education – Two hours every two years
- UIL Coaches Certification Program – UIL Portal (Register My Athlete)
  - Safety training for extracurricular activities
  - Spirit module
- *Cheer Specific Safety Course* (not through UIL)



## Spirit Practice & Contest Regulations

### **Practice Regulations**

- School Week: From the first day school is in session for the week until the end of instruction on the last instructional day.
- Calendar Week: 12:01am Sunday to midnight on Saturday.

### **Allowable Practice Time**

- Practice – When School is in Session (School year)
  - 8-hours (plus 60 minute athletic period) during school week
  - Unlimited outside the school week
- Practice – When school is not in Session (Summer)
  - No rules limiting practice during summer
  - No rules limiting practice during school holidays.

### **Contest Regulations**

- Contests Per Week: Can cheer at one contest during school week and one after the end of the school week.
  - Example: Can cheer at volleyball on Tuesday and then again at Volleyball on Friday or Football on Friday.
    - Would not be able to Cheer at Volleyball on Tuesday and Football on Thursday.



## 2024-2025 Spirit Rule Changes

### 2024-2025 UIL Rule Changes & Amendments

#### NFHS Rule Changes 2024-2025

- Rule 1: Definitions
  - Rule 1: Jewelry - Any personal adornment worn on the body.
  - Rationale: A definition for jewelry is needed as the line between adornments allowed and not allowed.
- 3-2-10: Stunting Personnel
  - Allows a top person in a T-lift to move over a participant in a nugget.
  - Rationale: This skill is allowed in dance and has a basic skill progression which should be allowed in cheer.
- 3-3-5C&D: Inversions
  - Clarified requirements of when a bracer may release the top person or move to a load position during flip inversion.
  - Rationale: This change allows the bracers in a braced flip to descend into a load as the braced flip is coming down. They are not needed for stability at that time. We allow the top in a braced flip to release from the bracers when descending. It still requires them to be in the preps at the beginning of the flip.
- 3-3-6C3: Inversions
  - Allows an inverted top person to be moved to the performing surface.
  - Rationale: This rule was initially written to prohibit a prep from back arching to the ground in a handstand, called a "waterfall". This change would still prohibit that skill while allowing other skills like inversions to lower to the performing surface. These do not have the downward speed that is the concern coming from the prep and back arching.
- 3-5-5: Release Stunts
  - Separated and clarified braced and non-braced releases
  - 3-5-5 only refers to Braced Releases
  - 3-5-6 refers only to Non-Braced Releases
  - Rationale: This change separates out releases in a pyramid (braced) and standalone releases (non-braced) to make it easier to find for coaches and officials instead of standalone releases being hidden as an exception in 3.5.5.c.3.
- 3-5-6: Release Stunts
  - Allows stunts to be released to or from a vertical piked/seated position to a stunt at any level.
  - c. When starting from a vertical position at prep level or above, the top person remains in a position where the upper body remains vertical and the legs are not in a seated/pike position. Vertical releases from an extended position to an extended position may not perform more than a 1/4 turn.
  - d. When starting from a cradle or horizontal position at prep level or below, the top person may be released to the original bases in a loading position or stunt at any level.
  - Rationale: The initial restriction on seated body positions during releases was initially due to the imbalance of a Teddy Bear sit. If the seated position is only one end of the skill, then the body can be in alignment during any twisting phase. This change allows those skills while specifically prohibiting remaining in the piked positions throughout the release.



- 3-5-6D: Release Stunts/Tosses
  - Allows stunts to be released to or from a vertical piked/seated position to a stunt at any level.
- 3-7-2: Dismounts
  - Clarified requirements of a spotter on dismounts to the performing surface from prep level or above.
  - ART. 2... Dismounts to the performing surface from prep level or above are permitted provided ~~the following conditions are met:~~
  - a. ~~There is assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person.~~
  - b. ~~If the dismount involves a skill (e.g., toe touch, twist, etc.) two bases or a base and a spotter is required, and the assistance must be sufficient to slow the momentum of the top person.~~
  - Rationale: Cleans up the role of a base spotter for them to not get in the way of the other while slowing the momentum of the top person.
- 3-8-2: Tumbling
  - Allows soft props to be held during airborne tumbling.
  - Rationale: This uses Rule 4 Dance language, which allows all soft props to be in the non-support hand. Cheer restricts it to only poms. With Game Day activities, teams often have other soft props in their hand such as crumpled up flags, bandanas, etc. which should be allowed as they do not increase risk.
- 3-10: Props
  - Modified the props section to outline all rules pertaining to props.
  - 3-10-1-c. Cannot throw a prop from one person to another person.
  - 3-10-2: A top person may not hold a flag on a pole.
  - 3-10-3: A participant cannot step on a prop (soft or hard) while being a required spotter or while executing or landing from a stunt, jump, or tumbling skill.
  - 3-10-4:
  - c. When transitioning from a prop to a stunt/cradle, the new bases must be in contact with the top person before leaving the prop.
  - 3-10-5: Hands-free poms are allowed.
  - Rationale: Many of the rulings regarding props utilize the situations from a rule regarding performance areas. Having a section specific to props that outlines restrictions as rules instead of interpretations will help coaches and officials.
- 4-10: Props
  - Modified the props section to outline all rules pertaining to props.
  - 4-10-15: Cannot throw a prop from one person to another person.
  - 4-10-16: A top person may not hold a flag on a pole.
  - 4-10-17: A participant cannot step on a prop (soft or hard) while being a required spotter or while executing or landing from a stunt, jump, or tumbling skill.
  - 4-10-18: Hands-free poms are allowed.
  - 4-10-19: Glitter may be used on signs, props, or backdrops only if laminated or sealed.
  - Rationale: Many of the rulings regarding props utilize the situations from a rule regarding performance areas. Having a section specific to props that outlines restrictions as rules instead of interpretations will help coaches and officials.
- 4-1-3: Apparel and Accessories
  - Clarifies exceptions for footwear during airborne tumbling.
  - B2... Airborne tumbling with the exception of front and side aerials, kip ups, and headsprings.



- Rationale: The impact of the kip ups and headsprings do not pose a significant risk since they are not airborne in approach, but only in descent.
- 4-5-2: Release Stunts/Lifts
  - Restricts non-braced release stunts.
  - b. Braced release stunts/lifts and braced release transitions;
  - c. Non-braced release stunts
    - Exception: Legal helicopters and log rolls; and
  - ~~d. Switch-ups.~~
  - DELETED Article 3
  - Rationale: Dance is not allowed to perform braced releases, because non-braced releases are higher level skills than braced releases, the non-braced release are now restricted as well.



## Spirit Frequently Asked Questions

*Can you tell me what the UIL try-out requirements are for cheerleading?*

- A: None exist. The try-out process is up to the discretion of the local school / district and coach.

*Does a new student who transferred in need to wait 15 days before they participate?*

- A: No, cheer does not fall under the transfer rule that athletic teams fall under. As long as a student is enrolled full-time in your school and academically eligible, they are able to cheer.

*My daughter/son was on varsity as a junior, that means they are entitled to be on varsity as a senior, correct?*

- A: Incorrect. A coach can require students to try-out each year to ensure the varsity team is as good as it can possibly be.

*My superintendent did not select 'Spirit' on the varsity acceptance form in January, does that mean we cannot participate in the state spirit contest?*

- A: No. The varsity acceptance form has nothing to do with the State Spirit competition. In order for a team to compete in the state event, they must register using the link that will be on the Spirit State Championship page in September.