

1. Cheerleading Safety Rules

1.1. General

Cheerleading squads representing OSAA member schools are required to conform to the rules set forth in the current National Federation Spirit Rules Book. Copies of the rules book are available for purchase from the OSAA, and should be reviewed at least yearly by cheerleading coaches.

1.2. Yearly Coach Safety Certification Required

The high school principal shall be held accountable for verifying that any cheerleading coach who is solely responsible for coaching the team at any time has attended an OSAA Cheerleading Safety Clinic by November 1 of the Association year in which that person serves as a coach. Should a cheerleading coach fail to attend an OSAA Cheerleading Safety Clinic by November 1, the squad of the non-attending coach shall be prohibited from performing partner stunts or tumbling until the coach has attended a clinic. EXCEPTION: Any emergency exception must be authorized in writing by the OSAA.

1.3. Coverage

The rules set forth in the current National Federation Spirit Rules Book must be followed regardless of the capacity in which the cheerleading squad is functioning. The rules apply equally to squads performing at competitions and squads performing in a support function at a game or contest.

1.4. Violations

In addition to the penalties specified for squads, competing at OSAA sanctioned cheerleading contests (See Cheerleading State Championships Rules section) schools represented by cheerleading squads, which violate the cheerleading safety rules at any OSAA contest, may be subject to sanctions and penalties as determined by the OSAA Executive Board.

1.5. Questions

Questions about the legality of a particular stunt should be addressed to the OSAA prior to practicing or performing the stunt.

1. **Q.** Is safety certification required of all cheerleading coaches?
 - A.** No. Cheerleading coaches need NOT be certified if a safety certified coach is present at all times when the non-certified coach is working with students.
2. **Q.** Which cheerleading coaches must be safety certified?
 - A.** A cheerleading coach must be certified if at any time for any reason (ejection, illness, etc.) the coach is, or could be, solely responsible for coaching a team.
3. **Q.** What is the consequence if a cheerleading coach for a school does not attend one of the yearly OSAA Safety Clinics by November 1 of the year in which that person serves as a coach?
 - A.** The squad of the non-attending coach shall be prohibited from performing partner stunts or tumbling until the coach has attended a Clinic.