
2025-2026

Oregon School Activities Association

Cheerleading Handbook



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<https://www.osaa.org>

How to find information in the Cheerleading Handbook

*This handbook can be found on the OSAA website. Wording that has been changed from previous years is indicated by **bold italic** lettering. Linked references to other sections are **shaded** and Questions and Answers are shaded.*

OSAA Mission Statement

The mission of the OSAA is to serve member schools by providing leadership and state coordination for the conduct of interscholastic activities, which will enrich the educational experiences of high school students. The OSAA will work to promote interscholastic activities that provide equitable participation opportunities, positive recognition and learning experiences to students, while enhancing the achievement of educational goals.

Non-Discrimination Policy

(Executive Board Policies, Revised July 2019)

- A. The Oregon School Activities Association does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, marital status, age or disability in the performance of its authorized functions, and encourages its member schools, school personnel, participants and spectators to adopt and follow the same policy.
- B. A claim of discrimination against a member school shall be brought directly to the member school of concern.
- C. Any party that believes he/she has been subjected to an incident involving discrimination or discriminatory harassment at an OSAA sanctioned event, may submit a written complaint through the online complaint process provided on the OSAA website [\(Complaint Form\)](#). When the coaches, players students, staff or spectators of any members school engage in discriminatory behaviors, or act in a manner disruptive to the school environment, or cause disorder or infliction of damage to persons or property in connection with any festival, meet, contest or championship sanctioned by the Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. See **Rule 3, "Contests – Sportsmanship – Crowd Control"** for additional information.

OSAA Sportsmanship Statement

Interscholastic activities are an integral part of the educational curriculum and experience. High school activities promote the character development of participants, enhance the educational mission and promote civility in society. Therefore, student-athletes, coaches, spectators and all others associated with high school activities programs and events should adhere to the fundamental values of respect, fairness, honesty and responsibility. These values should be established as a priority among all OSAA member high schools.

It is the responsibility of each member high school to establish policies for sportsmanship and ethical conduct consistent with the educational mission and goals of that school and to continually educate students, coaches, teachers, parents and all involved about those policies.

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CHEERLEADING PLAN

1. SEASON DATES

First Practice Date	August 18
First Contest Date	August 28
Registration Forms Available	December 10
Registration and Supplemental Materials Deadline / Cutoff Date	January 20
State Championships	February 13-14
2026-27 Sanction Application Deadline.....	April 17, 2026

2. STATE CHAMPIONSHIP INFORMATION

A. **Staff Contact:** Lauren Brownrigg, Assistant Executive Director, 503.682.6722 x229, laurenb@osaa.org

B. State Championships Posting Timelines:

1) Registration Information: <https://www.osaa.org/activities/che>

Detailed information regarding Registration will be posted on the OSAA website by 4pm on **Wednesday, December 10, 2025**. It is essential that all participating schools access this information. Included will be information regarding submission of program information, upcoming posting dates, as well as information regarding general Cheerleading State Championship information. Deadline to submit registration and supplemental materials is **Tuesday, January 20, 2026**. Late entries and/or supplemental materials will not be accepted.

2) AD/Coach and Spectator Information: <https://www.osaa.org/activities/che/>

Detailed information regarding the Cheerleading State Championships will be posted on the OSAA website by noon on **Friday, January 23, 2026**. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding where to purchase tickets and prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.

3) Championship Schedule: <https://www.osaa.org/activities/che/>

Championship Schedule will be posted by noon on **Friday, January 23, 2026**. This schedule contains the performance order, team photo schedule, check-in time, practice schedule and performance time. Check the OSAA website frequently prior to the State Championships for any schedule changes.

C. State Championship Locations and Times:

- 1) **Game Day Championships:** Friday, February 13, 2026.
- 2) **Traditional Championships:** Saturday, February 14, 2026.
- 3) **Site:** Oregon City HS, 19761 S Beavercreek Rd, Oregon City, OR 97045

NFHS 2025-26 SPIRIT RULES

Order a NFHS Spirit Rules Book on the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Cheerleading Rules, visit <https://nfhs.org/activities-sports/spirit/>

2025-26 RULES CHANGES

	<p>The 2025-26 NFHS Spirit Rules Book has been redesigned to accommodate the unique nature of dance, separate from cheer, in the Spirit Rules. During this redesign, a format has been created for the entire book to make both cheer and dance more user-friendly. The new design includes:</p> <ul style="list-style-type: none"> • Rule 1: General Risk Management • Rule 2: Cheer • Rule 3: Dance
2-2-7	New language added to allow an extended single-based stunt supported at the waist as an exception for requiring a spotter.

	Rationale: This skill does not increase risk to participants and is a less difficult skill than a chair sit, which is currently allowed as an exception.
2-3-5d	New language added to clarify a bracer may release the top person or move to a load position during a flip inversion when the top is descending and goes to a cradle or the performance surface. Rationale: Landing on the performing surface with assistance from the catchers is similar to landing in the cradle position. The requirement that the top is not inverted is unnecessary since the top is rotating and would be descending.
2-3-7	Clarified exceptions for when a participant can hold props in hands. Rationale: This would encompass partner cartwheels on the thighs or assisted walkovers. The risk is very low if the executing dancer has poms/props in her hands since the supporting dancer cannot have poms/props in their hands and can provide the support needed to safely complete the skill.
2-3-9	New language added to prohibit a participant from landing or being caught in an inverted position in a stunt or pyramid from an unassisted airborne position. Rationale: This rule change clarifies that a performer may not perform a skill such as a back handspring with no hands and be caught by a base or bases in the inverted position. The existing inversion rules all deal with a top person who is already in a skill.
2-5-3e	New language added to clarify restrictions on use of props during tosses to a cradle. Rationale: This addition clarifies that someone involved in a toss to a cradle should not have any involvement with props.
2-5-3f	New language added to clarify a top person must not be inverted during tosses to cradles. Rationale: Basket toss flips are currently illegal because they aren't made legal in the inversion section. This addition in the tosses section makes it very clear that skills like prep front flip and basket toss tucks are illegal.
2-5-6d/e	New language added to clarify release from extended vertical position and to permit a release from a vertical position at prep level to land in a vertical or horizontal position. Rationale: Horizontal stunts like a flatback are allowed as long as the top doesn't go significantly higher than the bases' arms/hands on the catch. The tosses that are allowed go through the prep position to release. This change allows preps to release to the same position with the same restriction.

Requests for interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED CHEERLEADING RULES AND INTERPRETATIONS

The 2025-26 NFHS Spirit Rules Book will be used with the following clarifications:

- A. General.** Cheerleading squads representing OSAA member schools are required to conform to the rules set forth in the current NFHS Spirit Rules Book.
- B. Coverage.** The rules set forth in the current NFHS 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.
- C. Practice Attire.** Clothing worn at practice is subject to a school's policies. Jewelry of any kind remains prohibited.
- D. Violations.** In addition to the penalties specified for squads competing at OSAA sanctioned cheerleading contests, schools represented by cheerleading squads, which violate the cheerleading safety rules at any time may be subject to sanctions and penalties as determined by the OSAA Executive Board.
- E. Questions.** Questions about the legality of a particular stunt should be addressed to the OSAA prior to practicing or performing the stunt.

OSAA CHEERLEADING POLICIES

Effective outside Association Year.

1. **SUMMER POLICY**

See OSAA Executive Board Policy "SUMMER POLICY" in the OSAA Handbook, revised Fall 2017.

Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL**

See OSAA Executive Board Policy "PRACTICE MODEL" in the OSAA Handbook, revised July 2021.

2. **PARTICIPATION LIMITATIONS**

See OSAA Executive Board Policy "PARTICIPATION LIMITATIONS" in the OSAA Handbook, revised December 2020.

CHEERLEADING HANDBOOK

1. Cheerleading State Championships Rules and Procedures

1.1. Eligibility.

- 1.1.1. School.** Schools that are registered with the OSAA to compete in cheerleading activities are eligible to participate in the Cheerleading State Championships.
- 1.1.2. Student.** Students wishing to participate in the Cheerleading State Championships must satisfy the current OSAA eligibility rules. See OSAA Handbook, **Rules, Rule 8, "Individual Eligibility"** for more information.
- 1.1.3. Alternates.** Each squad may bring two alternates to the Cheerleading State Championships in addition to the maximum number of participants allowed by the division constraints. Alternates must be listed on the Registration Form and shall satisfy the same eligibility requirements as other Cheerleading State Championships participants, except that alternates may be members of the junior varsity or freshman squads.
- 1.1.4. Coaches Certification.** Coaches must meet all OSAA Certification requirements, including the yearly OSAA Spirit Safety Clinic in order for their teams to be eligible. See OSAA Handbook, **Executive Board Policies, "Certification – Athletic Directors and Coaches"** for more information.
- 1.1.5. Penalty for use of an ineligible student.** Any school for which an ineligible student performs shall be disqualified from consideration for awards and reported to the OSAA Executive Board for possible further sanctions and penalties.
- 1.1.6. School Representation.** Only one varsity squad from each Oregon high school shall be allowed to compete in one division. The squad may be a combination of two or more varsity squads (i.e., football and basketball squads may be combined for the Cheerleading State Championships.)
- 1.1.7. Varsity Level Only.** In order to represent a school as a participant at the Cheerleading State Championships, a cheerleader must have participated on squads at a majority of VARSITY games for at least one season for the year.
 - (a)** A cheerleader who participates on the varsity during the Winter sport season only must have participated on squads at a majority of the entire Winter sport season's contests prior to the Cheerleading State Championships in order to be eligible to represent the school at the Cheerleading State Championships.
 - (b) EXCEPTION.** Alternates may be members of a school's junior varsity or freshman squad and may replace a varsity squad member due to special circumstances (i.e., injury, illness, ineligibility

of a varsity team member) if the substitution is reported to and approved by the OSAA prior to participation.

- 1.1.8. Previous Qualifying Competition.** All squads entering the Cheerleading State Championships must have competed in at least two OSAA sanctioned competitions during the school year of that Cheerleading State Championships unless a specific exception to this rule has been granted in writing by the OSAA. Performing in an exhibition does not satisfy this requirement.

The routine performed at the qualifying competition must include all or most of the team's planned Cheerleading State Championships routine, including stunts and gymnastics, so that they may be reviewed by a safety judge prior to the Cheerleading State Championships. Neither the OCCA All-State Individual, Stunt Team Competition, nor any other invitational competition allowing routine types other than Traditional or Game Day may be used to satisfy the "previous qualifying competition" requirement.

1.2. State Championship Registration.

- 1.2.1.** Registration materials to be submitted include the

- (a) Registration Form.
- (b) Team roster.
- (c) Team picture.
- (d) A list of two completed OSAA sanctioned competitions with full routine.

- 1.2.2.** AD's / Coaches are responsible to meet the registration deadline, including submission of registration form, required support material and verifying accuracy of all materials prior to submission.

- 1.2.3. Deadline.** The deadline for online receipt by the OSAA of Registration Forms and supplemental materials for the Cheerleading State Championships shall be clearly marked on the Registration Forms available on the OSAA website, <https://www.osaa.org/activities/che>

- 1.3. Entry Fees.** Neither team nor individual entry fees shall be charged to schools competing in the Cheerleading State Championships. Funds for administration of the Cheerleading State Championships shall be generated from school membership dues, activity fees, contest gate receipts and corporate sponsorship agreements.

- 1.4. Divisions.** The divisions at the Cheerleading State Championships shall include varsity level squads based upon school classification and squad gender as indicated below. NOTE: Squads with one or more male squad members shall participate in a Coeducational Traditional or Game Day Division. Once Divisions have been established, changes will not be permitted.

<u>Division</u>	<u>Squad Size</u>	<u>Squad Gender</u>	<u>Minimum Division Entry</u>
3A/2A/1A – Small – Traditional	15 or fewer	Females	5
3A/2A/1A – Large – Traditional	16 – 30	Females	5
4A – Small – Traditional	15 or fewer	Females	5
4A – Large – Traditional	16 – 30	Females	5
5A – Small – Traditional	15 or fewer	Females	5
5A – Large – Traditional	16 – 30	Females	5
6A – Small – Traditional	15 or fewer	Females	5
6A – Large – Traditional	16 – 30	Females	5
4A/3A/2A/1A Coed - Traditional	30 or fewer	Coeducational	5
6A/5A – Coed – Traditional	30 or fewer	Coeducational	5
3A/2A/1A – Game Day	30 or fewer	Coeducational	5
4A – Game Day	30 or fewer	Coeducational	5
5A – Game Day	30 or fewer	Coeducational	5
6A – Game Day	30 or fewer	Coeducational	5

1.5. Minimum Division Entry. If fewer than the designated number of entries registers to compete in any given division, the division shall be combined within division type (traditional, coed, or game day) or classification. Example: if three teams register for 5A Small and nine teams register for 5A Large, both divisions would collapse and become the 5A division with small and large teams combined. Game day divisions will not be combined with traditional divisions.

1.6. Performance Requirements.

1.6.1. Content of Traditional Routine. Each squad shall perform a routine containing at least the following elements within the specified time limit. Elements may be presented in any order.

- (a) One cheer.
- (b) Music Portion.
- (c) **Penalty for Violation.** Any squad that performs a routine that does not include both of the required elements shall be disqualified from consideration for awards.

1.6.2. Time Limit for Traditional Routine. A two and one-half minute maximum time limit shall be allowed each squad; there shall be no minimum time limit. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper.

- (a) Entrances on to the performance floor are neither timed nor judged. To help keep the Cheerleading State Championships on schedule, it is requested that teams be prepared to take the floor immediately when introduced, and to vacate the floor quickly at the conclusion of the performance.
- (b) **Penalty for Violation.** Any squad whose performance exceeds the maximum time limit shall have points deducted from the final average score prior to determining placement based on the following graduated scale:
 - (1) 1-3 seconds over = 3-point deduction from the final average score.
 - (2) 4-6 seconds over = 5-point deduction from the final average score.
 - (3) More than 6 seconds over = 10-point deduction from the final average score.

1.6.3. Content of the Game Day Routine. Each squad shall perform a routine containing the following elements within the specified time limit. Each element should have a beginning and end. Note: Spirited crowd leading interaction between each component is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between each element. Schools are encouraged to include other sideline spirit groups (i.e., dance team, song/pom, mascot, etc.) but all members of spirit groups performing must be official members of their school teams. Members of any spirit group should only perform once during the event and the performance will be judged as one unified team. Elements must be presented in the following order:

(a) Band Dance

- (1) Teams will begin with the band dance element.
- (2) No stunting or tumbling during this element.
- (3) Teams may perform jumps and kicks.
- (4) Music in this element should be music traditionally played by a school pep band/jazz band.

(b) Situational Cheer

- (1) Following the completion of the band dance element, the announcer will give teams a game scenario indicating an offense or defense situation. All possible situational cues are:
 - OFFENSE:
 - And that's another... first down for the home team.
 - Our team keeps the drive alive with that first down play.
 - What a catch! That sets our team up in the red zone ready to score.
 - It's a close game and our home team is driving down the field for a score.

- DEFENSE:
 - Our team needs a big stop here, let's push em back.
 - The home team is digging in to get the stop on our own goal line.
 - Our home team needs to make a stop here to seal the win.
 - After that home team turnover, our team needs to make a stand.
- (2) Teams will NOT be informed of the situational cue ahead of the event.
- (3) Teams should show their definitive understanding of the situation with an offensive or defensive crowd leading response.
- (4) No music is allowed during this element.
- (5) Skills should be utilized to lead the crowd and include stunts, tumbling, jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.
- (c) **Crowd Leading / Cheer**
 - (1) Following completion of the situational chant element, teams will transition to their crowd leading/cheer element.
 - (2) No music is allowed during this element.
 - (3) Skills should be utilized to lead the crowd and include stunts, tumbling, jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.
 - (4) This is a separate crowd leading cheer that is not related to the situational chant.
 - (5) Teams should utilize their crowd leading strengths. The use of props is HIGHLY ENCOURAGED.
- (d) **Fight Song**
 - (1) Following the completion of the crowd-leading/cheer element, teams will transition to their fight song.
 - (2) Teams are encouraged to use their traditional school fight song.
 - (3) Skills should be utilized to lead the crowd and include stunts, tumbling, jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.
- (e) **Penalty for Violation.** Any squad that performs a routine that does not include all of the required elements shall be disqualified from consideration for awards.
- (f) **Skill Restrictions.** The below skill restrictions apply to all elements of the game day routine. Skills that are performed outside of the restrictions below will receive a penalty.
 - (1) No baskets, sponge, elevator, or similar type tosses permitted.
 - (2) No inversions are allowed.
 - (3) No twisting released dismounts are allowed.
 - (4) Single leg stunts are limited to liberties and liberty hitches.
 - (5) No running tumbling is allowed.
 - (6) Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.
 - Examples:
 - Standing full is not allowed
 - Rippled Single Back Handsprings would be allowed
 - Jump to tumble (single skill) would be allowed

- 1.6.4. Time Limit for Game Day Routine.** A three minute maximum time limit shall be allowed each squad; there shall be no minimum time limit but all elements must be performed. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper. Teams may place props prior to performance.
- (a) Entrances onto the performance floor are neither timed nor judged. To help keep the Cheerleading State Championships on schedule, it is requested that teams be prepared to take the floor immediately when introduced, and to vacate the floor quickly at the conclusion of the performance.
 - (b) Penalty for Violation. Any squad whose performance exceeds the maximum time limit shall have points deducted from the final average score prior to determining placement based on the following graduated scale:
 - (c) 1-3 seconds over = 3-point deduction from the final average score.
 - (d) 4-6 seconds over = 5-point deduction from the final average score.
 - (e) More than 6 seconds over = 10-point deduction from the final average score.
- 1.6.5. Safety Rules.** Schools are required to conform to the rules set forth in the current NFHS Spirit Rules Book. Schools should review the rules carefully prior to the Cheerleading State Championships.
- (a) **Penalty for Violation.** Any squad that performs a stunt in violation of the rules set forth in the current NFHS Spirit Rules Book shall have **6 points deducted for Major, 3 points for Minor, 3 points for Apparel/Prop and 10 points for Sportsmanship** deducted at the discretion of the safety judges from the final average score prior to determining placement.
 - (b) **Tumbling and Stunt Faults.** The safety judges shall deduct 1 point for each fall from a stunt, deduct 1 for each landing of tumbling on anything other than the feet and deduct 1 for each head or body part hitting the floor during or after a tumbling trick. Tumbling and stunt fault deductions shall be subtracted from the total score prior to determining placement.
 - (c) **Toss Faults.** The safety judges shall deduct 1 point for each toss fault. Toss fault deductions shall be subtracted from the total score prior to determining placement.
- 1.6.6. Participation Requirements.** Squad members performing at the Cheerleading State Championships must start and remain on the competition mat during the performance. No member may exit the mat unless they are removing themselves from the performance. Once a participant exits the performance area, they cannot return to the competition.
- 1.6.7. Sportsmanship/Conduct Rules.** Squads are required to conform to the Sportsmanship/Conduct rules set forth in the current NFHS Spirit Rules Book.
- Penalty for Violation.** If the safety judges or competition staff determine that a participant, coach, alternate, trainer or other person affiliated with a team commits an unsporting act as set forth in the current NFHS Spirit Rules Book. The team shall have 10 points deducted from the final total score prior to determining placement.
- 1.6.8. Props. Traditional Props such as** Pom-poms, megaphones, hand-held signs and flags or the equivalent are **encouraged. Non-traditional props are allowed but must still abide with NFHS rules and should be reviewed for legality when competing outside of an OSAA-sanctioned event.**
- Penalty for Violation.** Any school using props **not meeting NFHS rules** shall have 3 points deducted from the final total score prior to determining placement.
- 1.6.9. Spotters.** Qualified and experienced spotters shall be provided on the performance floor to help reduce the chance of injury to participants.
- 1.6.10. Practice Area.** When feasible, a supervised practice area shall be maintained at which all squads shall be scheduled for equal practice time. A separate supervised practice area shall be available for warming up tosses.
- (a) Teams shall not practice stunts in the team rooms, nor shall teams practice on the actual performance floor prior to the Cheerleading State Championships or during breaks.

(b) **Penalty for Violation.** Any school using props *not meeting NFHS rules* shall have 3 points deducted from the final total score prior to determining placement.

- 1.7. Determination of Rules Violations.** The OSAA representative (or designee) at the Cheerleading State Championships has the authority and responsibility to determine if the Cheerleading State Championships rules have been violated. If it is determined that a Cheerleading State Championships rule has been violated, the consequence listed in the "Penalty for Violation" section following each rule shall be imposed upon the offending school.

The decision by the OSAA representative (or designee) regarding violations and deductions is final and is not open to review, debate, or appeal.

1.8. Performance Procedures.

- 1.8.1. Music.** All teams must provide their own MP3 device or smart phone for use on the event provided sound system. Music must be recorded at the correct tempo. No cover may be on any MP3 player or smart phone so that an auxiliary cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which an auxiliary cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have headphones or iPhone jack. One or several selections of music may be used as long as they follow the music licensing rules.

Please keep your routine music in your possession until you are called to enter the performance floor. You will hand carry your music to the sound table.

Advisors/Coaches/Directors are asked to remain at the sound table while their squad performs and to take their music with them at the conclusion of the performance. Representatives will be asked to press "play" and "stop" for their routines.

There will be no sound checks permitted on the main sound system.

Competition music must be properly licensed, and a team must be able to provide proof of licensing (upon request).

- 1.8.2. Performance Order.** The order of performances shall be randomly drawn by the OSAA prior to the Cheerleading State Championships and posted on the OSAA website, <https://www.osaa.org/activities/che>

- 1.8.3. Performance Surface.** There will be nine panel cheer mats in the practice area, and nine panel mats on the arena floor.

1.9. Judges

1.9.1. Qualifications

- (a) Judges must be out of high school for at least three years or have been recommended by their coach.
- (b) Judges must be currently unaffiliated with any participating squad in the division they are judging.
- (c) Judges must have experience as cheerleading coaches, squad members and / or camp instructors and must have completed the OCJA Judges' Workshop.

- 1.9.2. Selection.** Judges for the Cheerleading State Championships shall be nominated by the OCJA and approved by the OSAA.

- 1.10. Determination of Winners.** The Official Scorer shall compute the score for each squad by computing the total of the judges' scores.

- 1.10.1.** Deductions due to violations, if any, shall be subtracted from the total score prior to determining placement.

- 1.10.2.** The highest total score in each division shall be first, the second highest score shall be second, and so on.

1.10.3. In the case of a tie, duplicate trophies shall be awarded for that position, and the following position shall not receive an award.

1.11. Awards. School awards shall be provided to 50% of the teams in a division up to a maximum of five awards per division. Individual medallions shall be provided to the members of the top two squads in each division.

2. Other Cheerleading Competitions [\(OSAA Cheerleading Competition Sanctioning Application\)](#)

2.1. Sanctioning. Any organization wishing to host a cheerleading competition in the state of Oregon must apply for sanction of the competition by the OSAA.

2.1.1. NO OSAA MEMBER SCHOOL MAY ATTEND A CHEERLEADING COMPETITION IN OREGON, WHICH HAS NOT RECEIVED OFFICIAL SANCTION BY THE OSAA PRIOR TO THE CONTEST. Schools wishing to confirm sanction of a specific event may consult the [OSAA Sanctioned Cheer Competition Calendar](#).

2.1.2. Timeline. Any school or organization may submit a single Sanction Application for the following school year by **the deadline** of the preceding school year after which the OSAA shall post a preliminary calendar on the OSAA website with events received prior to **the deadline** being the only events listed. If more than one sponsor has requested the same date, sanctions shall be granted using the criteria listed below. Following the release of the preliminary calendar, OSAA will consider other requests for sanctioned events to be added to the calendar.

Incomplete sanction applications (missing location, etc.) shall not be accepted.

2.1.3. Maximum number of events per date. The OSAA shall grant a maximum of TWO event sanctions for any particular date with the option of a third competition on a particular date at the discretion of the OSAA and the Advisory OCCA Calendar Subcommittee.

If more than two contest sponsors request sanction for events on the same date, sanctions shall be granted to only two contests except as indicated above using the following criteria the order of priority listed:

(a) Priority shall be given to events for which the sponsor has previously hosted a contest on that date. In order to receive priority, the event must have actually been held the previous year (with the exception of a weather-related cancellation), and the previous host shall be required to apply for an event sanction by **the deadline** prior to the school year during which the event is to be held.

(b) To the extent possible, avoid sanctioning more than one contest in the same region of the state on the same date.

(c) Priority shall be given to sponsors from whom the fewest requests for sanction have been received this season.

2.1.4. Advisory OCCA Calendar Subcommittee. A subcommittee of the Oregon Cheerleading Coaches Association (OCCA) Executive Board shall advise the OSAA in resolving cheerleading date conflicts, but the OSAA shall retain final decision-making authority.

2.2. Required Contest Conditions. Organizations applying for OSAA sanction shall agree to the following contest conditions.

2.2.1. Safety Rules. Participating squads must be required to conform to the rules set forth in the current NFHS Spirit Rules Book.

2.2.2. Eligibility. Participating squads must represent high schools registered with the OSAA to compete in cheerleading, and the individual squad members must satisfy the OSAA student eligibility rules for cheerleading. The signature of the school principal on the Registration Form for the competition shall constitute fulfillment of this requirement.

2.2.3. Rules Interpretations. An OSAA representative or designee shall be named as Safety Judge prior to the competition. That person or a committee formed by that person shall be the only and final interpreter of the safety rules at the competition.

A decision of the Safety Judge is final and is not open to review, debate, or appeal.

- 2.2.4. Judges.** Judges for locally sponsored contests (including the Safety Judge) shall be assigned from the "OCJA Judges List" available from the current OCJA Judge Coordinator. Any exception must be granted in writing by the OSAA.

Scores assigned by the Performance Judges are final and are not open to review, debate, or appeal.

- 2.2.5. Spotters.** At least two qualified and experienced spotters shall be provided on the performance floor by the competition sponsor to help reduce the chance of injury to participants and shall be assigned from the "OCCA Spotter List" available from the OCCA Spotter Coordinator. In addition, a team with multiple stunt groups may also provide a designated team member or coach to serve as a spotter to help reduce the chance of injury to participants so long as the additional spotter does not coach the team from the floor while serving as a spotter.

- 2.2.6. Performance Surface.** A wrestling or cheerleading mat is required for all levels of competition.

- 2.2.7. Awards.** Students may only accept awards of a symbolic nature without resale value such as letters, medals, ribbons, certificates, plaques, trophies, and other emblems. Awards with monetary or resale value must be presented to the school.

- 2.3. Contest Recommendations.** The following are suggestions which sponsoring organizations may wish to include in their competitions.

- 2.3.1.** Coaches appreciate a short meeting on the morning of the competition to introduce competition personnel, answer last minute questions, etc.

- 2.3.2.** Depending upon the quantity of squads entered, divisions may be subdivided based upon school size, squad size and / or squad gender.

- 2.3.3.** Coaches appreciate having score sheets and specific competition results available to them immediately following the competition.

OSAA GENERAL POLICIES

RULES

Rule 3 – Contests – Sportsmanship – Crowd Control

See RULES - Athletic, Cheerleading and Dance/Drill "Rule 3-Contests-Sportsmanship-Crowd Control" in the OSAA Handbook.

Rule 7 – Out-of-Season and Non-School Activities

See RULES - Athletic, Cheerleading and Dance/Drill "Rule 7-Out of Season and Non-School Activities" in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES

See OSAA Executive Board Policy "ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES" in the OSAA Handbook, revised May 2020.

2. AIR QUALITY GUIDELINES

See OSAA Executive Board Policy "AIR QUALITY GUIDELINES" in the OSAA Handbook, revised February 2024.

3. ATTACHED AND UNATTACHED COMPETITION / EXHIBITION

See OSAA Executive Board Policy "ATTACHED AND UNATTACHED COMPETITION/EXHIBITION" in the OSAA Handbook, revised August 2012.

4. CHARITABLE CAUSES

See OSAA Executive Board Policy "CHARITABLE CAUSES" in the OSAA Handbook, revised Fall 2012.

5. CONCUSSION MANAGEMENT

See OSAA Executive Board Policy "CONCUSSION MANAGEMENT" in the OSAA Handbook, revised Summer 2020.

(Medical Release – Return to Participation Following a Concussion) (Medical Release – Return to Learn Following a Concussion)

6. [HAIR DEVICE / ADORNMENT](#)

See OSAA Executive Board Policy "HAIR DEVICE/ADORNMENT" in the OSAA Handbook, revised Summer 2022.

7. [HEAT INDEX](#)

See OSAA Executive Board Policy "HEAT INDEX" in the OSAA Handbook, revised Fall 2014.

[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)

8. [LIGHTNING SAFETY GUIDELINES](#)

See OSAA Executive Board Policy "LIGHTNING SAFETY GUIDELINES" in the OSAA Handbook, revised Fall 2018.

[NFHS Position Statements & Guidelines](#)

9. [MORATORIUM WEEK](#)

See OSAA Executive Board Policy "MORATORIUM WEEK" in the OSAA Handbook, revised May 2014.

10. [NON-DISCRIMINATION POLICY](#)

See OSAA Executive Board Policy "NON-DISCRIMINATION POLICY" in the OSAA Handbook, revised July 2019.

[\(Complaint Form\)](#)

11. [SHARED FACILITIES](#)

See OSAA Executive Board Policy "SHARED FACILITIES" in the OSAA Handbook, revised Fall 2015.

[\(Shared Facility Request\)](#)

12. [WITHDRAWAL DURING A COMPETITION](#)

See OSAA Executive Board Policy "WITHDRAWAL DURING A COMPETITION" in the OSAA Handbook.