



**SPIRIT**  
**2022-2023**



# AGENDA

- UIL Information
- Spirit Specific
- Coaching Reminders
- Rules & Regulations
- Miscellaneous Information



UIL Director of Athletics:  
Dr. Susan Elza



State Event Director  
Jamie Graham



UIL Spirit Director  
Brandy Belk



***State Spirit Staff***

# LEAGUE GOVERNANCE

- **Legislative Council** – Rule making body, 32 superintendents, all regions, all conferences represented.



# UIL UPDATES 2021-2022

- **Coaches Certification Program (CCP)** – Reminder for coaches to have all CCP courses done by the start of their first practice or the start of school, whichever comes first.
- **First 6-weeks Eligibility** – going back to normal from modification last year.



# **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, **don't apply to cheer/spirit:**
  - **Parent Residence 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 need to complete a Previous Participation Form.



# UIL SPIRIT/CHEERLEADING

## 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

*"I didn't know what the outcome would be but I committed to the purpose."*

# 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)



# PRACTICE & CONTEST REGULATIONS

- Practice School is in-session
  - School is not in-session
- Contests
  - Weekly limits
  - School Week vs Calendar Week
  - HS vs JH

# 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-hour (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.





# ELIGIBILITY: 1<sup>ST</sup> SIX WEEKS OF SCHOOL YEAR

- Grades nine and below - promoted
- Second Year of High School – five accumulated credits
- Third Year of High School - ten accumulated credits or five credits within the last twelve months
- Fourth Year of High School - fifteen accumulated credits or five credits within the last twelve months





# UIL 2022-2023 SPIRIT STATE CHAMPIONSHIP TENTATIVE DATES

September 9: Registration Opens

October 28: Registration Closes

November 4: Payment Due

November 18: 1<sup>st</sup> Order of Performance Posted

January 12-14: 2023 Spirit State Championship:  
Fort Worth Convention Center



3A-6A – DI or DII

# 2023 SPIRIT STATE CHAMPIONSHIPS

This is a new alignment year,  
information regarding division  
breakdown will posted and sent out  
at a later date.



2022-23

# SPIRIT RULE CHANGES:

## Rule 1: Definitions

**Airborne** - A ~~type of skill performed~~ state in which a person is free of contact ~~with~~ from a person or the performing surface.

**Rationale:** Better describes the term airborne is not a skill in itself but is instead a body position.

## Rule 1: Definitions

**Headspring** – A tumbling skill in which a person places both hands and his or her head on the performing surface, pushes off with the hands while flipping the legs overhead and landing on his or her feet. It is non-airborne in approach but airborne in descent following the inversion.

**Rationale:** Clarification added to explain at what point the person executing the skill should be airborne.



2022-23

# SPIRIT RULE CHANGES:

## 2-1-5: General:

**ART. 5...**Hair control devices, accessories, and other adornments in the hair that are securely fastened, appropriate for the activity, and do not present an increased risk to the participants are allowed.

~~Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure.~~

**Rationale:** The language “securely affixed to the hair” was in 2.1.5 Situation A as a “Comment”. This helps to clarify the importance of devices and accessories being securely affixed to the hair in the actual rule instead of the comment.

The NFHS aims to be inclusive of all students from varying cultural backgrounds to access athletic or activity programs provided at member schools, while providing a fair and safe environment. The NFHS also endeavors to provide fair competition and eliminate competitive advantages and disadvantages in each sport and activity.



2022-23

# SPIRIT RULE CHANGES:

## 2-1-11: General:

**ART. 11...** Soft, nonabrasive, and/or non-hardening supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. ~~Supports/braces that have been altered from the manufacturer's original design/production.~~ Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a lower body plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling.

**Rationale:** In the interest of risk minimization, this proposal disallows supports and or braces that are altered from the manufacturer's original design, production, and/or intended use. The change also clarifies the padding requirements of hard and soft support equipment.



2022-23

# SPIRIT RULE CHANGES:

## 3-2-1: Stunting Personnel:

**ART. 1...** A base must not:

- a. Assume a back-bend, headstand or handstand position.
- b. Hold objects in a hand that is supporting a top person.

Exception: A base and top person may share a pom during a mount or dismount from a thigh stand, shoulder sit/straddle, shoulder stand, or prep.

**Rationale:** The original rule was intended to address bases holding poms while basing preps. Sharing poms during mounts and dismounts has not been a safety issue. Teams are changing their grips to grab wrists while climbing into shoulder stands, which is poor technique. Even when doing so, it is difficult for rules interpreters to see that change and teams are getting called for deductions unnecessarily. When teams have climbed into shoulder stands with shared poms, we have not seen any increased risk.



**2022-23**

# **SPIRIT RULE CHANGES:**

**ART. 5...** Braced flips in a pyramid are permitted provided all the following conditions are met:

~~a. Both of the top person's hands/arms are in continuous contact with a bracer. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top person and bracer. The top person and at least one bracer(s) must have a hand to hand/arm connection. This connection can be with one or both hands/arms.~~

**Rationale:** Would allow a new set of pyramid visuals that are all lower in the progression skill list than some current braced flip skills that are allowed. EX: Rewind off the ground to extended with one bracer.

## **3-3-5d: Inversions:**

**ART. 5...** Braced flips in a pyramid are permitted provided all the following conditions are met:

d. Bracer(s) must be in a multi-based prep with a spotter and remain stationary.

**Rationale:** Aligns the braced release skills. Currently, there's nothing preventing a braced flip from "walking".





2022-23

# SPIRIT RULE CHANGES:

## 3-5-4: Release Stunts/Tosses:

**ART. 4...** A ~~switch-up~~ toss caught in a vertical stunt by the original bases is permitted as an exception to Rules 3-5-2 and 3-5-3. Toss must not go significantly higher than the intended skill. A ball up position would not be considered against the significantly higher measurement.

**Rationale:** Currently switch ups are allowed and inverted releases to upright stunts are allowed. Both could be considered harder than suggested rule change with inverted releases off ground harder than all skills that would be allowed. Also spinning switch ups are harder than all skills that could be allowed with change.



2022-23

# SPIRIT RULE CHANGES:

## 3-5-5c: Release Stunts/Tosses:

**ART. 5...** Release transitions are permitted provided all of the following conditions are met throughout the transition:

c. The top person and at least one bracer maintain contact except for the following skills:

1: A non-braced top person in a vertical position at prep level or above may be released to the original bases to a stunt at any level provided 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  $\frac{1}{4}$  turn.

2: A non-braced top person in a cradle position or horizontal position at prep level or below may be released to the original bases in a loading position or stunt at any level ~~with no more than a  $\frac{1}{4}$  turn.~~

**Rationale:** From a horizontal position releasing to a horizontal position and twisting is allowed in the log roll rules, so this creates a contradiction. And, twisting from a horizontal to vertical will be limited by their skills.

# **FREQUENTLY ASKED QUESTIONS**

1. '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.**

2. 'DOES A NEW STUDENT WHO TRANSFERED 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.**

3. '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.**

4. '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.**

5. 'DOES A NEW STUDENT WHO TRANSFERED 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.**

# **UIL CONTACTS**



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