



*SPIRIT*  
***CCP TRAINING***

# UIL SPIRIT TEAM



**Ray Zepeda**  
Athletic Director



**Virginia Flores**  
Assistant AD



**Dillon Bankston**  
Officials & Event  
Coordinator



**Jamie Graham**  
UIL Spirit  
State Championship  
Director





# CCP AGENDA

- **What's New for 2025-2026**
- **UIL Spirit Dates**
- **Coaching Reminders**
- **UIL Eligibility Rules & Requirements**
- **Practice & Contest Regulations**
- **FAQs**
- **Sportsmanship & Texas Way**
- **NFHS Rules**
- **State Championships**

# WHAT'S NEW FOR 2025-2026

- Increase Maximum Number of 2A Participants from 12 to 16
- Split 2A into 2 Divisions if Team Numbers Allow
- Adjustments to Scoresheet





# **WHAT'S NEW FOR 2025-2026**

**Cheer Booster Club  
Guidelines have been  
added to the UIL  
website.**





# 2025-2026 SPIRIT DATES

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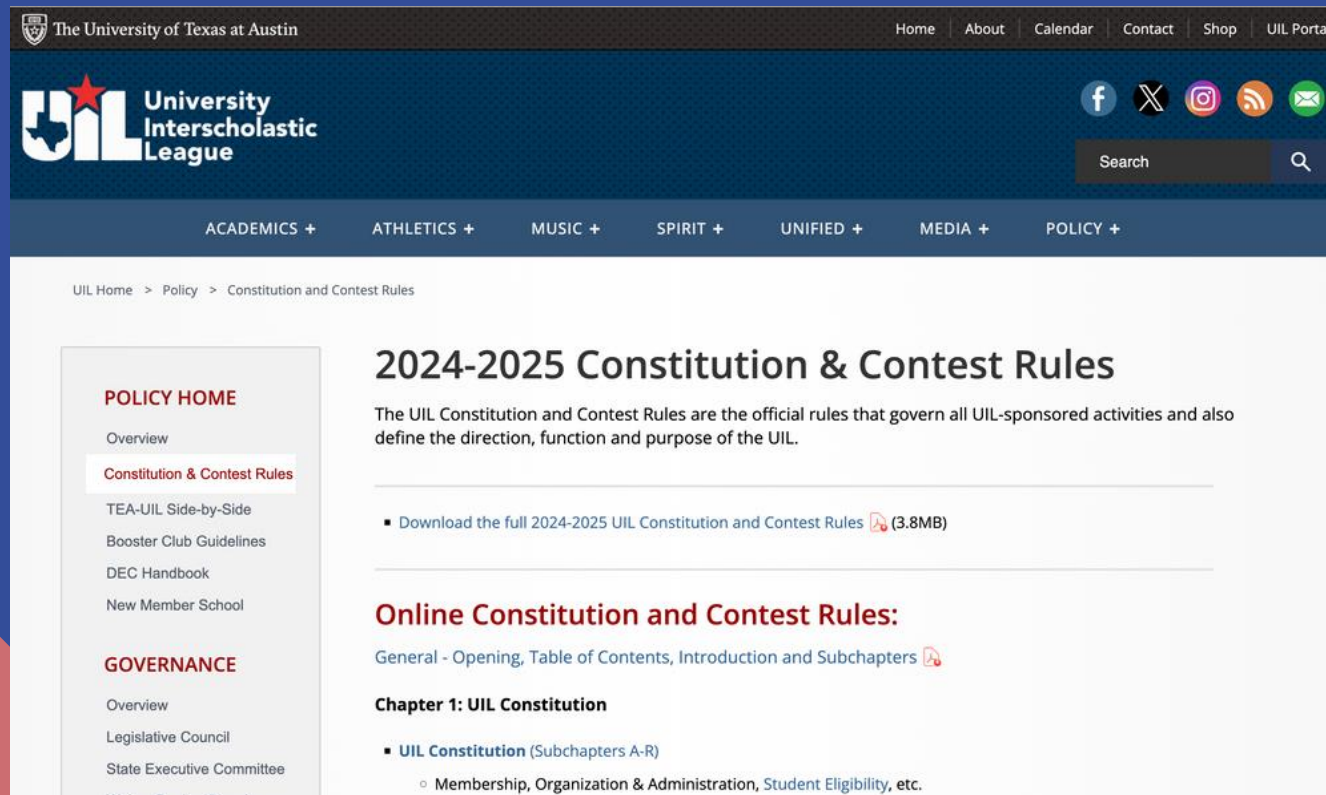
- Sept 3: Event Registration Opens
- Nov 7: Event Registration Closes
- Nov 21: Registration Payment Deadline
- Dec 5: 1st Performance Order Posted
- Jan 15-17: SPIRIT STATE CHAMPIONSHIPS



# 2025-2026 COACHES' REMINDERS

## UIL RULES

- **UIL Constitution & Contest Rules (C&CR)**
- **UIL Side by Side Manual**
- **VERY IMPORTANT!!!**
- **They explain UIL eligibility rules and policies, no-pass/no-play, etc.**



2024-2025  
UILTEXAS.ORG

## TEA & UIL SIDE-BY-SIDE



# COACHES' REMINDERS

## UIL CONSTITUTION & CONTEST RULES

- **Section 1500 – Introduction to Spirit Contest & Events**
- **Section 1501 – Spirit Contest Ethics Code**
- **Section 1502 – General Regulations**
- **Section 1503 – Health and Safety**

**REVIEW RULES ON AN ANNUAL BASIS!!**

**ALL REQUIRED TRAINING MUST BE COMPLETED BY THE FIRST DAY OF PRACTICE!**

ATHLETICS +

MUSIC +

SPIRIT +

UNIFIED +

Chapter E: Spirit (1500-1503)

## Subchapter E: Spirit (1500-

Subchapter E: SPIRIT (1500-1503) 

### Section 1500: INTRODUCTION TO SPI

⊕ (a) PURPOSES OF HIGH SCHOOL SPIRIT.

### Section 1501: SPIRIT CONTEST ETHICS

⊕ (a) Spirit Contest Ethics Code.

⊕ (b) SCHOOL OFFICIALS.

⊕ (c) CONTEST OFFICIALS.





ACADEMICS +

ATHLETICS +

MUSIC +

SPIRIT +

UNIFIED +

MEDIA +

UIL Home > Spirit

## SPIRIT

### Spirit Information

NFHS Rules

C&CR

TEA - UIL Side by Side

Manual

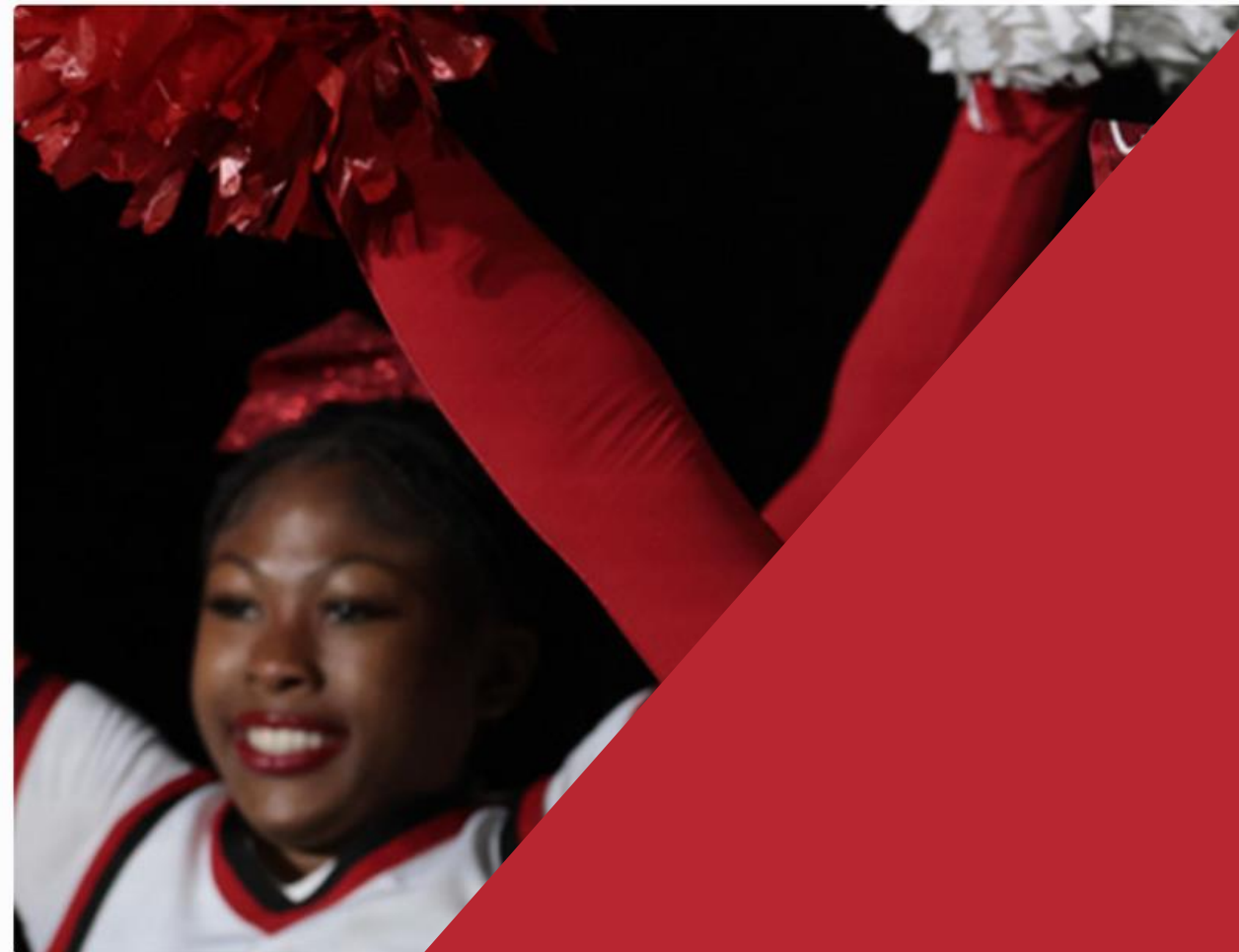
FAQs

State Championships

### SPIRIT CONTACT INFO

**Assistant Athletic  
Director:**  
Grace McDowell

## Spirit



# COACHES' REMINDERS

## UIL INFORMATION

- **UIL SPIRIT WEBSITE**
- **VERY IMPORTANT!!!**
  - **Manual**
  - **FAQs**
  - **State Championships**
  - **Side-By-Side**

# UIL SPIRIT COACHES EDUCATION & TRAINING REQUIREMENTS

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

**CCP must be completed by the first practice or start of school, whichever comes first.**





# UIL REQUIRED STUDENT PARTICIPATION FORMS **COACHES' REMINDERS**

- Concussion Acknowledgement Form
- Sudden Cardiac Arrest Awareness Form
- Check with your local school district policies regarding additional required documentation for students.
- Physical & Medical History forms are not currently required by the UIL, but may be required by district policy.



# **COACHES' REMINDERS**

## **UIL ELIGIBILITY FOR CHEER**

**A student is eligible if the student...**

- Is a full-time student at the school at which they will participate**
- Meets all requirements of Section 400 of the C&CR**
- Meets the academic eligibility standards of state law and UIL rules**
- Home school students if allowed by the district**





# COACHES' REMINDERS UIL ELIGIBILITY FOR CHEER

**CHEER falls under SPIRIT for UIL. A few eligibility rules that apply to students involved in sports under Athletics Policy, do not apply to cheer/spirit:**

- **Parent Residency Rule –**
  - **The location of a cheerleader's residence DOES NOT impact eligibility.**
- **PAPF –**
  - **Newly enrolled students who make the cheer team DO NOT need to complete a Previous Athletic Participation Form.**





# COACHES' REMINDERS ELIGIBILITY: 1ST SIX WEEKS OF SCHOOL YEAR

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- **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**





# **SPIRIT REMINDERS**

## **Practice & CONTEST**

## **Regulations**



***VERY IMPORTANT TO UNDERSTAND THE DIFFERENCE BETWEEN CALENDAR AND SCHOOL WEEK!***

***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 – 12:01 AM Sunday to midnight on Saturday.***

# SPIRIT REMINDERS

## Practice Regulations

*IN-SEASON: School is In-Session*

### Eight Hour Rule

Practice outside the school day, is limited to a maximum of eight hours per school week per activity

The in-school athletic period does not count towards the allotted 8 hours

**\*PRACTICE IS UNLIMITED OUTSIDE THE SCHOOL WEEK**





# SPIRIT REMINDERS

## Practice Regulations

*When School IS  
NOT In-Session*

- *No rules limiting practice during summer*
- *No rules limiting practice during holidays*



# CONTEST REGULATIONS

- A cheerleader can cheer at one contest during school week and unlimited 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.
  - CANNOT cheer at volleyball on Tuesday and football on Thursday (unless there's no school on Friday).
- Playoffs are an exception to the school week limitation.





# SPIRIT FAQ's

***"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.**



# SPIRIT FAQ's

***"Can cheerleaders cheer at more than one game per night?"***

**A: Yes, if the games are at the same site.  
Example: Home volleyball game and a home football game for the same campus.**





# SPIRIT FAQ's

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

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



# SPIRIT FAQ's

***"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.**





# SPIRIT FAQ's

***"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.**



# SPIRIT FAQ's

***“Does the school’s cheerleading coach/sponsor need to be a full-time employee in order to coach and instruct a cheerleading team or spirit squad?”***

**A: No. The local school district has the discretion over who will be designated to serve as the cheerleading coach or sponsor.**





# SPIRIT FAQ's

***"Can an 8th grade student cheer with the high school cheer team?"***

**A: This is determined by the local school district.**

***"Can an 8th grade student compete with the varsity cheer team at the UIL State Championship?"***

**A: No; the UIL State Championship is a high school competition; junior high students cannot participate.**



# SPIRIT FAQ's

***“Can a school allow their cheer coach to coach their students in the summer or in a non-school program?”***

**A: Yes. Cheerleading coaches and sponsors will be allowed to instruct the participants anytime during the school year with local district approval. During the regular academic school year, a school coach is subject to the eight hours of practice limitation per athlete per school week.**





# **SPORTSMANSHIP**

## ***THE TEXAS WAY!!***

**1. RESPECT FOR OTHERS**

**2. CONTROL OF SELF**

**3. SPIRIT OF COMPETITION**



**SPORTSMANSHIP**

***THE TEXAS WAY!!***



**CHEERLEADERS SHOULD BE THE  
EXEMPLARY OF SPORTSMANSHIP!**

**FIND WAYS TO PROMOTE  
SPORTSMANSHIP ON YOUR CAMPUS!**



# NFHS SPIRIT SAFETY RULES



*UIL spirit follows NFHS rules. It is important to review the **NFHS spirit Rules** each year.*

**SPIRIT SAFETY RULES ARE NOT WRITTEN BY THE UIL.**

# SPIRIT RULE BOOK

***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:***

- ***Rule 1: General Risk Management***
- ***Rule 2: Cheer***
- ***Rule 3: Dance***





# NFHS SPIRIT RULE CHANGES

**RULE 1 DEFINITIONS:** ALL DEFINITIONS THAT WERE PREVIOUSLY FOUND IN RULE 1 HAVE BEEN REMOVED AND ARE NOW INCORPORATED INTO THEIR RESPECTIVE RULES FOR CHEER (RULE 2) AND DANCE (RULE 3). ADDITIONAL CHEER-SPECIFIC DEFINITIONS INCLUDING ASSISTED WALKOVER, KIP UP, AND **NUGGET** HAVE BEEN ADDED FOR CLARIFICATION.









# NFHS SPIRIT RULE CHANGES

**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.***

# NFHS SPIRIT RULE CHANGES

**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.***

Bracer(s) with hand –to-hand/arm contact must be in a multi-base prep with a spotter and remain stationary until the top person is descending.

Additional verbiage added is the following:

If the flip ends in a cradle **or the performing surface**, the bracers may release the top person or move to a loading position once the top person begins to descend ~~and is no longer inverted.~~

The change in the wording allows a bracer(s) to lower to a load position once the top person is descending toward a cradle **or the performing surface.**

Bracer must still start in a double base prep with a spot and cannot be pressed up at any time.









# NFHS SPIRIT RULE CHANGES

## **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.***

# NFHS SPIRIT RULE CHANGES

**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. Note: This rule prohibits a top from executing a no-handed BHS load to a skill. The top must be in contact with a spot/base when leaving the ground to go inverted.*





# NFHS SPIRIT RULE CHANGES

**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.***



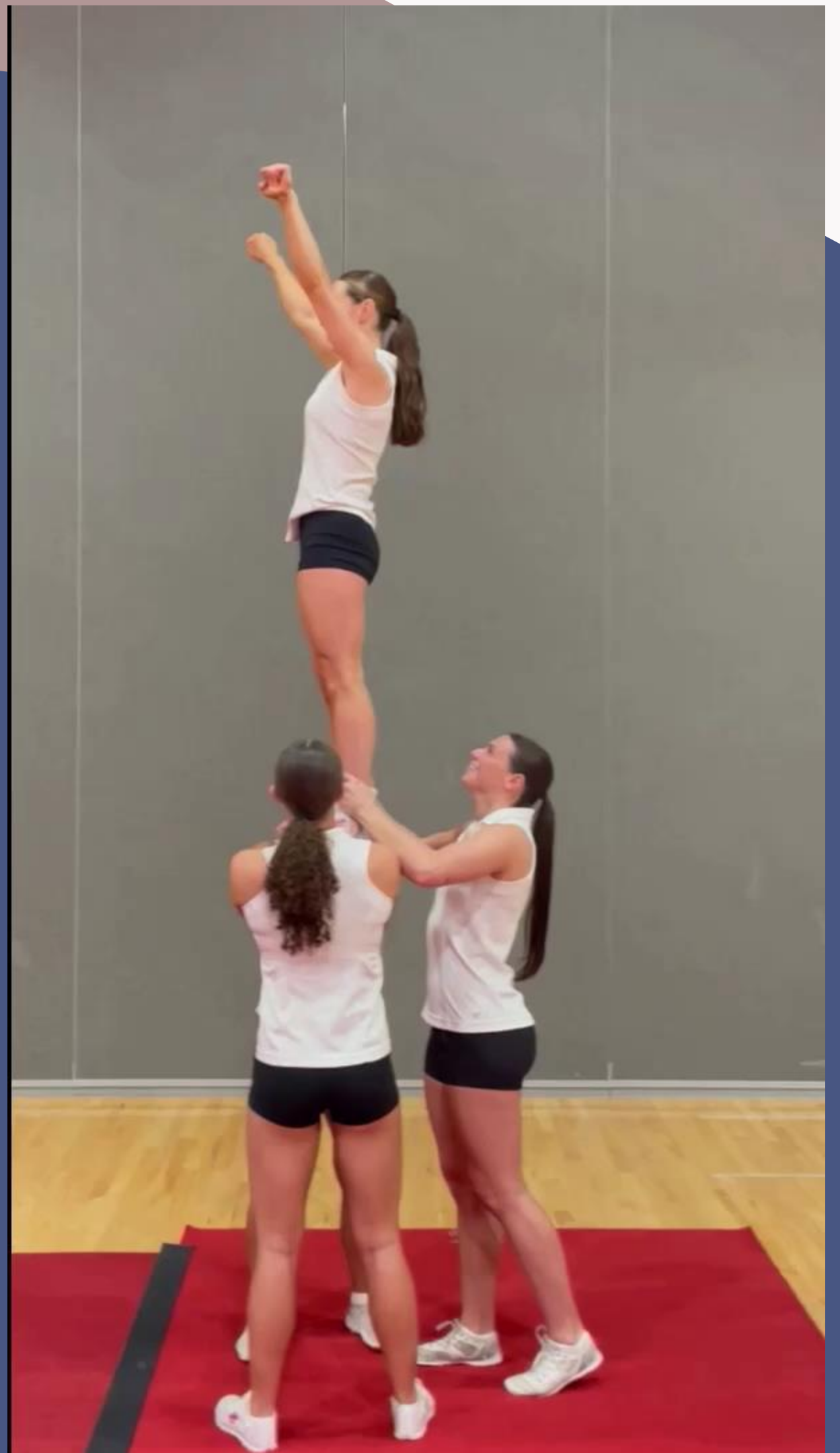
# NFHS SPIRIT RULE CHANGES

**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.*







# POINTS OF EMPHASIS

- Basket toss back flips are prohibited.
- Tosses to cradles can't hold props or have props attached to them.
- Hands-free poms are allowed (not considered jewelry) but they have the same restriction as when holding poms. If you can't do it with a pom in hand, you can't do it with a hands-free pom. (handpring, basing a prep, etc.)
- Placement of props during stunts. Close isn't illegal, but bases can move and step on the prop making it illegal and unsafe.
- Spotter position – must have a clear path to protect the top from falling backward (their “backward” meaning “toward their back”) – esp during single-based inversions and some single based prep skills that transition.



# PROPER POSITION FOR SPOTTERS





# PROPER POSITION FOR SPOTTERS





# PROPER POSITION FOR SPOTTERS



# PROPER POSITION FOR SPOTTERS





# PROPER POSITION FOR SPOTTERS



**RULES QUESTIONS:**

**spirit@quiltexas.org**



# CHAMPIONSHIP UPDATES

- **2A Maximum Participant Increase**
- **Division Split Consideration**
- **Minor Score Sheet Changes:**
  - **Qualifying Round – Band Chant**
    - **Point Value Adjustments to Scoring Categories:**
      - **GAME DAY MATERIAL** – changed from 10 pts to 5 pts
      - **VISUAL APPEAL** – changed from 5 pts to 10 pts
  - **State Championships– Band Chant & Fight Song**
    - **GAME DAY MATERIAL** removed as Band Chant scoring category
    - **VISUAL APPEAL** added as a Band Chant scoring category
    - **Point Value unchanged (5pts)**



2026 Qualifying Round:

# BAND CHANT

Team:

Division:

Judge #:



	MAX VALUE	TEAM SCORE	COMMENTS:
<b>GAME DAY MATERIAL</b> <i>Proper use of material relevant to game day environment</i>	<b>5</b>		
<b>CROWD EFFECTIVENESS</b> <i>Energy and connection to and leadership of the crowd; crowd coverage</i>	<b>10</b>		
<b>CROWD LEADING TOOLS</b> <i>Proper use of motions, signs, poms, megaphones, and / or flags</i>	<b>10</b>		
<b>MOTION TECHNIQUE</b> <i>Technique, sharpness, and placement</i>	<b>10</b>		
<b>VISUAL APPEAL</b> <i>Level changes, ripples, and spacing</i>	<b>10</b>		
<b>SYNCHRONIZATION</b> <i>Uniformity of movement throughout routine</i>	<b>5</b>		
<b>TOTAL</b> <i>50 Possible Points</i>			



2026 State Championship:

# BAND CHANT & FIGHT SONG

Team:

Division:

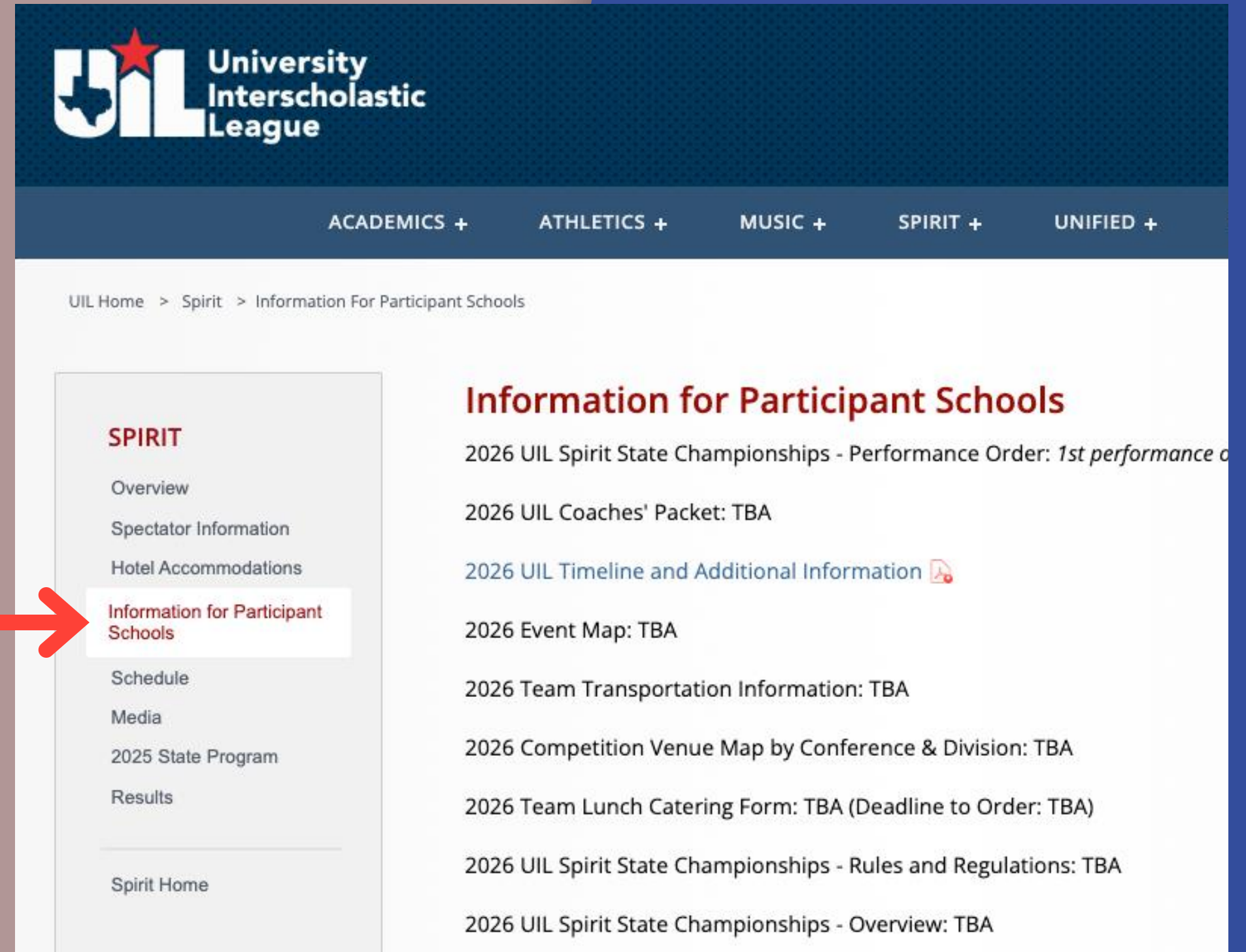
Judge #:

MAX VALUE		TEAM SCORE	COMMENTS:
BAND CHANT			
VISUAL APPEAL <i>Level changes, ripples, and spacing</i>	5		
CROWD EFFECTIVENESS <i>Energy, connection to and leadership of the crowd, crowd coverage and spacing</i>	5		
CROWD LEADING TOOLS <i>Proper use of signs, poms, megaphones, and / or flags</i>	5		
MOTION TECHNIQUE <i>Technique, placement, sharpness, and synchronization</i>	5		
FIGHT SONG			
GAME DAY MATERIAL <i>Proper use of material relevant to game day environment</i>	5		
CROWD EFFECTIVENESS <i>Energy, connection to and leadership of the crowd, crowd coverage and spacing</i>	5		
CROWD LEADING TOOLS <i>Proper use of motions, signs, poms, megaphones, and / or flags</i>	5		
MOTION TECHNIQUE <i>Technique, placement and sharpness</i>	5		
EXECUTION OF INCORPORATED SKILLS <i>Technique, form, and stability of stunts, jumps and / or tumbling to lead the crowd</i>	5		
SYNCHRONIZATION <i>Uniformity of movement throughout routine</i>	5		
TOTAL <i>50 Possible Points</i>			



# SPIRIT STATE CHAMPIONSHIP REGULATIONS

Information for Participant Schools contains important information pertaining to the UIL Spirit State Championships.



The screenshot displays the UIL Spirit State Championships website. The header features the UIL logo and the text 'University Interscholastic League'. A navigation bar includes links for ACADEMICS +, ATHLETICS +, MUSIC +, SPIRIT +, and UNIFIED +. The breadcrumb trail shows 'UIL Home > Spirit > Information For Participant Schools'. The sidebar on the left lists various links under the 'SPIRIT' heading, with 'Information for Participant Schools' highlighted. The main content area, titled 'Information for Participant Schools', lists several resources for the 2026 championships, including performance order, coaches' packet, timeline, event map, transportation information, venue map, catering form, rules and regulations, and an overview.

**UIL** University Interscholastic League

ACADEMICS + ATHLETICS + MUSIC + SPIRIT + UNIFIED +


UIL Home > Spirit > Information For Participant Schools

**SPIRIT**

- Overview
- Spectator Information
- Hotel Accommodations
- Information for Participant Schools**
- Schedule
- Media
- 2025 State Program
- Results

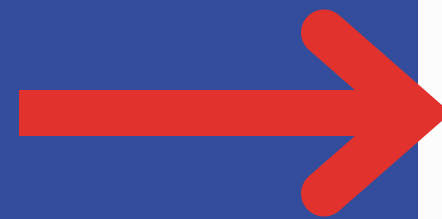
Spirit Home

**Information for Participant Schools**

- 2026 UIL Spirit State Championships - Performance Order: 1st performance order
- 2026 UIL Coaches' Packet: TBA
- 2026 UIL Timeline and Additional Information 
- 2026 Event Map: TBA
- 2026 Team Transportation Information: TBA
- 2026 Competition Venue Map by Conference & Division: TBA
- 2026 Team Lunch Catering Form: TBA (Deadline to Order: TBA)
- 2026 UIL Spirit State Championships - Rules and Regulations: TBA
- 2026 UIL Spirit State Championships - Overview: TBA

# SPIRIT STATE CHAMPIONSHIP REGULATIONS

**Rules and Regulations for  
the State Championships  
can be found in the list of  
information for participant  
schools.**



## Information for Participant Schools

2026 UIL Spirit State Championships - Performance Order: *1st performance*

2026 UIL Coaches' Packet: TBA

2026 UIL Timeline and Additional Information 

2026 Event Map: TBA

2026 Team Transportation Information: TBA

2026 Competition Venue Map by Conference & Division: TBA

2026 Team Lunch Catering Form: TBA (Deadline to Order: TBA)

2026 UIL Spirit State Championships - Rules and Regulations: TBA

2026 UIL Spirit State Championships - Overview: TBA

Quick and Easy Licensing Suggestions for Band Music 

Universal Event Photography Flyer: TBA

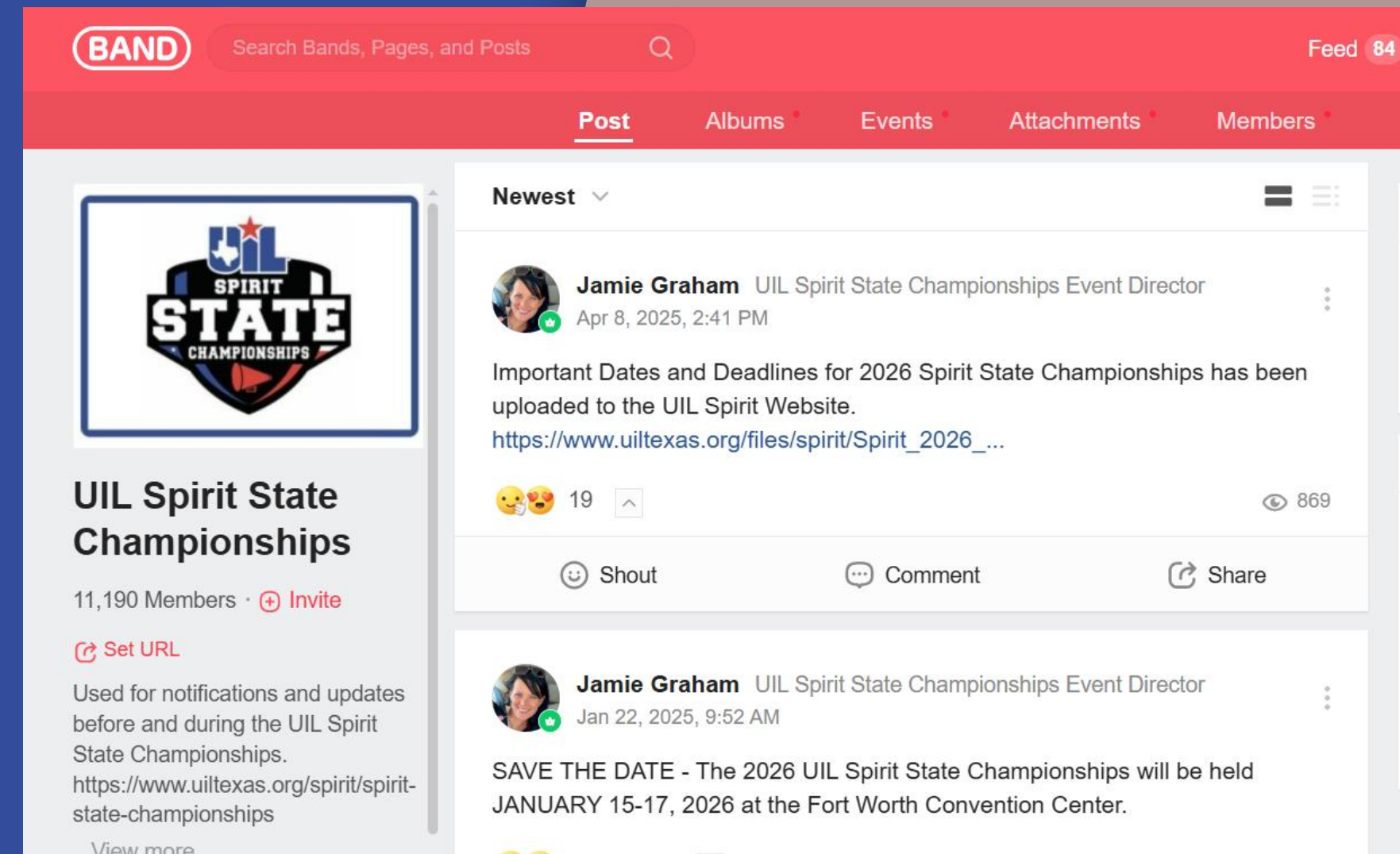
2026 UIL Spirit State Championships - Registration Link: TBA

Link for Spectators to purchase tickets: TBA



# UIL SPIRIT STATE CHAMPIONSHIP BAND GROUP

All things UIL SPIRIT STATE  
CHAMPIONSHIPS



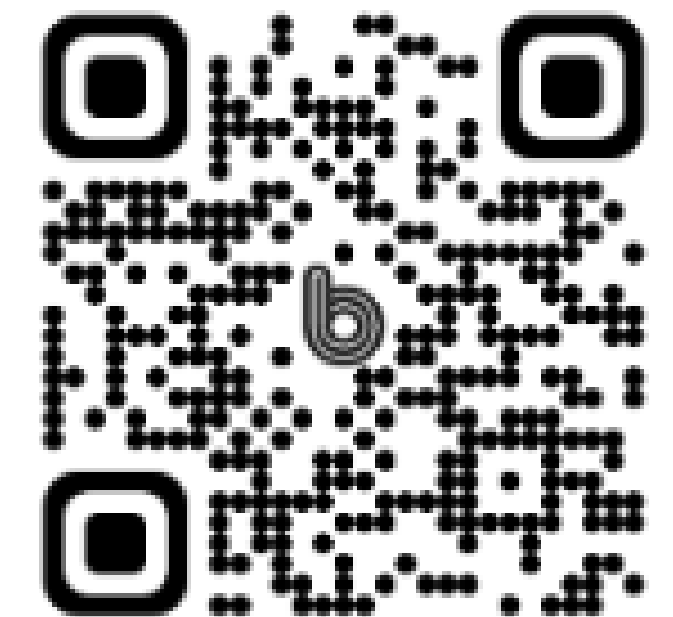
The screenshot shows the BAND app interface for the 'UIL Spirit State Championships' band group. The top navigation bar is red with the 'BAND' logo, a search bar, and a 'Feed 84' indicator. Below the navigation bar, the group's profile is displayed on the left, featuring a logo with 'UIL SPIRIT STATE CHAMPIONSHIPS' and a red star. The profile text indicates 11,190 members and includes a link to the group's website. On the right, a feed of posts is shown. The top post is by Jamie Graham, dated April 8, 2025, announcing the upload of important dates and deadlines for the 2026 championships. The bottom post is also by Jamie Graham, dated January 22, 2025, announcing the 2026 championships will be held from January 15-17, 2026, at the Fort Worth Convention Center. The feed includes interaction options like 'Shout', 'Comment', and 'Share'.

**UIL Spirit State Championships**  
11,190 Members · [Invite](#)  
[Set URL](#)  
Used for notifications and updates before and during the UIL Spirit State Championships.  
<https://www.uil texas.org/spirit/spirit-state-championships>  
[View more](#)

**Newest** ▾

**Jamie Graham** UIL Spirit State Championships Event Director  
Apr 8, 2025, 2:41 PM  
Important Dates and Deadlines for 2026 Spirit State Championships has been uploaded to the UIL Spirit Website.  
[https://www.uil texas.org/files/spirit/Spirit\\_2026\\_...](https://www.uil texas.org/files/spirit/Spirit_2026_...)  
19 🗨️ 👁️ 869  
[Shout](#) [Comment](#) [Share](#)

**Jamie Graham** UIL Spirit State Championships Event Director  
Jan 22, 2025, 9:52 AM  
SAVE THE DATE - The 2026 UIL Spirit State Championships will be held JANUARY 15-17, 2026 at the Fort Worth Convention Center.



# UIL SPIRIT CONTACTS



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Spirit State  
Championship Director  
**Jamie Graham**  
[spirit@uiltexas.org](mailto:spirit@uiltexas.org)