

## SPIRIT



Pages are numbered to correspond with the OSSAA rules and regulations handbook.

RULES MEETINGS

EDUCATION-BASED ACTIVITY PROGRAMS

## **I. GAME DAY COMPETITION**

GAME DAY ENTRY DEADLINE AND FEES

GAME DAY CLASSIFICATIONS AND TEAM SIZE

GAME DAY GUIDELINES

SKILL RESTRICTIONS

PRELIMINARY ROUND

CROWD LEADING RULES AND RESTRICTIONS

FIGHT SONG RULES AND RESTRICTIONS

BAND DANCE RULES AND RESTRICTIONS

FINAL ROUND

## **II. COMPETITIVE CHEER**

COMPETITIVE CHEER ENTRY DEADLINE AND FEES

DIVISIONS AND TEAM SIZE FOR COMPETITIVE CHEER

COMPETITION GUIDELINES FOR COMPETITIVE CHEER

COMPETITIVE CHEER RULES

COMPETITIVE CHEER DATES AND TOURNAMENT INFORMATION

## **III. STUNT REVIEW**

## **IV. ACADEMIC ACHIEVEMENT AWARDS FOR COMPETITIVE CHEER COMPETITION**

### **V. ELIGIBILITY FOR OSSAA CHEER COMPETITION**

### **VI. HOSTING A QUALIFIER CHEERLEADING TOURNAMENT**

### **VII. INSTRUCTIONS FOR COMPETITIVE CHEERLEADING TIMER**

### **VIII. ADVANCEMENT FROM QUALIFIERS TO STATE**

### **IX. JUDGES**

### **X. SPORTSMANSHIP**

### **XI. TEAM/ COACH RESPONSIBILITIES**

### **XII. COACHES' ETHICS AND PROFESSIONALS STANDARDS**

### **XIII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES**

### **XIV. OFF SEASON TRYOUTS**

### **XV. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR SCHOOL REPRESENTATIVES**

### **XVI. EMERGENCY ACTION PLAN**

### **XVII. HAZING**

### **XVIII. TAUNTING**

### **XIX. SUMMERTIME DEAD PERIOD**

HISTORY OF CHAMPIONS

**NOTE: ALL NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED.**

## **EDUCATION-BASED ACTIVITY PROGRAMS**

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process, but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an environment in which a student has the opportunity to reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for the all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal; Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

---

## **DIVERSITY, EQUITY AND INCLUSION (DEI)**

Promoting education and the understanding of groups that have social and cultural differences is an integral part of education-based activities. Every student participating in activities at an OSSAA member school is entitled to participate in a safe school environment that is free from bias. Any form of bias (including demeaning comments, racial, ethnic, or homophobic slurs) based on social or cultural differences will not be tolerated in education-based activities.

## **SPORTSMANSHIP**

Ensuring good sportsmanship at OSSAA member schools requires the responsibilities of different groups be coordinated and carried out at each contest involving secondary level students.

1. **School Administration:** The responsibility for fan behavior resides with the participating school administrations from each participating school (combined with the host site security in neutral site contests). School administration must provide adequate supervision at the venue. Negative behavior targeting participants or officials must not be tolerated. Removal of non-compliant fans shall be managed by the administrative team. A report detailing the circumstances must be sent to the OSSAA anytime a fan is removed from a contest.
2. **Coaches:** Head coaches must communicate expectations for fan/parent, and player behavior. Communications should include consequences for unruly fan/parent or player behavior and be shared with each player and the player's parent/guardian.
3. **Officials:** Officials shall, upon arrival at the contest, meet with on-site administration to ensure lines of communication are open and officials know where to find school administration should a problem arise outside the playing area. Under no circumstances should an official directly remove a person outside the playing area from the venue. The administrative team or designee will be responsible for removal of any fan.
4. **Participants:** Participants experiencing inappropriate behavior from other participants and/or non-participants during the contest must communicate those issues directly to their coaching staff to ensure identifiable issues are addressed by the administrative teams.

### **Rules Meeting 2025 State Cheer Rules Meetings**

State Rules meetings are mandatory for head coaches and must be completed by September 1. Failure to comply will result in the suspension of the head coach from all interscholastic competition until the coach is in compliance.

**A face-to-face Rules meeting will be conducted at the Coaches Clinic on Thursday, July 31 at 9:00 a.m. If you are unable to attend you may view the online meeting from the Spirit page of OSSAA.com. The Rules meeting will be posted by August 13.**

---



## I. GAME DAY COMPETITION

---

**ENTRY FORM: ENTRY FORMS MUST BE COMPLETED ON OR BEFORE OCTOBER 1 TO BE PLACED IN A QUALIFIER. ENTRY FORMS ARE LOCATED ON THE OSSAARANKINGS.COM WEBPAGE.**

**REGISTRATION FEE:** \$100.00 PER TEAM. Please do not send the entry fee, your school administration will submit the fee with all other activities for your school on the Participation Invoice.

**COMPETITION DATES:** The qualifying round will be held on November 8, 2025, all teams within a classification will be sent to the same site.

Game Day State Competition will be held on November 14-15, 2025. The schedule will be set by the OSSAA.

**ADVANCEMENT TO STATE GAME DAY:** The top 10 finishers from Class 6A, Large and Small Pom will advance, and the top 15 finishers from Classes 2A, 3A, 4A, and 5A will qualify for the Game Day State Competition.

### GAME DAY CLASSIFICATIONS AND TEAM SIZE

Schools entered in the Game Day Competition Cheer Division will be divided into classifications based on the ADM of the high school. The Divisions for Pom will be based on participation; if less than 32 schools participate, there will only be one Division for Pom; if Pom has more than 32 teams, Divisions will be determined by natural breaks in ADM.

#### CLASSIFICATIONS FOR GAME DAY CHEER DIVISION:

CLASS 6A—LARGEST 32 SCHOOLS  
 CLASS 5A—NEXT 48 LARGEST SCHOOLS  
 CLASS 4A—NEXT 64 LARGEST SCHOOLS  
 CLASS 3A—NEXT 64 LARGEST SCHOOLS  
 CLASS 2A—ALL REMAINING SCHOOLS

- One team per school may enter a Division in the Game Day Cheer competition.
- Maximum of 25 participants per team.
- No separate classification for Co-Ed.
- Mascots may not be involved in the execution of cheer skills. All participants on the floor count toward the total number of 25.

#### CLASSIFICATIONS FOR GAME DAY POM DIVISION

If less than 32 schools enter the Pom Division, there will be one Division; if more than 32 schools enter the Pom Division, the Divisions will be created at the natural breaks in ADM.

- One team per school in the Pom Division.
- Maximum of 25 participants per team.
- No separate classification for Co-Ed.
- Mascots may not be involved in the execution of cheer skills. All participants on the floor count toward the total number of 25.

### GAME DAY GUIDELINES FOR CHEER AND POM

- Traditional sideline uniforms are required. Athletes used in each of the preliminary rounds may vary by routine, but there will be no substitution allowed in the final round. The use of crowd-leading tools such as signs, poms, flags and/or megaphones are permitted. **Practicality should be considered in all elements.**
- The competition floor will be matted. All participants must stay on the matted surface.
- All Coaches must attend the Rules Meeting or complete the Rules Meeting on-line prior to the competition. The on-line meeting will become available by August 13 of the current school year. All coaches MUST be Safety certified if the team is going to stunt. The course can be taken online at NFHSLearn.com. All OSSAA Competitions will be conducted in compliance with the NFHS Rules for safety. A rule book will be sent to the coach at each member school.
- The order of competition will be determined by the OSSAA.
- Judges for the qualifying round and State Game Day Cheer Competition must attend a training session prior to the competition.

- F. One of the calculated risks that a coach must accept is that he/she, his/her players, or the judges may make mistakes during the course of the competition. The OSSAA Board of Directors has established a policy of NOT HONORING A PROTEST (OSSAA Board Policy VII.) based upon a rule situation or a situation which involved judgments on the part of the judges. The decision of the judges will be final. The OSSAA will not review tapes of the competition for the purpose of changing the judges' decisions.
- G. A copy of the score sheets, tally sheets, order of finish and notes from the qualifying round will be **emailed to the coaches on Monday** morning following the qualifying round.. Score sheets at the State Competition will be distributed at the end of each classification, after the awards ceremony. Coaches may not engage in discussion with judges or OSSAA Representative at any time during the competition regarding scores. Tally sheets will be available at the State Competition after the completion of the preliminary round and then after the finals in each class.
- H. **For indoor activities:** Any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contest.  
**For outdoor activities:** Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer teams, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.
- I. No banners, emblems, or placards will be permitted in the spectator area.
- J. If the routine is interrupted by an injury to one of the participants the coach may choose to finish the routine from the point of interruption or choose to take the score earned to that point, without any deduction for the minimum time limit not being met.
- K. Head coaches are allowed on the floor during competition while their team is participating provided they are wearing an OSSAA issued floor pass. The coach must be situated in an area where they will not disrupt the competition. Two additional coaches with a floor pass will also be allowed on the floor, **no injured team members or any additional personnel will be allowed on the competition floor. Failure to comply could result in a deduction in scores.**

#### **CHART OF GAME DAY ELEMENTS FOR CHEER AND POM**

| <b>Cheer</b>        | <b>Pom</b>          |
|---------------------|---------------------|
| Band Chant          | Band Chant          |
| Crowd Leading       | Dance               |
| Fight Song          | Fight Song          |
| <b>Total Scores</b> | <b>Total Scores</b> |
| 70+100+80= 250      | 70+100+80=250       |

**SKILL AND TUMBLING RESTRICTIONS—CHEER AND POM DIVISIONS**

- A. No basket, sponge or elevator tosses are allowed. (Cradles are dismounts)
- B. No inversions.
- C. No twisting dismounts from stunts.
- D. Single-leg extended stunts are limited to a liberty, liberty hitch.
- E. No running tumbling.

**CHEER TUMBLING RESTRICTIONS:**

Standing tumbling is limited to ONE skill. A back tuck is the most elite tumbling skill allowed.

**POM TUMBLING RESTRICTIONS:**

Standing Tumbling is limited to ONE skill. Acceptable Pom tumbling skills include: Walkover, Handspring/Headspring, back tuck, kip up, and aerial.

**GAME DAY QUALIFIERS FOR CHEER AND POM.**

The qualifying round will consist of Prelims only, with the situational element between the Band Chant and the Crowd Leading for Cheer and between the Band Chant and Dance for Pom. All elements of the Game Day competition will be performed in one continuous routine.

The top 10 finishers from Class 6A, and Large and Small Pom will advance, and the top 15 finishers from Classes 2A, 3A, 4A, and 5A will qualify for the Game Day State Competition.

**GAME DAY STATE FOR CHEER AND POM**

The State competition will consist of a Preliminary round and Finals.

**PRELIMINARY ROUND—CHEER DIVISION**

Each team will showcase their best sideline and crowd-leading material in the following categories:

- Band Chant
- Crowd Leading
- Fight Song

**BAND CHANT RULES AND RESTRICTIONS—CHEER DIVISION**

1 min time limit.

Marching band music, traditional sideline uniform, crowd appeal, practicality.

Must have call-backs within the routine.

NO STUNTS, SKILLS, or TUMBLING.

All participants are required to remain on the mat, no choreographed transitions.

**CROWD LEADING RULES AND RESTRICTIONS—CHEER DIVISION**

1 min time limit.

NO Music.

Skill restrictions include: No Baskets, sponge or elevator tosses allowed (cradles are dismounts and not tosses).

No inversions.

No twisting dismounts from stunts.

Single-leg extended stunts are limited to liberties and liberty hitches

No running tumbling.

One skill, standing back tuck is the most elite skill permitted

All participants are required to remain on the mat, no choreographed transitions.

**FIGHT SONG—CHEER DIVISION**

1 min time limit, marching band music.

Up to 3 CONSECUTIVE 8 counts may be incorporated with stunts, standing tumbling, and/or jumps (same skills restriction as listed in Crowd Leading Rules & Restrictions). The three 8 counts of added skills can take place at any point in the routine and can be repeated; If repeated in the fight song, incorporation must repeat exactly as initially performed. To count any incorporation, the starting 8-count will begin with the “dip” of the skill – the dip/bend of a jump, the dip/sit of the tumbling, the dip of the top person to load the student, etc. The counting of the 8-counts for the incorporation will continue until the completion of the skill or until the skill is back on the matted surface, regardless of when the music ends.

All participants are required to remain on the mat.

**PRELIMINARY ROUND—POM DIVISION**

Each team will

- Band Chant
- Dance
- Fight Song

**BAND CHANT RULES AND RESTRICTIONS—POM DIVISION**

1 min time limit

Marching band music, traditional sideline uniform, crowd appeal, practicality

Must have call-backs within the routine

NO STUNTS, SKILLS, or TUMBLING.

All participants are required to remain on the mat, no choreographed transitions.

**DANCE RULES AND RESTRICTIONS—POM DIVISIONS**

One (1) minute time limit. Marching band music only.

Emphasis on crowd appeal (crowd entertainment) and practical (something that is practical for sideline), kicks, leaps and jumps are permitted. No stunts are allowed. Acceptable Pom tumbling skills are permitted. **Practicality should be considered in this element.**

All participants are required to remain on the mat, no choreographed transitions.

**FIGHT SONG RULES AND RESTRICTIONS—POM DIVISIONS**

1 min time limit

Marching band music

Up to 3 CONSECUTIVE 8 counts may be incorporated with turns, jumps, leaps, and standing tumbling (aerials must be from a standing position, you may not walk or step into them). The three 8 counts of added skills can take place at any point in the routine and can be repeated; If repeated in the fight song, incorporation must repeat exactly as initially performed. To count any incorporation, the starting 8-count will begin with the “dip” of the skill – the dip/bend of a jump, the dip/sit of the tumbling, the dip of the top person to load the student, etc. The counting of the 8-counts for the incorporation will continue until the completion of the skill or until the skill is back on the matted surface, regardless of when the music ends.

All participants are required to remain on the mat, no choreographed transitions.

**FINAL ROUND—CHEER DIVISION**

- A. Finalists will be determined by preliminary round scores, which do not carry over into the final round. The top 6 highest scoring teams from the preliminary round will advance to the finals.
- B. The final round is one continuous performance demonstrating the compilation of the Game Day elements performed in the preliminary round plus a situational element. Each team will showcase their best sideline and crowd-leading material in a game day presentation that will include an announcer-led situational game day element. The use of crowd-leading tools such as sign, poms, flags and/or megaphones are permitted. **Practicality should be considered in all elements.**
- C. The final round is performed in this order: Band Dance, Situational element, Crowd Leading, Fight Song.
- D. Three (3) minute time limit. Teams will set up and take the floor. **NO ORGANIZED ENTRANCES.** Time will begin with the first beat of the band dance music.
- E. Following the completion of the band dance, the announcer will give the team a game scenario indicating an offensive or defensive situation in a football game. Teams should show their definitive understanding of the situation with an offense or defense crowd-leading response, which transitions the team into the crowd leading portion of the finals.
- F. Following the crowd leading portion, the team will complete their fight song routine.
- G. Each portion of the finals should have a designated beginning and end with spirited crowd interaction between. **Practicality should be considered in all elements.**

**FINAL ROUND—POM DIVISION**

- A. Finalists will be determined by preliminary round scores, which do not carry over into the final round. The top 6 highest scoring teams from the preliminary round will advance to the finals.
- B. The final round is one continuous performance demonstrating the compilation of the Game Day elements performed in the preliminary round plus a situational element. Each team will showcase their best sideline and crowd-leading material in a game day presentation that will include an announcer-led situational game day element. The use of crowd-leading tools such as sign, poms, flags and/or megaphones are permitted. **Practicality should be considered in all elements.**
- C. The final round is performed in this order: Band Chant, Situational element, Dance, Fight Song.
- D. Three (3) minute time limit. Teams will set up and take the floor. **NO ORGANIZED ENTRANCES.** Time will begin with the first beat of the band dance music.
- E. Following the completion of the band dance, the announcer will give the team a game scenario indicating an offensive or defensive situation in a football game. Teams should show their definitive understanding of the situation with an offense or defense crowd-leading response, which transitions the team into the crowd leading portion of the finals.
- F. Following the band chant portion, the team will complete their fight song routine.
- G. Each portion of the finals should have a designated beginning and end with spirited crowd interaction between. **Practicality should be considered in all elements.**

**AWARDS**

The first-place finishers in the qualifying round will receive plaques. Game Day State Champions and Runners-Up will be awarded trophies and 25 individual medals.

**ACADEMIC ACHIEVEMENT AWARDS FOR GAME DAY COMPETITION**

- A. The awards are based on the entire competitive team up to 25 using the second semester grades from the previous semester. For students currently in 9<sup>th</sup> grade, please use grades from the second semester of the student's 8<sup>th</sup> grade year. (Non-traditional semester: an approximate 18-week grading period used to divide the school year in half.)
- B. Awards will be given for each class based on a 4.0 grading system, computed to the nearest thousandth. If you have a weighted grading system, you must still use the 4.0 system for computing qualifications for this award.
  - 1. Academic Achievement Certificate - Teams must have a minimum of a 3.25 GPA and rank in the upper 1/3 of their classification.
  - 2. Distinguished Academic Plaque - Teams must have a minimum of a 3.5 GPA and rank in the upper 10% of their classification.
  - 3. Game Day Academic Champion Trophy - One team per class with best GPA.
- C. This award will be given ONLY to cheerleading teams competing in the OSSAA Game Day Cheerleading Competition.
- D. The Application for Academic Achievement Award is located on the forms link of the OSSAA website, [www.ossaa.com](http://www.ossaa.com).
- E. Certificates and plaques will be mailed to the schools qualifying for those awards.
- F. The state championship trophy will be presented to the winning team at the state championship event.
- G. **THE APPLICATION FOR ACADEMIC ACHIEVEMENT MUST BE RECEIVED NO LATER THAN NOVEMBER 3, 2025 FOR ALL DIVISIONS. ENTRIES RECEIVED AFTER THIS DATE WILL NOT BE CONSIDERED.**

**ELIGIBILITY FOR OSSAA SPIRIT COMPETITIONS**

- A. All athletic eligibility standards adopted by the OSSAA apply to competitive cheerleading.
- B. All participants must have a physical on file.
- C. Team Camp - Refer to Board of Directors policy found in the OSSAA Administrator's Handbook.
- D. Amateurism and Awards - Refer to Rule 5 in the OSSAA Administrator's Handbook.
- E. A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstances.



## COMPETITIVE CHEER

---

### II. COMPETITIVE CEER

**ENTRY DEADLINE:** AUGUST 15, 2025.

#### COMPETITIVE CHEER DATES, ENTRY DEADLINE, AND FEES

- A. The entry form is located on the OSSAARankings.com website, The QUALIFIER competition will be held for all classes on September 20, 2025 and the State Competition will be held on September 27, 2025. QUALIFIER sites and schedules will be decided by the OSSAA. The State championship will be held at Union High School.
- B. It is the responsibility of the participating schools to obtain rules updates and training for the cheerleading coach. All Cheer Coaches must attend the Cheer Rules Meeting or complete the Rules Meeting on-line prior to the competition. The on-line meeting will become available by August 13 of the current school year. All coaches must complete the Safety Certification course on NFHSLearn.com. The certification is good for four years. All OSSAA Cheer Competitions will be conducted in compliance with the NFHS Rules for safety. A rule book will be sent to the coach at each member school.
- C. The entry fee will be \$50.00 per team. Do not send the entry fee with your entry form. Your school will send the fee with the participation invoice for all activities.

#### DIVISIONS AND TEAM SIZE FOR COMPETITIVE CHEER

- A. All member schools will be divided into divisions based on the ADM of the high school. Athletic and non-athletic activities will be reclassified in the fall of each year based on the most current ADM figures if the A.D.M. for all schools is finalized at least two weeks prior to the release date concerning pairings for a particular activity.
- B. Classification and team size:
  - 6A 32 largest schools
  - 5A the next 48 largest schools
  - 4A the next 64 largest schools
  - 3A the next 64 largest schools
  - 2A all remaining schools
  - Small Co-Ed Classes 2A, 3A, and 4A
  - Large Co-Ed Classes 5A and 6A
- C. No more than 20 team members per team.
- D. If there are less than 8 teams in the small CO-ED division, then there will only be one division for CO-ED.
- E. A mascot is considered part of the team and will be counted as a part of the maximum number of participants.

#### COMPETITION GUIDELINES FOR COMPETITIVE CHEER

- A. Teams are limited to 20 team members; each team may use up to 5 additional participants as spotters. The spotters may not use motions, perform jumps or tumbling, nor use signs, pom poms or megaphones during the routine. Spotters should dress in a similar fashion to the team participants, but do not have to have the same uniform as team members.
- B. Competition will consist of a two (2) minute time limit.
- C. The team must use a minimum of one- and one-half minutes (1 ½) of the two-minute time limit.
- D. The timing begins after team has set in formation on the matted area with the first motion, word or skill.
- E. The timing ends with the last word or motion.
- F. There will be an official timer at each level of competition.
- G. There will be a designated site manager at each QUALIFIER site. The site manager's responsibilities are listed under the "Hosting a QUALIFIER" section.
- H. There will be no limit to the number of cheers/chants performed during the time allowed.
- I. The area used for the competition must be matted. The mats should cover the entire area and should provide a flat, consistent surface with no cracks, obstructions, or untapped seams (54' wide x 42' long). The Velcro strips on the competition mats will run sideline to sideline at ALL QUALIFIER sites as well as at the state site.

#### COMPETITIVE CHEER RULES

- A. Signs may be used for the purpose of crowd involvement. Pom Poms, signs, flags and megaphones are permitted. All NFHS rules will apply to sign usage. No antagonistic or negative signs will be allowed. Each sign should be one or two words per sign. There is no limit to the number of signs a team may use. Signs may not be thrown or tossed.

- B. Costumed mascots will be counted as a part of the maximum number of team members allowed to participate. Mascots used as spotters must have a clear view of the person being spotted; therefore, the mascot head piece must be removed.
- C. Judges will be given the order of finish tally sheet at the conclusion of each classification, at which time judges will be permitted to adjust their respective score sheet, under the supervision of the site manager.
- D. Winners will be determined by the total of three of the five judges' scores. The highest and lowest judges' score will be dropped, and the three remaining scores will be used. In the event of a tie, all judges' scores will be used for the tied teams. If the additional score sheets do not break the tie, the teams will be awarded the appropriate places. Trophies will be awarded to the top two teams. If five judges are not present, all scores will be counted.
- E. Teams are not permitted to lead or participate in inciting crowds with chants, cheers, gymnastics, jumps, motions, clapping, etc., at any time other than their assigned performance times. This does not prohibit the parents and/or fans of the team from cheering for their team.
- F. All cheerleading attire and movements incorporated in the routine will be in accordance with the State philosophy.
- G. All OSSAA Cheer Competitions will be conducted in compliance with the NFHS Rules for safety. A rule book will be sent to the coach at each member school.
- H. All cheer coaches whose teams are entered in the OSSAA competition must attend a State sponsored Rules Meeting or have verification of the on-line meeting no later than September 1. Penalty for failure to attend will result in the suspension of the head coach from all interscholastic competition.
- I. Music may be used for a maximum of 45 seconds during the routine. All music must be properly licensed. There is no minimum time frame for the use of music. Music may be altered, added to or edited if the school has the licensing to do so. Music used in a routine will not affect the judging of the routine in any manner.
- J. The competitive cheering surface will be a matted gym floor.
- K. Use of or attempted use of illegal stunts will result in a 10-point deduction per score sheet at the qualifying round. If a rule is violated at the State Competition the team will be disqualified.
- L. Judges for the qualifying round and State Competitive Cheer Competition must attend a training session prior to the competition.  
Judges are required to note the specific rule violated on the score sheet when disqualifying a team. (NOTE: Site managers will inform coaches of their disqualification in a private meeting after their classes have completed competition.)
- M. The performance order for the teams competing in the qualifying round and State competition will be set by the OSSAA staff prior to the competition. (NOTE: The order will be randomly selected by the OSSAA staff.)
- N. One of the calculated risks that a coach must accept is that he/she, his/her players, or the judges may make mistakes during the course of the competition. The OSSAA Board of Directors has established a policy of NOT HONORING A PROTEST based upon a rule situation nor a situation, which involved judgments on the part of the judges. The decision of the judges will be final. The OSSAA will not review tapes of the competition for the purpose of changing the judges' decisions.
- O. Results will be posted to the Spirit page of OSSAA.com after each qualifying round has concluded.
- P. **For indoor activities:** Any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contest.  
**For outdoor activities:** Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer teams, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.
- Q. No banners, emblems, or placards will be permitted during the qualifying round or State Competition by spectators.
- R. If the cheer routine is interrupted by an injury to one of the participants the coach may choose to finish the routine from the point of interruption or choose to take the score earned to that point, without any deduction for the minimum time limit not being met.
- S. Head coaches are allowed on the floor during competition while their team is participating provided they are wearing a floor pass. The coach must be situated in an area where they will not disrupt the competition. Two additional coaches with a floor pass will also be allowed on the floor, **no injured team members or any additional personnel will be allowed on the competition floor. Failure to comply could result in a deduction in scores.**

#### COMPETITIVE CHEER DATES AND INFORMATION

- A. The locations of the qualifying rounds will be determined by the enrollment in the competition.
- B. Schools will not be allowed to move from their assigned site.
- C. Practice or competition in athletics will not be allowed at a site after the site has been announced in any play-off activity except for a regularly scheduled contest or the host school may practice at the site if that is the team's regular practice site.
- D. Qualifying rounds will be held on September 20, 2025.

**III. STUNT REVIEW**

- A. When submitting questions regarding the legality of a stunt, pyramid, dismount or other cheerleading action, please follow the directions listed below:
  - 1. Record your team performing the action in question. Film the stunt from both the front and side.
  - 2. Send the recording, along with the appropriate form located on the OSSAA website and \$10.00 (made payable to the OSSAA) The \$10 fee will be assessed for each review submitted. If you submitted the same stunt more than once, an additional \$10 will be charged. You may send electronic files to [blester@ossaa.com](mailto:blester@ossaa.com). The \$10.00 fee should be sent via regular mail. **Stunt reviews not sent directly to the OSSAA will not be reviewed.**
- B. The OSSAA will view the video and notify you of the legality or illegality of the action in question.
- C. Stunt review requests must be received by September 5, 2025. No stunts will be reviewed after the deadline. No exceptions.

**IV. ACADEMIC ACHIEVEMENT AWARDS FOR COMPETITIVE CHEER COMPETITION**

- A. The awards are based on the entire competitive team up to 20 using the second semester grades from the previous semester. For students currently in 9<sup>th</sup> grade, please use grades from the second semester of the student's 8<sup>th</sup> grade year. (Non-traditional semester: an approximate 18-week grading period used to divide the school year in half.)
- B. Awards will be given for each class based on a 4.0 grading system, computed to the nearest thousandth. If you have a weighted grading system, you must still use the 4.0 system for computing qualifications for this award.
  - 1. Academic Achievement Certificate - Teams must have a minimum of a 3.25 GPA and rank in the upper 1/3 of their classification.
  - 2. Distinguished Academic Plaque - Teams must have a minimum of a 3.5 GPA and rank in the upper 20% of their classification.
  - 3. State Cheerleading Academic Champion Trophy - One team per class with best GPA.
- C. This award will be given ONLY to cheerleading teams competing in the OSSAA Competitive Cheerleading Competition.
- D. The Application for Academic Achievement Award is located on the forms link of the OSSAA website, [www.ossaa.com](http://www.ossaa.com).
- E. Certificates and plaques will be mailed to the winning schools.
- F. The state championship trophy will be presented to the winning team at the state championship event.
- G. The application for academic achievement must be received no later than September 9, 2025. Entries received after this date will not be considered.

**V. ELIGIBILITY FOR OSSAA CHEER COMPETITION**

- A. All athletic eligibility standards adopted by the OSSAA apply to competitive cheerleading.
- B. Cheerleaders must have a physical on file.
- C. Team Camp - Refer to Board of Directors policy found in the OSSAA Administrator's Handbook.
- D. Amateurism and Awards - Refer to Rule 5 in the OSSAA Administrator's Handbook.
- E. A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstances.

**VI. HOSTING A QUALIFIER CHEERLEADING TOURNAMENT**

- A. To host a QUALIFIER cheerleading tournament, you will need the following facilities:
  - 1. A seating capacity of 400-600 on one side.
  - 2. A practice/warm-up area separate from the competition gym.
  - 3. Mats available to cover warm-up area and competition area (See Rule III, H) (54' wide x 42' long).
- B. The host school will need to hire the following individuals:
  - 1. A clock keeper to serve as the official timer. The clock will be set on 2:00 and will start when the team begins its performance. The clock keeper will be provided with a list of the competing schools. The clock keeper will write the time remaining on the timing sheet.
  - 2. One or two ticket gate workers depending on the number of teams participating at your site. Tickets can be purchased online from the homepage of OSSAA.com; Online QUALIFIER tickets are \$7 plus handling fee, cash tickets at the gate are \$10.
  - 3. An announcer should also be provided.
- C. The host school will:
  - 1. Direct the incoming teams to practice areas. The cheerleading teams performing first will arrive about an hour prior to the beginning of competition.
  - 2. Provide space for the judges. The judges will arrive at the site 30 minutes prior to the beginning of competition. If at all possible, a room where the judges could meet away from the coaches and crowds would be greatly appreciated. The coaches are not to have direct contact with the judges prior to the competition or after the competition. If your

gym is arranged so that the crowd has access to floor seating, please rope off three rows behind the judges where no crowd will be allowed to sit. If you have floor seating and above seating, please do not allow the crowd onto the floor area.

- D. The site manager will:
  - 1. Meet with the judges and inform them of necessary information.
  - 2. Will be seated at the scorer's table and be responsible for general management of the tournament.

## **VII. INSTRUCTIONS FOR COMPETITIVE CHEERLEADING TIMER**

The team will be announced. The team will take its place on the edge of the gym floor. The timing begins with the first motion; jump or skill after the team has set information on the matted area. The clock stops with team's last word or motion.

- 1. Set the clock for 2:00 (two minutes) in a countdown mode.
- 2. When the team begins its performance, turn clock on. (Use guidelines above to determine when a performance begins.)
- 3. Stop clock with the team's last word or motion.
- 4. Record time left on clock next to team's name on the timing sheet.
- 5. If the team goes over the 2:00 allotment, make a notation that the team exceeded its time limit.
- 6. If the team is under the 1:30 minimum, make a notation on the time sheet.
- 7. Reset the clock.

## **VIII. ADVANCEMENT FROM QUALIFYING ROUND TO STATE**

- A. The highest scoring team in a qualifying round will receive a plaque.
- B. The highest scoring qualifying team and Runner-up, and all teams receiving 75 or more of the possible 100 points at the qualifying rounds will advance to the state competition.

## **IX. JUDGES**

- A. There should be five judges per site for qualifying rounds. There shall be a minimum of three judges qualifying rounds..
- B. There will be 5 judges at the State Competition and 1 technical judge.
- C. The decision of the judges will be final.
- D. No coach, team member, parent, or school representative may talk to the judges either before, during or after competition.
- E. Normal conversation that must take place between the host school and the judges is the only exception to be made.
- F. The following criteria will be used in the selection of the judges:
  - 1. The judges shall be knowledgeable and experienced in cheerleading.
  - 2. The judges shall be impartial.
  - 3. The judges shall not be members, ex-members, sponsors, ex-sponsors, coaches, ex-coaches, or affiliated in any manner with competing teams within the same division they are judging.
  - 4. The judges shall not have been instructors at summer clinics serving the Oklahoma teams for the previous year.
- G. Active coaches shall not be involved with judge selection or be hired as judges.

**ADDITIONAL POLICIES FOR SIDELINE CHEER AND COMPETITIVE CHEER****X. SPORTSMANSHIP**

- A. The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact on an individual's influence on the behavior of others. Good sportsmanship is viewed by the National Federation as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.
- B. Cheerleading more than any other activity can directly influence the behavior of others. It is important the cheer coach, captain and total team be aware of the sportsmanship guidelines in the spirit rules book.

**XI. SPIRIT MEMBERS AND COACHES RESPONSIBILITIES DURING REGULAR SEASON CONTESTS**

- A. Spirit team members, and coaches, should set an example by being cooperative and helpful.
- B. Instruct the team members to:
  - 1. Have positive not antagonistic cheers and/or chants at all times.
  - 2. Divert the crowd's attention from booing by starting a positive cheer immediately.
  - 3. Lead the crowd in a round of applause when an injured player leaves the playing area.
- C. During basketball games, instruct cheerleaders to:
  - 1. Be respectful at all times before, during and after a contest.
  - 2. Remain silent when the opponent is shooting a free throw. Cheerleaders may not stand in the free throw lane extended at any time. Noise of any kind, including but not limited to chants, cheers, clapping, stomping is not permitted by Spirit team members during a free throw attempt.
  - 3. Cheerleaders should not enter the floor during a 30 second time out.

**XII. COACHES' ETHICS AND PROFESSIONAL STANDARDS**

- A. All coaches must be Safety certified for their team to stunt regardless of whether the team enters any competition.
- B. Exemplify the highest moral character, behavior and leadership.
- C. Respect the integrity and personality of the individual athlete.
- D. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- E. Respect the integrity and judgment of sports officials, never bait or taunt officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
- F. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.
- G. Encourage and respect all athletes and their values.
- H. Display modesty in victory and graciousness in defeat.
- I. Promote ethical relations among coaches.
- J. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- K. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- L. Seek to inculcate good health habits, including the establishment of sound training rules.
- M. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- N. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

**XIII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES**

Any school representative who publicly criticizes a contest official, or members of the OSSAA Staff or Board of Directors and any contest official who publicly criticizes a school representative, or members of the OSSAA Staff or Board of Directors in connection with a contest, meet, or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension.

Public criticism includes, but is not limited to, comments made to the media or during a broadcast event, and comments made in a public forum.

**XIV. OFF SEASON TRY-OUTS**

During the school year, only students attending school in the district for which the try-out is held may be permitted to participate in a try-out. Try-outs should only be conducted for the purpose of the selection of a school team and may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be allowed for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at

the member school detailing the dates, times and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school.

Exception: During the school year, Spirit may conduct a clinic of no more than 4 days, each day of the try-out clinic may be up to two hours in length. All students participating in the tryout must be attending school in the district for which the try-out is being held.

After the school year concludes, Fast-Pitch Softball, Volleyball, Cross Country and Fall Baseball may conduct a tryout on or after July 15; all other activities may not conduct a tryout outside the school year.

#### **XV. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES**

When a violation of OSSAA's Constitution, Rules, Regulations, or Policies has been determined to have occurred, the Executive Director is authorized to impose sanctions or remedies, which may include suspending coach or other school personnel from coaching and/or activity program management responsibilities, or imposing limits or conditions on those coaching and/or activity management responsibilities.

#### **XVI. EMERGENCY ACTION PLAN**

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, that identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property.

#### **XVII. HAZING**

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.

#### **XVIII. TAUNTING**

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

#### **XIX. SUMMERTIME DEAD PERIOD**

The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be nine (9) days in length and begin the weekend preceding the 4th of July and the weekend following the 4th of July.

Secondary-level students enrolled or pre-enrolled at a member school may not use any member school's athletic facilities during the dead period in connection with any athletic activity governed by the OSSAA. Member school coaches, assistant coaches and sponsors may not have any contact with secondary-level enrolled or pre-enrolled students in that member school in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing.

Summertime policies, including beginning and end of season restrictions, can be found in OSSAA Board Policy XI in the Administrator's Handbook.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

#### **SUMMERTIME DEAD PERIOD QUESTIONS AND ANSWERS**

1. How do I know when the dead period begins and ends each year?

*Answer:* The dead period will be nine (9) days in length and begin the weekend preceding the 4th of July and the weekend following the 4th of July.

2. Does the Summertime Dead Period Policy cover non-athletic activities?

*Answer:* No, the Summertime Dead Period Policy only applies to athletic activities that are governed by the OSSAA.

3. Can a coach and a player have any contact during the Summertime Dead Period?

*Answer:* No, contact between coaches, assistant coaches and sponsors with enrolled or pre-enrolled students for the purpose of coaching, teaching, training, or instructing is prohibited.

4. Can a student participate without the member school coach at member school facilities in an athletic activity during the Summertime Dead Period?

*Answer:* No, school athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA.

5. Can a member school coach use member school facilities to train, coach or instruct secondary-level students during the Dead Period?

*Answer: No*, the policy prohibits the use of member school facilities during the Dead Period for the purpose of coaching, teaching, training, or instructing. Field maintenance is not prohibited by the policy.

6. Does the Summertime Dead Period Policy prohibit participation in a national level tournament during the Dead period?

*Answer: No*, the coach and any enrolled or pre-enrolled students who have qualified earlier in the summer for a national level tournament may participate in that tournament.

## HISTORY OF COMPETITIVE CHEER STATE CHAMPIONS

| YEAR | CO-ED               | CLASS A      | CLASS 2A        | CLASS 3A            | CLASS 4A            | CLASS 5A          |                 |
|------|---------------------|--------------|-----------------|---------------------|---------------------|-------------------|-----------------|
| 1989 | Tahlequah           |              |                 | OK Christian        | Tuttle              | Memorial (Tulsa)  |                 |
| 1990 |                     | Wayne        | Hominy          | Tuttle              | Claremore           | Union             |                 |
| 1991 |                     | Wayne        | Blanchard       | Tuttle              | Tahlequah           | Edmond Memorial   |                 |
| 1992 |                     | OK Christian | Hominy          | Collinsville        | Claremore           | Westmoore         |                 |
| 1993 |                     | OK Christian | Hominy          | Tuttle              | Claremore           | Westmoore         |                 |
| 1994 |                     | OK Christian | Stroud          | Tuttle              | Carl Albert         | Edmond Memorial   |                 |
| 1995 |                     | Empire       | Metro Christian | Tuttle              | Woodward            | Edmond Memorial   |                 |
| 1996 |                     | Afton        | Haskell         | Tuttle              | Woodward            | Edmond Memorial   |                 |
| 1997 |                     | Wayne        | Newkirk         | Tuttle              | Claremore           | Norman North      |                 |
| 1998 | Edmond Mem.         | Wayne        | Bridge Creek    | Tuttle              | Carl Albert         | Westmoore         |                 |
| 1999 | Broken Arrow        | Washington   | Heritage Hall   | Inola               | Carl Albert         | Choctaw           |                 |
| 2000 | Eisenhower          | OK Christian | Heritage Hall   | Blackwell           | Carl Albert         | Westmoore         |                 |
| 2001 | Norman North        | Washington   | Heritage Hall   | Deer Creek (E)      | Carl Albert         | Westmoore         |                 |
| 2002 | Yukon               | Washington   | OK Christian    | Cascia Hall         | Carl Albert         | Eisenhower        |                 |
| 2003 | Bixby               | Washington   | OK Christian    | Cascia Hall         | Carl Albert         | Norman North      |                 |
| 2004 | Bixby               | Wewoka       | Westville       | Cascia Hall         | Carl Albert         | Edmond Santa Fe   |                 |
| 2005 | Carl Albert         | Commerce     | Ok Christian    | Cascia Hall         | Claremore           | Norman North      |                 |
| 2006 | Mustang             | Quinton      | Vian            | Kingfisher          | Chickasha           | Putnam City (N)   |                 |
|      |                     |              |                 |                     |                     |                   |                 |
| YEAR | SMALL CO-ED         | LARGE CO-ED  | CLASS A         | CLASS 2A            | CLASS 3A            | CLASS 4A          | CLASS 5A        |
| 2007 | Newkirk             | Bixby        | Hominy          | Vian                | Kingfisher          | Carl Albert       | Union           |
|      |                     |              |                 |                     |                     |                   |                 |
| YEAR | SMALL CO-ED         | LARGE CO-ED  | CLASS 2A        | CLASS 3A            | CLASS 4A            | CLASS 5A          | CLASS 6A        |
| 2008 | Keys (Parkhill)     | Choctaw      | Hinton          | Kingfisher          | Cascia Hall         | Carl Albert       | Putnam City (N) |
| 2009 | Newkirk             | Choctaw      | Chr. Heritage   | Washington          | Tuttle              | Deer Creek (E)    | Putnam City (N) |
| 2010 | Keys (Parkhill)     | Choctaw      | Wewoka          | Washington          | Bristow             | Carl Albert       | Jenks           |
| 2011 | Keys (Parkhill)     | Choctaw      | Hominy          | Lincoln Christian   | Mount St. Mary      | Deer Creek (E)    | Union           |
| 2012 | Bristow             | Broken Arrow | Wewoka          | Chris Heritage      | OK Christian        | Claremore         | Norman North    |
| 2013 | Newcastle           | Broken Arrow | Com. Christian  | Washington          | OK Christian        | Carl Albert       | Edmond North    |
| 2014 | Bridge Creek        | Broken Arrow | Com. Christian  | Washington          | Tuttle              | Carl Albert       | Edmond North    |
| 2015 | Newcastle           | Broken Arrow | Warner          | Washington          | Tuttle              | Heritage Hall     | Edmond North    |
| 2016 | OK Christian Sch    | Broken Arrow | Ketchum         | Washington          | Tuttle              | Carl Albert       | Edmond North    |
| 2017 | Bridge Creek        | Bixby        | Hinton          | Washington          | Tuttle              | Bishop McGuinness | Edmond North    |
| 2018 | Newkirk             | Westmoore    | Hinton          | Crossings Chris     | Tuttle              | Bishop McGuinness | Edmond North    |
| 2019 | Newkirk             | Owasso       | Hinton          | Washington          | Tuttle              | Bishop McGuinness | Jenks           |
| 2020 | Newkirk             | Owasso       | Hinton          | Washington          | Crossings Christian | Tuttle            | Edmond North    |
| 2021 | Newkirk             | Owasso       | Crescent        | Community Christian | Crossings Christian | Bishop McGuinness | Edmond North    |
| 2022 | OK Christian School | Broken Arrow | Crescent        | Community Christian | Crossings Christian | Blanchard         | Owasso          |
| 2023 | Newkirk             | Owasso       | Cashion         | Lindsay             | Kingfisher          | Southmoore        | Edmond North    |
| 2024 | Newkirk             | Choctaw      | Cashion         | Lincoln Christian   | Crossings Christian | Bishop McGuinness | Owasso          |

HISTORY OF GAME DAY STATE CHAMPIONS

| YEAR | CLASS 2A           | CLASS 3A            | CLASS 4A            | CLASS 5A            | CLASS 6A     | LARGE POM | SMALL POM           |
|------|--------------------|---------------------|---------------------|---------------------|--------------|-----------|---------------------|
| 2017 | Turpin             | Atoka               | Bridge Creek        | Bishop Kelley       | Broken Arrow |           |                     |
| 2018 | Turpin             | Cross Christian     | Tuttle              | Bishop Kelley       | Owasso       |           |                     |
| 2019 | Turpin             | Cross Christian     | Bethany             | Bishop McGuinness   | Owasso       |           |                     |
| 2020 | Crescent           | Community Christian | Crossings Christian | Altus               | Owasso       |           |                     |
| 2021 | Dibble             | Washington          | Crossings Christian | Bishop McGuinness   | Owasso       | Yukon     |                     |
| 2022 | Dibble             | Community Christian | Crossings Christian | Bishop McGuinness   | Owasso       | Yukon     | Bishop McGuinness   |
| 2023 | Cashion            | Heritage Hall       | Washington          | Crossings Christian | Owasso       | Yukon     | Crossings Christian |
| 2024 | Christian Heritage | Luther              | Crossings Christian | Bishop McGuinness   | Broken Arrow | Jenks     | Crossings Christian |

# SPORTS NUTRITION GAME PLAN

The **Sports Nutrition Game Plan** is a premier sports nutrition program. If you are looking to take your game to the next level, this free digital program provides:

- Sharable and printable educational content (to be used by teams, coaches, and parents)
- Videos (all-inclusive of nutrition, sports nutrition, and cooking demos)
- Meal plans, various types of snack lists, and fueling schedules for all seasons
- Social media - SportsYou (Access Code: UFES-7BR9)
- Short sports nutrition tips for coaches to send to athletes
- Team challenges

Each component of the program is crafted to educate athletes, coaches, trainers, and parents on proper nutrition principles, sports nutrition, and how beef plays a role in fueling training, performance and recovery.



SCAN THE QR CODE TO  
**REGISTER TODAY**

