

**VERMONT PRINCIPALS' ASSOCIATION
2011-12
AACCA ADDITIONS TO THE NFHS SPIRIT RULES BOOK**

All safety rules in Vermont follow the National Federation 2011-2012 Spirit Rules Book and the AACCA 2011-2012 Safety Rules for School Teams (note that at the bottom of the school rules, letter I, there are additional restrictions for Elementary, Middle and Junior High School teams). If there is a discrepancy between the NFHS Rules and the AACCA Safety Rules, coaches must follow the stricter rule.

The following table is provided to specify the places where the AACCA rule is stricter than the NFHS rule and must be followed in Vermont. Please note: there are stunts allowed in the AACCA rules that are not permitted by NFHS. Therefore, the NFHS Spirit Rules book and this addendum serve as the complete and only cheerleading safety rule package for Vermont.

Rule Number	NFHS Rule	As Amended by AACCA
1-4-8	Quick Toss/Load-in Toss – A toss that begins with the top person in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.	Load-in Toss – A toss that begins with the top person in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid with the bases having applied an upward force under a foot/the feet. Quick Toss – A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.
2-4-1	A base must not assume a back-bend, headstand or handstand position.	A base must not assume a back-bend, headstand or handstand position. Bases may not hold props in their hands if the hands are the primary support for the top person.
2-5-15	AACCA add →	A single-base may not be the only primary support for two extended top persons. The exception to this rule is the

		<p>following:</p> <p>a. Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three catchers for each top person being cradled.</p>
2-5-16	AACCA add →	Partner stunts in which the base uses only one arm to support the top person are permitted only on a mat.
2-6-2	Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.	Basket tosses, elevator tosses and similar multi-base are permitted only on grass (real or artificial) or a mat for high school teams and are prohibited for elementary, middle and junior high school teams.
2-6-3.5	AACCA add →	<p>In all single-based tosses to a cradle all of the following rules apply:</p> <p>a. Must be caught by at least three catchers that include the original base, one of whom must be at the head and shoulders.</p> <p>b. The top person may not hold any objects (poms, signs, etc.) during the toss.</p> <p>c. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.</p> <p>d. Tosses to cradles are prohibited on surfaces other than a mat or grass (real or artificial).</p>
2-6-4c	The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.	In a “load-in toss”, the top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss. In a “quick toss”, the top person may perform skills during the toss. A twist during the quick toss is only permitted on grass (real or artificial) or on a

		mat.
2-7-2f	AACCA add →	Forward suspended rolls are only permitted on mats.
2-8-3	Dismounts to the performing surface from shoulder height or above must have assisted landings.	Dismounts to the performing surface require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. The exception to this rules is the following: a. Cradles may be set out to the performing surface without continuous contact.
2-8-9a	A twist to cradle: a. Must not involve more than two complete rotations. EXCEPTION: See 2-10-2	A twist to cradle: a. Must not involve more than two complete rotations for high school teams and not more than one complete rotation for elementary, middle and junior high school teams. EXCEPTION: See 2-10-2
2-10-2	A twist performed to a cradle must not involve more than two complete rotations except, when dismounting to a cradle from a side-facing stunt or toss, 2 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle. (See 2-8-2, 2-8-9)	A twist performed to a cradle must not involve more than two complete rotations for high school teams, one complete rotation for elementary, middle or junior high school teams, except, when dismounting to a cradle from a side-facing stunt or toss, 2 ¼ rotations are permitted for high school teams, 1 ¼ rotations for elementary, middle or junior high school teams. The bases may make a ¼ turn to catch the cradle. (See 2-8-2, 2-8-9)
2-11-4	AACCA add →	Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a “Z” (double hook) sit.