



2020-21 NFHS Spirit Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Spirit Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. Spirit Rules Considerations

- **Cheerleading and Dance General Risk Management (2-1-14, 2-1-16):** Sideline and playing surface placement during game.
Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
- **Cheerleading Apparel / Accessories (3-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.
- **Dance Apparel / Accessories (4-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.

2. Other Spirit Considerations

Cheerleading and Dance General Risk Management: Judge placement during adjudicated performance and competition.

Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.