

2020-21 MHSA Spirit Rules Requirements/Considerations

The requirements 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 Requirements/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 and Dance that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors

Special Requirements for the use of the following equipment:

- Any item that is held in the hands or makes contact with the body. This includes cheer boxes, poms, megaphones, flags, signs, spirit items, spirit towels, small balls, mini megaphones, etc. All items may be held but cannot be thrown into the crowd per MHSA rules and Covid-19 specifications).
- Sound systems, mats, food/drink items for cheer groups.
- All other Spirit related equipment or accessories.

Masks must be worn during all stunting. Masks must be worn during sideline cheering and all cheerleading/dance routines if social distancing specifications cannot be appropriately met.

- **Cheerleading and Dance 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.
- **Equipment:**
- There should be no shared athletic equipment (towels, water bottles clothing, shoes, or specific equipment) between students. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
- Each student shall have their own clearly marked handheld item (poms, megaphones and signs must be clearly labeled with student's name to insure they are used only by that student.)
- Cheer boxes may be used by different cheerleaders provided only one cheerleader is on a box at a time.
- There should be only one designated person to operate sound equipment unless it cleaned prior to use by the next individual.
- Megaphones cannot be transferred from one to another or picked up by another person.
- Poms and signs may be shared provided the items have been sanitized and cheerleaders sanitize their hands before and after each practice/performance.
- All cheerleaders must sanitize their hands before and after stunting.