



Considerations for 2020-21 NFHS Spirit Rule Modifications

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Spirit Rules Committee offers this document as guidance on how state associations can consider modifications to the NFHS Spirit Rules Book. 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.

- 1. Cheerleading and Dance General Risk Management:** Sideline and playing surface placement during game.

Participants should be appropriately spaced on the court, field, or sideline to ensure proper social distancing.

- 2. Cheerleading Apparel**

Facial Coverings – that are well-fitting and snug may be worn during cheerleading activities. State associations should assess the safety risks for performing stunts while students are masked. Any mask worn must be secure.

- 3. Dance Apparel**

Facial Coverings – that are well-fitting and snug may be worn during dance activities. States should assess the safety risks for performing stunts while students are masked. Any mask worn must be secure.

- 4. 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.

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