

Cheer Safety Notice

Athletic Directors:

In an effort to minimize risk of injury to high school cheerleaders, the National Federation of State High School Associations (NFHS) has stated that basket tosses and other similar multi-base tosses may only be performed on appropriate mats, grass, rubberized and soft-yielding surfaces. It has come to our attention that cheer teams across New Mexico have been performing skills on hardwood floors which are in violation of the approved performance services.

As we approach the end of basketball season, I wanted you to be made aware that the following skills are not allowed on the gym floor and I would encourage you to share this notice with your cheer coaches.

- **Basket tosses, elevator/sponge tosses and other similar multi –base tosses** - These skills are defined as multiple people throwing someone and releasing them in the air.
- **One armed partner stunts** - This skill is defined as one person holding another with only one arm extended (arm straight up in the air).
- **Hip-over-head rotation skills** – This skill is defined as any turn made while executing a flip. Cartwheels, round offs and aerial cartwheels are allowed however, A flip including Arabians, full-twisting layouts, etc. is prohibited.

Note: teams may perform the skills above at basketball games if the skill is executed on an appropriate mat.

**As cheer teams prepare for upcoming spirit competitions, the above skills are allowed to be practiced/performed on a mat, grass or rubberized track surface.*



Basket toss example



One armed partner stunt example



Hip-over-head example