

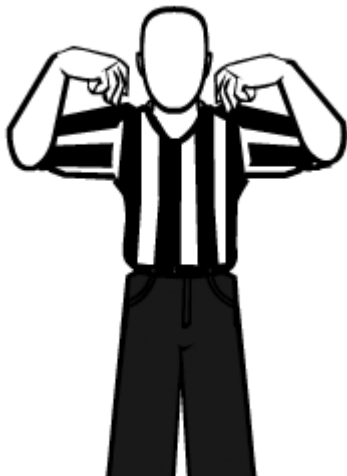


## Protocol for Cheering During Time-Outs at Basketball Contests

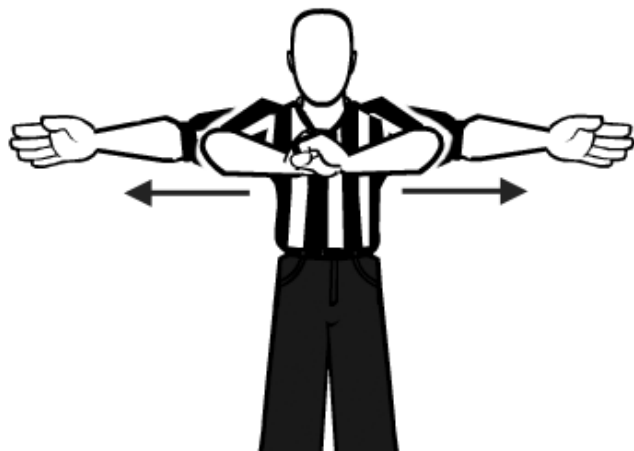
Stunts and tumbling may be done on the playing area of the gym floor only during full time outs. Full time outs are 60 seconds in length and should be alternated between the home team and visiting team cheer squads as per Section 2-B of the MSHSAA Spirit Manual.

Rule 2-1-10 of the NFHS Spirit Rules Book states that spirit groups cannot take the floor during 30 second time outs. Cheering and/or chanting must take place on the sidelines. The performance of stunts and tumbling should never be done on the sidelines in basketball or volleyball (Rule 2-1-8).

Below are the signals for 30 second and full time outs in basketball.



**Signal for 30 second time out**



**Signal for 60 second or full time out**