



2024-2025 Spirit Exam - Cheer

1. The top person in a braced flip may start from any position (load, stunt, ground) except:
 - A. One foot on the ground.
 - B. Inverted at prep/shoulder level.
 - C. Inverted at extended level.
 - D. Prone position at shoulder level.

2. The following tumbling skills are allowed over a person or prop:
 - A. Back handspring.
 - B. Standing back tuck.
 - C. Cartwheel.
 - D. Front aerial walkover.

3. The top person in a foldover may hold the following:
 - A. A sign.
 - B. A megaphone.
 - C. Poms.
 - D. None of the above.

4. In a braced release transition from an inverted stunt, the top cannot be released and caught in a(n):
 - A. Extension.
 - B. Flatback.
 - C. Inversion at prep level.
 - D. Load position.

5. Which of the following stunts do not require a spotter:
 - A. Pump and go to liberty.
 - B. Single-based toss toe touch.
 - C. Double-base extension.
 - D. Single-base prep in the hands of the base.

6. Which of the following tumbling skills are legal:
 - A. A front walkover with hands-free poms not being held in the hands.
 - B. Standing back tuck with poms.
 - C. Side aerial cartwheel with a rally towel.
 - D. All of the above.

7. Which of the following is true about cheering on a prop/box:
 - A. You can execute jumps while on the box.

- B. You can lead cheers and chants while on the box.
 - C. You can do stunts below prep level while on the box.
 - D. The box can be taller than 3 feet.
- 8 . Which of the following bracer(s) in a double-based prep require a spot?
- A. Brace with hand-to-hand connection for a legal braced flip.
 - B. Brace with only a hand-to-foot connection for a legal braced flip.
 - C. Brace for a release from extended liberty to load position.
 - D. Brace for a release from an inversion.
- 9 . For a foldover stunt:
- A. It may be initiated from an extended level.
 - B. The top person can be caught in an inverted position on the shoulders by one catcher.
 - C. The top person must be caught on his or her back by multiple catchers.
 - D. The top person can be caught by new catchers who were involved in another skill at the initiation of the foldover.
- 10 . In a braced release pyramid, the top person can be caught by which of the following:
- A. The base/spots who originally had control of the top person and did the release.
 - B. A combination of the original bases and new base/spots.
 - C. A new group of base/spots who are within close proximity to the release.
 - D. All of the above.
- 11 . When using props that are made of hard material or have sharp corners or edges, which of the following is/are true:
- A. A top person may not release the props to the ground.
 - B. A base can take a prop from a top person at prep level by using his or her hand not supporting the top person.
 - C. A person on the ground can gently toss or place a prop on the ground.
 - D. All of the above.
- 12 . An athlete shall be immediately removed from the contest and shall not be returned to play if displaying the following signs, symptoms or behaviors consistent with a concussion:
- A. Headache.
 - B. Confusion.
 - C. Dizziness.
 - D. All of the above.
- 13 . A participant can be involved in skills while wearing which of the following:
- A. Plaster cast.
 - B. Walking boot.
 - C. An elbow brace, covered with 1/2-inch-thick, closed-cell, slow-recovery foam.
 - D. All of the above.
- 14 . Of the following, which is allowed:
- A. Hands-free poms attached at the wrist by a band or strap.
 - B. Religious medal that is taped and worn under the uniform.
 - C. Medical-alert medal that must be taped.
 - D. All of the above.

- 15 . Inversions may release to the following provided there is a spotter and is caught by the original bases:
- A. Dismounts with a full twist.
 - B. A stunt at any level with a full twist.
 - C. Loading position with a full twist.
 - D. All of the above.
- 16 . Which of the following skills requires a spotter:
- A. Double-based vertical T-lift.
 - B. Extended double-based flatback.
 - C. Chair.
 - D. Triple-based straddle sit.
- 17 . In a braced flip, the top can be caught by which of the following:
- A. The base/spots that originally had control of the top and did the release.
 - B. A combination of the original bases and new base/spot.
 - C. A new group of base/spots that are within close proximity to the release.
 - D. All of the above.
- 18 . During braced flips in a pyramid, which of the following is true:
- A. The top person and the bases may make a $\frac{1}{4}$ turn around the bracer.
 - B. The top person and the bases may make a $\frac{1}{2}$ turn around the bracer.
 - C. The top person may land in an inverted position.
 - D. The top person may perform $1\frac{1}{2}$ flipping rotations.
- 19 . Braced suspended splits require which of the following:
- A. The top person has hands-to-hands contact with two bracers.
 - B. The top person has at least three bases.
 - C. The top person and at least one bracer maintain continuous hand-to-hand/arm contact.
 - D. All of the above
- 20 . When a top person dismounts to a cradle, he/she may hold which of the following:
- A. A cloth sign.
 - B. A megaphone.
 - C. A laminated sign.
 - D. None of the above.
- 21 . Which of the following is an illegal drop:
- A. A participant jumps into the air and lands on the knees on the performing surface.
 - B. A participant jumps into the air and lands in a push-up position.
 - C. A participant leans forward and lands in a push-up position.
 - D. Both A and B.
- 22 . Which of the following is/are legal for a required spotter:
- A. The spotter grasps the sole of the top person's foot.
 - B. The spotter grasps the ankle of the top person.
 - C. The spotter holds objects in his/her hand(s).

- D. The spotter stands with hands behind his/her back.
- 23 . Which of the following is a legal pyramid where one extended stunt braces another extended stunt:
- A. Three extended stunts brace one another where the outside top persons are in hitches to the middle top person who is holding their feet.
 - B. Two extended stretches connect at the waist while holding their own feet.
 - C. Four liberties transition from liberties to preps back up to liberties while maintaining arm-to-shoulder connection.
 - D. Both B and C
- 24 . Which of the following non-release stunts is/are illegal:
- A. Jumping unassisted onto the back of a base who is in a horizontal position.
 - B. Extended braced stunts connected arm to shoulder.
 - C. Stunts that are two levels high.
 - D. All of the above
- 25 . Which of the following may be performed on a prop:
- A. A double-based prep.
 - B. A toe touch.
 - C. A tuck jump.
 - D. None of the above
- 26 . A base must not:
- A. Assume a backbend position.
 - B. Hold objects in a hand that is not supporting a top person during an extension.
 - C. Hold objects in a hand that is supporting a top person in a double-base prep.
 - D. All of the above.
- 27 . Which of the following pyramids are legal with a single bracer in a double-base prep with a spot:
- A. Braced-forward flip to cradle with a full twist.
 - B. Braced-release transition where the contact is hand to foot and release goes to a cradle.
 - C. Braced-reverse flip to extended position.
 - D. All of the above.
- 28 . A top person may pass through extended position while inverted, provided the top person:
- A. Loses contact with the base.
 - B. Does not pause or stop while extended.
 - C. Loses contact with the spotter.
 - D. Completes a twisting dismount.
- 29 . A top person must not be in a face-down position:
- A. Between bases in which the top person's torso is suspended below the arms and legs.
 - B. During a swinging stunt.
 - C. Both A and B.
 - D. There are no restrictions on the top person in a face-down position.
- 30 . During a braced flip the top person may perform the following:
- A. No more than a full twist.

- B. No more than 1/4 twist.
 - C. No more than 1/2 twist.
 - D. None of the above.
- 31 . A top person performs a front walkover into a non-inverted loading position. The individual is allowed to:
- A. Hold a sign.
 - B. Hold poms.
 - C. Both A and B.
 - D. None of the above.
- 32 . A braced release pyramid with foot-to-hand contact between the top person and bracer is allowed under which of the following conditions:
- A. Top person is caught by the original bases.
 - B. Top person goes to a cradle.
 - C. Each bracer must be at prep level or below.
 - D. Both A and B.
- 33 . A top person in a single-base prep-level handstand must have:
- A. A spotter present, but does not have to be in contact with the top person.
 - B. The base or spotter must remain in contact with the top person.
 - C. A base or spotter must remain in contact with the top person until they are no longer inverted or their hands are on the performance surface.
 - D. All of the above.
- 34 . Which of the following releases is allowed as an exception to the release transition rules:
- A. A top person in a vertical position at prep level is released with a full twist to extended level.
 - B. Top person in a horizontal position at prep level is released to extended vertical position.
 - C. A top person in an extended liberty is released and is caught in a loading position.
 - D. All of the above.
- 35 . Which of the following is allowed from a back handspring release to a skill:
- A. The top person can complete up to a full turn during the release.
 - B. The top person can land in a one-leg extended position.
 - C. The top person can be caught by new bases.
 - D. Both A and B.
- 36 . When releasing from an inverted position in a pyramid, which of the following bracer-to-top connections is/are legal?
- A. Bracer's hand to top's hand/arm.
 - B. Bracer's hand to top's foot.
 - C. Bracer's hand to top's waist.
 - D. All the above.
- 37 . Which of the following bracer-to-top connections is/are legal for a braced release transition?
- A. Bracer's hand to top's hand/arm.
 - B. Bracer's hand to top's foot.
 - C. Bracer's hand to top's waist.
 - D. All the above.

- 38 . Which skill does not allow a base and a top person to share a pom?
- A. Dismount from a shoulder sit/straddle.
 - B. Suspended forward roll.
 - C. Dismount from a thigh stand.
 - D. Dismount from a prep.
- 39 . A top person with a foot-to-hand connection to a bracer may be released to a:
- A. Cradle.
 - B. Flatback.
 - C. Load position.
 - D. All of the above.
- 40 . In a braced flip to a cradle, the bracers are allowed to:
- A. Begin in a load position and move up to a prep as the braced flip initiates.
 - B. Release the top person once they are descending and no longer inverted.
 - C. Transition down to a load position once the top person is descending and no longer inverted.
 - D. Both B and C
- 41 . From a basket load in, the top person can:
- A. Be tossed to a back tuck, landing in a cradle.
 - B. Be tossed slightly above shoulder level and land in a flatback.
 - C. Be tossed slightly above extended level and land in a liberty.
 - D. Both B and C are legal.
- 42 . A top person in a flat back with three bases is released and performs a helicopter. The top person may:
- A. Be caught by three bases who serve as tossers and catchers.
 - B. Rotate 360 degrees.
 - C. Be in a face-down position.
 - D. Perform a 1/2 twist during the rotation.
- 43 . From a cradle position, the top person can execute which of the following skills.
- A. Release and land in a load-in position.
 - B. Release with a full twist to prep.
 - C. Release and land in an extended heel stretch.
 - D. All of the above.
- 44 . Which of the following situations is/are illegal regarding hair for cheer?
- A. An athlete with hair beads worn so that they do not interfere with performance.
 - B. An athlete with hair beads that are long and interfere with performance.
 - C. An athlete with a ponytail that is long and interferes with performance.
 - D. Both B and C.
- 45 . A participant involved in a stunt is wearing a knee brace that is unaltered from the manufacturer's original design/production. This brace is:
- A. Prohibited because all braces must be covered with closed-cell slow-recovery foam.
 - B. Allowed because it is not on the hand/wrist/forearm/elbow/upper arm of the participant.
 - C. Prohibited because no one involved in a stunt is allowed to wear a brace of any kind.

- D. Prohibited unless it is covered with a neoprene sleeve.
- 46 . A top person is in a loading/sponge position with their feet being held below shoulder level. As long as they aren't tossed significantly higher than the catch, the bases can toss the top person to which of the following skills?
- A. Ball up extension.
 - B. Straddle up extension.
 - C. Toe touch extension.
 - D. None of the above.
- 47 . A participant is in on all fours in a nugget position on the performing surface. Which of the following skills is/are legal to move over them?
- A. A T-Lift
 - B. A double-based prep
 - C. An extension
 - D. A back handspring
- 48 . When dismounting from a single-base prep, the following is true:
- A. There must be assistance from the base or spotter, and the assistance must be sufficient to slow the momentum of the top person.
 - B. There must be assistance from the base and a spotter, and the assistance must be sufficient to slow the momentum of the top person.
 - C. The top person cannot perform a skill during the dismount.
 - D. None of the above.
- 49 . A non-braced top person in a vertical position at prep level or above may be released to the original bases to:
- A. An extended liberty.
 - B. An arabesque with a quarter turn.
 - C. A vertical seated pike position.
 - D. All of the above.
- 50 . A top person must not:
- A. Use hands-free poms.
 - B. Hold a sign while in an extended stunt.
 - C. Hold a flag pole.
 - D. All of the above.
- <https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 1-d08cffa426bd412ba278f7ab1976587f.mp4>
- 51 . Which of the following is true regarding the skills in the video:
- A. These skills are illegal due to the top persons being in a face-down position.
 - B. These skills are illegal due to the downward movement beginning above prep level.
 - C. These skills are performed legally.
 - D. Both A and B.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 2-ccd35985cd7146f1a12ae61896d62eb8.mp4>

- 52 . Which of the following is true regarding the skills in the video:
- A. These skills are performed legally.
 - B. These skills are illegal due to the skills not having the required spotter for an extended stunt in which the top person is in a horizontal position.
 - C. These skills are illegal due to the top person being in an extended inverted position.
 - D. These skills are illegal due to the required spotter not being in a position to help minimize risk.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 3-46c840b27c0745918bd7a7298c5b4a19.mp4>

- 53 . Which of the following is true regarding the skills in the video:
- A. These skills are illegal due to the top person holding poms while building.
 - B. These skills are illegal due to the base holding poms while building.
 - C. These skills are performed legally due to an exception that allows bases and tops to share poms during the building of this skill.
 - D. Both A and B.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 4-1d279400de7b4e8a9841e0d1c4152364.mp4>

- 54 . Which of the following is true regarding the skills in the video:
- A. These skills are performed legally.
 - B. These skills are illegal due to the top person moving from horizontal to vertical during the release.
 - C. These skills are illegal due to the top person twisting during the release.
 - D. These skills are illegal due to the top person performing more than a half twist during the release.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 5-506b061bb9494773be99d02a32dfcf4a.mp4>

- 55 . Which of the following is true regarding the skills in the video:
- A. These skills are performed legally.
 - B. These skills are illegal due to the spotter being under the released top person.
 - C. These skills are illegal due to the top person not stopping at prep level before the flip.
 - D. These skills are illegal due to the top person and bracer not having any hand-to-hand/arm connection.

56. It's ok to stunt and/or tumble during a free throw, since the clock is stopped.
- A. True
 - B. False

57. During a football game, it's legal for a cheerleader in a wheelchair to do cheers and chants with the cheer team.
- A. True
 - B. False

58. To become a certified cheer coach in North Dakota, which one of these only needs to be completed once?
- A. Concussion
 - B. ASEP
 - C. Heat Illness
 - D. Take the rules test
 - E. Both B and C

59. During starting lineup, the gym lights are off—the only light is the spotlight on the players. It's ok to do extended stunts
- True
 - False
60. A cheerleader must never:
- lead a cheer when the opposing team is shooting free throws
 - yell at the referees when they disagree with a call
 - chime in with the crowd when they start a derogatory cheer
 - all of the above
61. In North Dakota, for indoor games, you can only have 8 cheerleaders plus a mascot
- True
 - False
62. It's ok for cheerleaders in shoulder stands to hold a run-thru as football players are advancing through it.
- True
 - False
63. During a double based prep, it's ok for the back spot to look at the crowd, and not the flyer, since a spotter is not required for this stunt.
- True
 - False
64. Which of these is legal:
- hair tie on the wrist
 - a navel ring
 - medical medal taped over
 - post earrings covered by tape
65. When performing a cradle, a cheerleader's tied-back ponytail flops in her face. Is it:
- Legal
 - Illegal
66. Which of these is legal:
- Children are cheering on the sidelines during the game.
 - Alumni cheerleaders participate on the sidelines
 - A cheerleader dressed in street clothes comes out of the stands and cheers.
 - All are legal
 - All are illegal
67. Which of the following can be thrown out at NDHSAA events—district, region or state:
- Mini footballs or basketballs
 - Candy
 - T shirts
 - All of the above
 - You can't throw anything – it has to be handed out.
68. Shoulder sits are NOT allowed unless you are a certified coach
- True
 - False
69. A participant in a walking boot can do one of the following:
- Do sideline cheers
 - Base a stunt
 - Be a spotter in a stunt
 - Execute a cartwheel

70. Which one of these is legal while performing extended stunts:
- A. wristbands
 - B. stunt gloves
 - C. adhesive paw stickers
 - D. Mittens
 - E. all are illegal
71. According to studies done on the number of miles a cheerleader puts on her cheer shoes during one year, the shoes should be replaced every other year.
- A. True
 - B. False
72. According to recent injury data, the majority of concussions occur:
- A. at outdoor games
 - B. at competitions
 - C. indoor games, on gym floors
 - D. at cheer practice
73. If the head coach is certified, the cheer team can stunt if a non-certified assistant coach covers a game.
- A. True
 - B. False
74. It's ok to stunt and/or tumble during a free throw, since the clock is stopped.
- A. True
 - B. False
75. In North Dakota, you can have as many cheerleaders as you want:
- A. at outdoor football games
 - B. at basketball games
 - C. at indoor football games
 - D. both A and C
 - E. There is a limit of 8 for all sports.
76. In North Dakota, which of these is NOT required to become a certified cheer coach:
- A. ASEP Sport First Aid
 - B. National Federation Coaching principles
 - C. Heat Illness course
 - D. Concussion course
 - E. Pass the Spirit rules test
77. Which of these is NOT required to become a stunt-certified coach:
- A. Payment must be received or you aren't certified
 - B. Proof of taking and passing the Spirit rules test
 - C. Concussion and CPR/AED taken every other year
 - D. Heat Illness completed once
 - E. ALL of the above must be completed to be considered certified.
78. A mascot with a costume that includes a head piece can stunt.
- A. True
 - B. False
79. If a cheer coach has just completed her 5th year of coaching, they must complete an additional cheer-related class/course before starting their 6th year of coaching.
- A. True
 - B. False
80. NDHSAA has updated their sportsmanship expectations so that now items can be thrown out and confetti can be used.
- A. True
 - B. False