

2023-2024

ELEMENTARY SCHOOL SKILL RESTRICTIONS

Elementary School teams will follow the standard in the 2023-2024 NFHS Spirit Rules Book in ADDITION to the following skill restrictions.

TOSSES:

- All tosses to cradles are **NOT** permitted. Legal tosses to skills in Rule 3.5.4 (See 2023-2024 NFHS Spirit Rules Book) are legal for Elementary School teams.