

2023-2024

JUNIOR HIGH/MIDDLE SCHOOL SKILL RESTRICTIONS

Junior High/Middle 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 Junior High/Middle School teams.