

National Federation of State High School Associations

Spirit Rules Changes 2011-12

- 2-4-9d
3-3-5c **Spotting** Add (d), (c) to A spotter must not: “*Hold objects in her/his hand(s)*”.
Rationale: If a spotter’s hands are not free, safety is greatly reduced.
- 2-5-5 **Pendulums** Delete (c); Delete last phrase in (g) “*therefore, ...*”
Rationale: Eliminating (c) allows the top person to land on her/his side.
Removing the last phrase of (g) allows a single base full pendulum in which the top person drops to the sides of the base. These allowances do not present a greater risk than dropping face up or face down.
- 2-5-13c **Non-release Transitions** Add EXCEPTION: “*A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.*”
Rationale: This stunt presents minimal risk to participants if adequate restrictions are in place.
- 2-6-2 **Tosses** Change to: “*Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.*”
Rationale: Prohibiting these tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization. The phrase “rubberized or soft, yielding surfaces” has been deleted.
- 2-6-4c **Quick (load-in) Tosses** Add c. “*The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.*”
Rationale: Prohibiting airborne twists during quick tosses performed on hard surfaces is consistent with the NFHS focus on risk minimization.
- 2-7-7c **Swinging Stunts** Add (c) and add Note.
c. “*The top person begins from a cradle or the performing surface.*
Note: A slight downward swing to prepare for an upward swing is permitted.”
Rationale: Allowing a downward swing from a stunt higher than a cradle presents increased risk to the top person.
- 2- 8-9b **Twist Cradles** Change b to: “*A twist to a cradle is permitted only on grass (real or artificial) or a mat.*”
Rationale: Prohibiting all twisting cradle dismounts from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.
- 2-9-5 **Tumbling** New: “*Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat except for round-offs and aerial cartwheels.*”
Rationale: Prohibiting airborne twisting, tumbling skills from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.
- 2-14 (old) **Vaults** Rule deleted.
Rationale: Rules pertaining to vaults are now included with Non-Release Stunts.

- 3-1-5 **Dance Footwear** Change to: “*Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot.*”
Rationale: Allowing additional styles of modern dance footwear does not present a significant risk. Dancing barefoot on a floor cover is considered appropriate.
- 3-2-10 **Moving Props** Change to: “*When a prop used as a base has wheels, rounded surfaces (e.g. balls, barrels, etc.), or has a flat bottom covered with fabric and is moving, a spotter is required.*”
Rationale: Flat-bottom props covered in fabric are often pushed or pulled around the floor and the top person on such props is at as much risk as those on props with wheels or rounded surfaces.

2011-12 Major Editorial Changes / Book Reorganization

1. The term “top person” has replaced “flyer” throughout the book.
2. RULE 1 – Several definitions have been changed, reordered, clarified or eliminated and new definitions have been added. Major revisions include (but are not limited to):
 - a. 1-1-1 Stunt/Partner Stunt – definition no longer includes tumbling.
 - b. 1-7-1 Tumbling is now defined separately from stunt.
 - c. 1-3-5 “Deadman lift” is now “Flatback”. (*Old definition of flatback has been deleted.*)
 - d. 1-4-8 “Load-in Toss” is now “Quick Toss”.
 - e. New Terms: Non-Release Stunt 1-3-1; Leapfrog 1-3-7; Non-Release Transition 1-3-9; Elevator Toss 1-4-3; Pitch (formerly with toss) 1-4-6; Prone 1-8-4
3. RULE 2 Sections have been revised, reordered, combined or eliminated. Major revisions include (but are not limited to):
 - a. SEC 4 – Stunt Personnel – is a combination of old Sec 4 (Spotting) and 5 (Base/Bracer).
 - b. SEC 5 – Non Release Stunts – is a combination of old Sec 8 (Partner Stunts/Pyramids) and 3 (Height Limitations). It also includes rules for non-release transitions (old 2-12-2, 3).
 - c. SEC 6 – Release Stunts/Tosses – is a combination of old Sec 10 (Tosses) and 11 (Release Stunts). It also includes rules for release transitions (old 2-12-1).
 - d. SEC 7 – Suspended Stunts – includes rules for suspended rolls, suspended splits and swinging stunts.
 - e. Old Section 14 – Vaults has been deleted.
4. RULE 3 Sections have been reordered, combined or modified or eliminated. Major revisions include (but are not limited to):
 - a. SEC 2 – Props as Bases – is a combination of old Sections 3 (Height Limitations) and 5 (Props as Bases).
 - b. Old Section 3 (Height Limitations) has been deleted.