

2016-17 NFHS SPIRIT RULES CHANGES

This document is for reference only.

Official rules will be published in the 2016-2017 NFHS Spirit Rules Book.

BOOK REORGANIZATION	
	<p>Cheer and Dance/Drill/Pom will now follow completely separate performance safety rules.</p> <p>Rule 1 – DEFINITIONS <i>(All spirit groups)</i></p> <p>Rule 2 – GENERAL RISK MANAGEMENT <i>(All spirit groups)</i></p> <p>Rule 3 – CHEERLEADING RISK MANAGEMENT <i>(Cheerleading only)</i></p> <p>Rule 4 – DANCE/DRILL/POM RISK MANAGEMENT <i>(Dance/Drill/Pom only)</i></p>
RULES CHANGES	
Rule Ref	<p><i>Rule changes and additions are <u>underlined</u>; Old language is lined through. *Asterisk indicates that the rule number will change with book reorganization.</i></p>
1-Definition	<p>Bracer – “A top person who stabilizes and/or assists <u>is connected to another top person.</u>”</p>
1-Definition	<p><u>Cradle Position (NEW) – “A face-up open-pike position.”</u></p>
1-Definition	<p>Quick Toss – “A release that begins with the top person in <u>having both feet in</u> weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.”</p>
*2-4-7	<p>A spotter is required for extended stunts except for the following:</p> <ul style="list-style-type: none"> a. Chair b. Russian lift c. Torch d. Double-base split catch e. Double-base vertical T-lift f. <u>Triple-base stunts in which the top person is horizontal</u> g. Triple-base suspended splits h. Triple-base straddle sit in which the top person has both hands in contact with a post. <p><i>(Note: f. Bases of triple-base Swedish fall are no longer required to face the top person.)</i></p>
*2-5-2	<p><u>ART. 2 (NEW) . . .An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.</u></p>
*2-5-3 a, b	<p>ART. 3 . . .Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:</p> <ul style="list-style-type: none"> a. Braced inversions that do not release must follow non-release stunt Rule *2-6. b. Braced inversions that release must follow release transition Rule *2-7- 5. <p><i>(Note: Old a. was deleted, meaning that braced flips can start from a single base.)</i></p>
*2-5-4	<p>ART. 4 . . .Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:</p> <ul style="list-style-type: none"> a. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side <u>two bracers who are</u> in multi-base preps with a spotter. The top person <u>is not behind the bracers.</u>
*2-5-5	<p>ART. 5 . . .In all other inversions:</p> <ul style="list-style-type: none"> a. Old a. now new Art 2 a. A top person in an inverted position on the performing surface may be released to a loading position below prep level. <i>(old exception to b.)</i> b. Static inversions at prep level require two bases or a base and spotter. The

	<p><u>spotter is not required to be in contact with the top person.</u></p> <p>c. <u>A release transition from a static inverted position to a non-inverted position is allowed provided:</u></p> <ol style="list-style-type: none"> <u>1. The top person lands at or below prep level.</u> <u>2. The top person does not twist more than ¼ rotation.</u> <u>3. There is a spotter.</u> <p>d. In inversions in which the base of support begins and remains below prep level:</p> <ol style="list-style-type: none"> 1. At least one base or spotter must be in a position to protect the head/neck of the top person. <i>(old b.-no change)</i> 2. The base or spotter must maintain contact with the top person’s upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person’s position. <p>e. In inversions where the base of support begins at or passes through prep level: <i>(old c.-no change)</i></p> <ol style="list-style-type: none"> 1. At least two people on the performing surface must be in a position to protect the head/neck of the top person. 2. The bases/spotters must maintain contact with the top person’s upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person’s position. EXCEPTION: In a foldover stunt, the top person may initiate the inversion without upper body contact. 3. The top person must not go directly to an inverted position on the performing surface from a prep level or higher. <p>f. <u>When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.</u></p> <p>g. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person begins in a static or “pump and go” position (i.e., handstand) and does not perform any skill (e.g., toe touches, twists, etc) does no more than a one-quarter turn. Dismounts to the performing surface from shoulder height or above must follow Rule *2-9-2.</p>
<p>*2-6-3 Also Rule 4</p>	<p><u>ART. 3 (NEW) . . . A participant must not jump unassisted onto the back of a base who is in a horizontal position.</u></p>
<p>*2-6-4</p>	<p><u>ART. 3 4 . . In pyramids where one static extended stunt braces another static extended stunt the connection must be hand/arm to hand/arm.</u></p>
<p>*2-7-2 New b</p>	<p>ART 2 . . .In all release stunts and tosses: b. (new) <u>The top person must not land in an inverted position.</u></p>
<p>*2-7-4</p>	<p>ART 4 (NEW) . . . <u>A switch liberty is permitted as an exception to Art *2-7-2 and *2-7-3</u></p>
<p>*2-7-5b</p>	<p>ART. 5 . . . Release transitions are permitted provided all of the following conditions are met throughout the transition:</p> <p>b. The top person maintains hand-to-hand/arm contact with at least one bracer <u>except for the following:</u></p> <ol style="list-style-type: none"> <u>1. A non-braced top person in a vertical position at prep level may be released to a stunt at any level provided the top person remains vertical.</u> <u>2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to a loading position or stunt prep level or below.</u>

2-7-8	Delete ART 8 . . . A top person in a flatback position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
*2-7-11	ART. 11 . . . (NEW) A quick toss is permitted.
*2-8-2	ART 2 . . . Non-braced suspended splits that originate from or pass through prep level or above are permitted provided . . .”: a. . . .At least four <u>three</u> bases slow the momentum of the top person. b. The top person has both hands in contact with a base(s) once she reaches the full split position. c. At least three <u>two</u> of the bases support under the top person’s legs, and the fourth <u>third</u> base may support under the legs or be in contact with the top person’s hands.
*2-9-3	Dismounts to the performing surface from shoulder height or above that involve a skill (e.g. toe touch, twist, etc.) require assistance from two bases or a base and a spotter. <u>Assistance is required from at least one base or spotter.</u> This assistance must be sufficient to slow the momentum of the top person.
*2-12 (NEW)	<u>SECTION 12 (NEW) CHEERING ON PROPS AS BASES</u> <u>ART. 1 . . . The height of the prop must not exceed 3 feet.</u> <u>ART. 2 . . . Jumps and/or stunts are not permitted on props.</u>
(NEW) Rule 4	<u>The following stunts and releases will not be permitted in Dance/Drill/Pom.</u> <u>ART. ? . Stunts/lifts in which base(s) support(s) an extended top person under the foot/feet.</u> <u>ART. ? .Tosses</u> <u>ART. ? .Braced release stunts and braced release transitions</u> <u>ART. ? .Braced flips</u> <u>ART. ? .Switch Liberties</u> <u>ART. ? .Single base stunts in which the base is the only primary support for two extended top persons</u> <u>ART. ? .Single base stunts in which the base uses only one arm to support an extended top person.</u> <i>Note: These restrictions are intended to minimize risk for high school dancers who are generally not properly trained to execute higher level stunts, releases and inversions that require lead-up skills and progressions.</i>
*3-1-5b	Art. 5...Dance, drill and pom teams must wear footwear that is appropriate for the activity. a. At minimum footwear must cover the ball of the foot. EXCEPTION: Dancers who perform on a floor cover may be barefoot. b. <u>Footwear that covers the entire foot /feet with non-slip soles must be worn for the following:</u> 1. <u>Stunts/lifts at prep level or above in which the top person’s foot/feet are in the hand(s) of a base(s).</u> 2. <u>Airborne tumbling with the exception of front and side aerials</u>
3-7 Delete Section	SECTION 7 — ASSISTED INVERTED FLOOR SKILLS (Note: This section is no longer needed; inversion rules apply)