

## 2017-18 NFHS SPIRIT RULES CHANGES

*(updated 7/10/17)*

*This document is intended to be used for reference purposes only.  
Official rules are published in the 2017-2018 NFHS Spirit Rules Book.*

<b>RULE 1</b>	<b>RULES CHANGES</b> <i>Changes are <u>underlined</u>; Old wording is <del>lined through</del>.</i>
1	<u>Braced Flip (New)</u> – A pyramid in which a braced top person performs hip-over-head rotation while being released from all persons on the performing surface.
1	<u>Braced Inversion (New)</u> – A pyramid in which a braced top person is in an inverted position.
1	<u>Braced Roll (New)</u> – A pyramid in which a braced top person performs hip-over-head rotation while remaining in contact with a person on the performing surface.
1	<u>Prep Level (New)</u> – A top person’s base of support is at approximately shoulder height.
1	<u>Swing Roll Down (New)</u> – A stunt in which the top person’s hands/arms and feet/legs are held while swinging forward and face down into a roll where the head passes under the hips. <i>(Also called “Teddy Bear Roll”)</i>
1	Switch Liberty – A top person starts with one foot <del>on the ground in a load</del> , is tossed and lands in a Liberty on the other foot.
1	<del>Deleted: Downward Inversion, Front Drop, Knee/Seat/Thigh Drop; Split Drop; Swan Dive; Sponge</del>
<b>RULE 3</b>	<b>CHEER</b>
<i>Section 2</i>	<i>Stunting Personnel</i>
3-2-7	A spotter is required for extended stunts <u>or transitions that stop in an extended position</u> except for the following: <i>(This change permits extended stunts such as “show and go” without a spotter).</i>
<i>Section 3</i>	<i>Inversions</i>
3-3-2	An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a <del>static</del> extended inverted position.
3-3-3	Braced inversions in a pyramid that do not flip <u>or roll</u> are permitted provided the following conditions are met: a. The inverted top person shall have at least two bases or a base and a spotter. b. If the inverted top person is released the following conditions shall be met: 1. <u>The skills/stunts before and after the release are permitted.</u> 2. <u>Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) must have two bases or a base and a spotter.</u> 3. <u>The bracers do not provide primary support for the top person.</u> 4. <u>The top person and base(s) make no more than a ¼ turn around the bracer in a continuous movement.</u> 5. <u>The top person is caught by original base(s).</u> 6. <u>The top person does not land in an inverted position</u>  <i>(b. no longer refers to another rule for restrictions.) (Suspended Roll rule (old 3-3-3) was deleted; suspended rolls are covered in other inversion rules.)</i>

3-3-4	<u>(New) Braced rolls in a pyramid are permitted provided the following conditions are met:</u> a. <u>The inverted top person has at least two bases or a base and a spotter.</u> b. <u>The bracer(s) have two bases or a base and a spotter.</u>
3-3-5	Braced flips in a pyramid are permitted provided ...": <i>(Rule is not changed – just reorganized for clarification.)</i>
3-3-6	In all other inversions: <i>(Rule has been reorganized)</i> a. <u>Inversions may release to the following provided there is a spotter</u> 1. <u>Dismounts with no more than a ½ turn.</u> 2. <u>Loading position with no more than a ½ turn.</u> 3. <u>A stunt at prep level or below.</u> c. <u>Inversions where the base of support begins at or passes through prep level:</u> 2. <u>(New) Exception 2: In a single base suspended roll, there must be continuous hands to hands contact between the base and top person. (from old 3-3-3)</u> 4. <u>If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated. (from old 3-3-3)</u>
3-3-8	<u>(New) A Swing Roll Down stunt is not permitted.</u> <i>(See definition. Also called Teddy Bear Roll)</i>
<b>Section 4</b>	<b><i>Non-Release Stunts</i></b>
3-4-3	In pyramids where one <del>static</del> extended stunt braces another <del>static</del> extended stunt the connection must not be hand/arm to foot/leg.
<b>Section 5</b>	<b><i>Release Stunts</i></b>
3-5-5	Release transitions are permitted provided ...: c. <u>Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) must have two bases or a base and a spotter.</u> <del>Old c. The top person and each bracer has a separate spotter with the exception of bracers in shoulder sits and thigh stands.</del>
<del>3-5-9</del>	<del>Swan dives are not permitted.</del> <i>(Toss to prone catch is still illegal but is covered in other rules)</i>
<b>Section 6</b>	<b><i>Suspended Stunts</i></b>
3-6-2	Non-braced suspended splits that originate from or pass through prep level or above are permitted provided ...": b. <u>New Exception: The top person may release one hand to grasp the hand of another base to adjust his/her position.</u>
<b>Section 8</b>	<b><i>Tumbling</i></b>
3-8-2	Tumbling while holding props is not permitted except for..." a. Forward and backward rolls b. <u>Holding pom(s) during airborne or non-airborne tumbling skills in which the hand(s) is/are not being used for support.</u>

<b>RULE 4</b>	<b>DANCE/DRILL/POM</b>
<i>Section 2</i>	<i>Stunting Personnel</i>
4-2-7	A spotter is required for <u>extended stunts</u> or transitions that stop in an extended position except for the following:
<i>Section 3</i>	<i>Inversions</i>
4-3-2	An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a <u>static-extended</u> inverted position.
4-3-3	Braced inversions in a pyramid that do not flip <u>or roll</u> are permitted provided the following conditions are met: a. The inverted top person must have at least two bases or a base and a spotter. b. The inverted top person must not be released  <i>(Suspended Roll rule (old 4-3-3) was deleted; suspended rolls are covered in other inversion rules.)</i>
4-3-4	<i>(New)</i> <u>Braced rolls</u> in a pyramid are permitted provided the following conditions are met: a. <u>The inverted top person has at least two bases or a base and a spotter.</u> b. <u>The bracer(s) have two bases or a base and a spotter.</u>
4-3-6	In all other inversions: a. <u>Dismounts</u> from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person does no more than a <u>1/2 turn</u> , b. <i>(old d)</i> c. <i>(old e)</i> Inversions where the base of support begins at or passes through prep level: 1. <i>Reworded</i> 2. <i>New exception</i> <u>Exception 2: In a single base suspended roll, there must be continuous hands to hands contact between the base and top person. (from old 4-3-3)</u> 3. <i>Same</i> 4. <u>If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated. (from old 4-3-3)</u>
4-3-8	<i>(New)</i> <u>A Swing Roll Down stunt is not permitted. (See definition.)</u>
<i>Section 4</i>	<i>Non-Release Stunts/Lifts</i>
4-4-2	Stunts/lifts in which base(s) support(s) an extended under the foot/feet <u>and stop</u> in an extended position are not permitted in Dance/Drill/Pom.
4-4-11	In pyramids where one <u>static</u> extended stunt braces another <u>static</u> extended stunt the connection must not be <u>hand/arm to foot/leg.</u>
<i>Section 5</i>	<i>Release Stunts</i>
4-5-2	The following release stunts are not permitted in Dance/Drill/Pom: <del>Old c. Swan Dives.</del> <i>(Still illegal from a toss, but are now covered in other rules.)</i>

<i>Section 6</i>	<i>Suspended Stunts</i>
4-6-2	.Non-braced suspended splits that originate from or pass through prep level or above are permitted provided ...": b. <u>New Exception: The top person may release one hand to grasp the hand of another base to adjust his/her position.</u>
<i>Section 7</i>	<i>Dismounts</i>
4-7-7	A skill (e.g., toe touch, twist, etc.) <u>must not be performed to a cradle in Dance/Drill/Pom.</u>
4-7-8	A twist to <del>a cradle</del> of the performing surface must not involve more than 1 ¼ rotations.
<i>Section 8</i>	<i>Tumbling</i>
4-8-2	Tumbling while holding props is not permitted except for the following: a. forward or backward roll. b. <u>holding pom(s) during airborne or non-airborne tumbling skills in which hand(s) are not being used for support.</u>
<i>Section 10</i>	<i>Props As Bases</i>
4-10-14	<u>(New) When transitioning from a prop to a stunt/lift, the new bases must be in contact with the top person before he/she leaves the prop.</u>