

**National Federation of State High School Associations**  
**2009-2010 Spirit Rules Changes**

**2-4-7h** (New exception) A spotter is required for stunts in which the supporting arm(s) of the base(s) is(are) fully extended above the head except for the following:  
*h. A triple base Swedish fall, provided all three bases face the flyer.*

COMMENT: When all three bases face the flyer, the front base is in a better position to protect the flyer if assistance is needed.

**2-6-2b** (New) *In all cradle dismounts, the flyer must not hold props (signs, etc.) that are made of solid material and have corners or sharp edges.*

COMMENT: Holding hard objects during cradle dismounts can increase risk and interfere with the safe execution of the cradle.

**2-6-7** (New) *A twist to a cradle involving more than one rotation is permitted only on appropriate mats, grass, rubberized and soft-yielding surfaces.*

COMMENT: A double twisting cradle is an advanced level stunt. This restriction is consistent with the NFHS focus on risk minimization. NOTE: Non-twisting or single twist cradles are permitted on any appropriate surface.

**2-10-5** (Change) *Toe/leg pitches to a jump or tumbling skill are illegal.*

COMMENT: Removing forward suspended rolls from this restriction clarifies that a third performer is allowed to assist the flyer's rotation during a forward suspended roll from the performing surface.

For further information on NFHS Spirit Rules, contact Julie Hammons, IHSAA Assistant Director.