

2024-25 NFHS Spirit Rules - Quick Reference Index

DANCE

RULE 2 GENERAL	RULE	Pg
Gum/Candy	2-1-9	11
Fingernails	2-1-4	11
Hair / Hair devices	2-1-5	11
Mfg. logos/ trademarks	2-1-12	12
Performance Area: a. clear of objects; b. modify to area/people	2-1-7__ (a,b)	11
Religious head coverings	2-1-21	13
Sportsmanship	2-2-1	14
Supports/Braces/Casts	2-1-11	12
RULE 4 DANCE	Rule	Pg
Apparel / Accessories: 1-jewelry; 2-appropriate/midriff/full /loose; 3-footwear; 4-glitter	4-1-__ (1-4)	33
Stunt/Lifts/Tumbling/Drops		
Base: a. body pos; b. hold obj	4-2-1	34
Bracer: primary support	4-2-3	35
Dismounts to floor: 1-moving; 2-assist to floor; 7-twist limit	4-7-__ (1,2,7)	43
Dismounts to cradle: 1-moving; 3-a. visual contact; b. no hold props; 4-multi-base; 5-single base; 6- no skill allowed; 8-new catchers; 9-bracer involved after bases release top	4-7-__ (1,3-6, 8,9)	43-44
Drops: 1-airborne to knee, seat, thigh, split; 2-airborne to push up; 3-stomach or back; 4-flip	4-9-__ (1-4)	47
Extended top: hands under feet	4-4-1	39
Extended stunt: need spotter	4-2-7	35
Hanging Pyramid	4-4-7	39
Height limitation	4-2-9	35
Helicopter: a. 180 degree rotation; b. no twist; c. face up; d. 3 bases; e. head shoulder support	4-5-3__ (a-e)	41
Inversions: 1-general; 2-extended; 3-braced non-flip, non-roll; 4-braced rolls; 5-braced flips not allowed; 6-all other inversions; a. dsmts; b. below prep; c. prep & above; d. inverted to non-inverted; 7-hold props; 8-swing roll downs.	4-3-__ (1-8)	36-37
Jump on back of horiz. base	4-4-4	39
Log Roll: a. single base; b. multi-b	4-5-4	41
Stunts move over/be under stunt	4-4-2	39
Pitch: toe/leg	4-5-5	41
Quick Toss	4-5-6	41
Releases not legal for dance: a.tosses; b. braced releases; c. non-braced releases Exceptions: Legal Helis/log rolls	4-5-2 (a,b,c)	41
Roll down from T-lift	4-4-5	39

Spotter: 4-amt of support; 5-location/focus; 6-hands/torso/hold objects;/hands behind back; 7-missing; 8-single base und feet, toss to single base shoulder stand	4-2-__ (4-8)	35
Suspended stunt/lift	4-6-6	42
Suspended splits: 1-non-braced prep level or below; 2-non-braced pass through prep level; 3-braced; 4-not released	4-6-__ (1,2,3,4)	42
Swinging Stunt	4-6-5	43
Tumbling: 1-over/under; 2-hold prop; 3 dive roll; 4-flip into stunt/cradle; 5-flip in tumb pass; 6-airborne twist tumb; 7- kip up/rubber band skill; 8- skills on head; 9-connected airborne skills	4-8-__ (1-9)	44-45
Vertical to Horizontal transition: a. keep contact; b. two catchers; c. not orig bases; d. when pass thru extended has three catchers;	4-4-4__ (a-d)	39
Props		
Dance/move on prop: a.prop ht; b. spotter needed	4-10-9	47
Dismounts from props: 1- inverted; 2- susp fwd roll; 3- susp bkwd roll; 4-assist landing/skill; 5- cradle.	4-12-__ (1-5)	49-50
Flag Prop on pole	4-10-16	48
Glitter on prop	4-10-19	48
Hand Free Poms allowed	4-10-18	48
Hard Material/Sharp Edge Props: a.top no release; b. gently toss; c. can't throw from one to another	4-10-15	48
Head drop back on prop	4-10-7	47
Height limit on props: 1-max ht; 2-two levels	4-10-__ (1,2)	46
Inverted on prop: a. foot in wt bearing contact; b. lying on prop	4-10-3__ (a,b)	47
Maintain contact prop >3'	4-10-5	47
Move prop: wheels/round/flat cover a.standing; b. brace each other	4-10-10__ (a,b)	47
Moving to new prop: 11-visual contact; 12-wheels	4-10-__ (11,12)	47
Prop held height of base's waist	4-10-8	47
Spotting on Props: 1-location/focus; 2-touch/move prop; 3-arms/torso/hold objects/ hand position	4-11-__ (1-3)	49
Stacked props as base	4-10-13	47
Stunt/lift/tumble on prop	4-10-6	47
Step / Slip / Tumble on Prop	4-10-17	48
Transition from prop to stunt/lift	4-10-14	48
Tumble onto or over prop	4-10-4	47