## 2025-26 NFHS Spirit Rules - Quick Reference Index DANCE

Note: SD = Supporting Dancer ED = Executing Dancer

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RULE 1 GENERAL	RULE	Pg
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Fingernails	1-1-4	9
Hair / Hair devices	1-1-5	9
Mfg. logos/ trademarks	1-1-12	10
Performance Area:	1-1-7	10
a. clear of objects; b. modify to	(a,b)	
area/people		
Religious head coverings	1-1-21	11
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Supports/Braces/Casts	1-1-11	10
RULE 3 DANCE	Rule	Pg
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Apparel / Accessories:	3-1	39-40
1-jewelry; 2-appropriate/midriff/full	(1-4)	
/loose; 3-footwear; 4-glitter		
Lifts/Tumbling/Dro		
Bracer: primary support	3-2-3	41
Dismounts:	3-7	50
1-moving; 2-assist to floor; 7-twist	(1,2,7)	
limit		
Dismounts to cradle:	3-7	50-51
1-moving; 3-a. visual contact; b. no	(1,3-6,	
hold props; 4-multi-SD; 5-single	8,9)	
SD; 6- no skill allowed; 8-new		
catchers; 9-bracer involved after		
bases release ED		
Drops:	3-9	53
1-airborne to knee, seat, thigh, split;	(1-4)	
2-airborne to push up; 3-stomach or		
back; 4-flip		
Extended ED: hands under feet	3-4-1	45
Extended lift: need spotter	3-2-7	41
Hanging Pyramid	3-4-7	46
Height limitation	3-2-9	42
Helicopter:	3-5-3	48
a. 180 degree rotation; b. no twist;	(a-e)	
c. face up; d. 3 SD's; e. head		
shoulder support		
Inversions:	3-3	43-44
1-general; 2-extended; 3-supported	(1-11)	
non-flip, non-roll; 4-supported rolls;		
5-braced flips not allowed; 6-dsmts;		
7-below prep; 8-prep & pass thru;		
9-inverted to non-inverted; 10-hold		
props; 11-swing roll downs.		
Jump on back of horiz. SD	3-4-4	46
Lift move over/be under lift	3-4-2	45
Log Roll: a. single SD; b. multi SD	3-5-4	48
Pitch: toe/leg	3-5-5	48
Quick Toss	3-5-6	48
Releases not legal for dance:	3-5-2	47
a. tosses; b. braced releases;	(a,b,c)	''
c. non-supported releases	(4,2,0)	
Exceptions: Legal Helis/log rolls		
Roll down from T-lift	3-4-5	46
Non down from 1-fift	J <del>-4-</del> J	+0

Spotter:	3-2-	41-42
4-amt of support; 5-location/focus;	(4-8)	41-42
6-hands/torso/hold objects;/hands	(+ 0)	
behind back; 7-required (some		
exceptions); 8-single SD und feet,		
toss to single SD shoulder stand		
SD: a. body pos; b. hold obj	3-2-1	41
Suspended face down lift	3-6-6	49
Suspended splits:	3-6-	49
1-non-support prep level or below;	(1,2,3,4)	40
2-non-support pass through prep	(1,2,0,4)	
level; 3-supported; 4-not released		
Swinging lift	3-6-5	49
Tumbling:	3-8-	52
1-over/under; 2-hold prop; 3 dive	(1-9)	32
roll; 4-flip into stunt/cradle; 5-flip in	(1-9)	
tumb pass; 6-airborne twist tumb;		
7- kip up/rubber band skill; 8- skills		
on head; 9-connected airborne		
skills		
Vertical to Horizontal transition:	3-4-3	46
a. keep contact; b. two catchers; c.	(a-d)	
not orig SD's; d. when pass thru	(4 4)	
extended has three catchers;		
Props/Bases		
Dance/move on prop:	3-10-14	55
a.prop ht; b. spotter needed	0 10 11	
Dismounts from bases:	3-12-	57
1- inverted; 2- susp fwd roll; 3- susp	(1-5)	51
bkwd roll; 4-assist landing/skill; 5-	(10)	
cradle.		
Flag Prop on pole	3-10-2	54
Glitter on prop	3-10-5	54
Hand Free Poms allowed	3-10-4	54
Hard Material/Sharp Edge Props:	3-10-4	54
a. ED no release; b. gently toss; c.	3-10-1	54
can't throw from one to another		
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Head drop back on prop	3-10-12	54
Height limit on props:	3-10	54
6-max ht; 7-two levels	(6,7)	
Inverted on prop:	3-10-8	54
a. foot in wt bearing contact; b.	(a,b)	
lying on prop	0.40.44	
Lift/tumble on prop	3-10-11	54
Maintain contact prop >3'	3-10-10	54
Move prop:wheels/round/flat cover	3-10-15	55
a. standing; b. brace each other	(a,b)	
Moving to new prop:	3-10	55
16-visual contact; 17-wheels	(16,17)	
Prop held height of SD's waist	3-10-13	54
Spotting on bases:	3-11	56
1-location/focus; 2-touch/move	(1-3)	
prop; 3-arms/torso/hold objects/		
hand position		
Stacked props as base	3-10-18	55
Step / Tumble on Prop	3-10-3	54
Transition from prop to lift	3-10-19	55
Tumble onto or over prop	3-10-9	54
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