



2024-2025 Spirit Exam – Dance (55 Questions)

*Once you have completed the exam, scan as a PDF and email to your designated Idaho district tech judge coordinator:

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Name: (please print) _____ **District:** _____

1. A top person's base of support is at approximately shoulder height is the definition of a:
A. Prep.
B. Lift.
C. Base.
D. Flatback.
2. Forward roll dismounts are allowed from props provided:
A. The prop is low enough for the performer to put both hands on the performing surface before starting the dismount
B. The prop is larger than 4 feet by 4 feet.
C. The prop is no taller than 1 foot.
D. None of the above.
3. When a top person is dancing on a stationary prop with wheels, the following is required:
A. The prop must be larger than 2 feet wide and a spotter must be present.
B. The prop must be stabilized and a spotter must be present.
C. The spotter must have contact with the top person.
D. The top person must grasp a stable part of the prop.
4. Which of the following is/are not allowed from a prop:
A. Dismounts to the performing surface from props 3 feet high.
B. A cradle dismount from props 2 feet high.
C. A forward suspended roll to the performing surface.
D. A backward suspended roll to the performing surface.
5. Which of the following is/are permitted in dance/drill/pom:
A. Tosses.
B. Braced release transitions.
C. Switch up.
D. None of the above.

6. Dancers may have long, unsecured hair during which of the following:
 - A. When performing a round-off, back handspring.
 - B. As a top person.
 - C. When basing an extended lift.
 - D. None of the above.

7. A participant who is on a prop that is 4 feet high with a performance surface of 3 feet by 3 feet may legally perform:
 - A. A toe touch.
 - B. A pirouette.
 - C. A body roll.
 - D. Both B and C

8. The following tumbling skills are allowed over a person or prop:
 - A. Back handspring.
 - B. Standing back tuck.
 - C. Cartwheel.
 - D. Front aerial walkover.

9. The top person in a foldover may hold the following:
 - A. A sign.
 - B. A megaphone.
 - C. Poms.
 - D. None of the above.

10. A stunt in which a top person is in a face-up or face-down horizontal position, with hips and shoulders in alignment, is called a:
 - A. Prep.
 - B. Liberty.
 - C. Flatback.
 - D. Suspended Roll.

11. Which of the following tumbling skills are legal:
 - A. A front walkover with hands-free poms not being held in the hands.
 - B. Standing back tuck with poms.
 - C. Side aerial cartwheel with a rally towel.
 - D. All of the above.

12. The following is/are illegal without a spotter:
- A. Prep level double-based flatback.
 - B. Extended double-based flatback.
 - C. Prep level double-based straddle sit.
 - D. Prep level double-based stunt in which the top person is horizontal.
13. It is illegal to perform which of the following while wearing a costume that includes a long flowing cape that drapes on the floor:
- A. Forward roll.
 - B. Aerial.
 - C. Cartwheel.
 - D. All of the above.
14. Which of the following release skills is prohibited in dance?
- A. A top person in a prep is released and performs a full twist back to the prep.
 - B. A top person in a prep is released to their feet on the ground with support from a base and spotter.
 - C. A legal helicopter.
 - D. A legal log roll.
15. Dancers may legally use which of the following:
- A. Loose powder as a performance enhancement.
 - B. Oily product to assist in head slide.
 - C. Chunky glitter in hair or on body.
 - D. None of the above.
16. Which of the following skills may be performed to a cradle:
- A. Chorus line flip.
 - B. Headspring on back of a base on all fours.
 - C. A foldover from prep level.
 - D. All of the above.
17. Which of the following is a legal inversion in dance:
- A. Chorus line flip.
 - B. Headspring on back of a base on all fours.
 - C. A pancake from prep level.
 - D. All of the above.

- 18 . The following can be performed while holding a soft prop in hands:
- A. Roundoff.
 - B. Back Handspring.
 - C. Back Tuck.
 - D. Front Walkover.
- 19 . Which of the following require the use of hands:
- A. Head spins.
 - B. Headstands.
 - C. Headsprings.
 - D. All of the above.
- 20 . An athlete shall be immediately removed from the contest and shall not be returned to play if displaying the following signs, symptoms or behaviors consistent with a concussion:
- A. Headache.
 - B. Confusion.
 - C. Dizziness.
 - D. All of the above.
- 21 . Which of the following skills is allowed for a dancer who is wearing footwear that only covers the ball of the foot:
- A. Kip up.
 - B. Headspring.
 - C. Front or side aerial.
 - D. All of the above.
- 22 . Of the following, which is allowed:
- A. Hands-free poms attached at the wrist by a band or strap.
 - B. Religious medal that is taped and worn under the uniform.
 - C. Medical-alert medal that must be taped.
 - D. All of the above.
- 23 . The following is/are illegal drops:
- A. A drop that goes directly to a participant's knees without first bearing weight on hands or feet.
 - B. Drops to a push-up position.
 - C. Dropping to the performing surface from a flip.
 - D. All of the above

- 24 . Which of the following non-release stunts is/are illegal:
- A. Jumping unassisted onto the back of a base who is in a horizontal position.
 - B. Extended braced stunts connected arm to shoulder.
 - C. Stunts that are two levels high.
 - D. All of the above
- 25 . Which of the following is true for non-release stunts:
- A. A person may pass under a stunt.
 - B. Partner stunts may pass over other partner stunts.
 - C. Partner stunts may pass under a pyramid.
 - D. Pyramids may pass under other pyramids.
- 26 . If a spotter is required for a top person on a prop, the spotter must not:
- A. Grasp the bottom of the top person's foot.
 - B. Place his/her torso under the prop or the top person.
 - C. Stand with hands behind their back.
 - D. All of the above.
- 27 . Braced suspended splits require which of the following:
- A. The top person has hands-to-hands contact with two bracers.
 - B. The top person has at least three bases.
 - C. The top person and at least one bracer maintain continuous hand-to-hand/arm contact.
 - D. All of the above
- 28 . A spotter is required for which of the following:
- A. Extended triple-based flat back.
 - B. A toss to a single-base shoulder stand.
 - C. Chair sit.
 - D. Double-based prep.
- 29 . When using props that are made of hard material or have sharp corners or edges, which of the following is/are true:
- A. A top person may not release the props to the ground.
 - B. A base can take a prop from a top person at prep level by using his or her hand not supporting the top person.
 - C. A person on the ground can gently toss or place a prop on the ground.
 - D. All of the above.

- 30 . Which of the following stunts do not require a spotter:
- A. Extended double-based flatback.
 - B. Show and go.
 - C. Toss to single-base shoulder stand.
 - D. Extended double-base suspended splits.
- 31 . A top person may pass through an extended position while inverted, provided the top person:
- A. Loses contact with the base.
 - B. Does not pause or stop while extended.
 - C. Loses contact with the spotter.
 - D. Completes a twisting dismount.
- 32 . Which of the following is/are legal for a participant in a handstand on the performing surface:
- A. Hooking his or her legs over the shoulders of a base and transitioning to a shoulder sit with assistance from one spotter.
 - B. Being lifted into an upright position on the floor by a single base.
 - C. Being lifted into a prep by two bases who hold their arms and thighs.
 - D. All of the above.
- 33 . A stunt in which the top is standing on both feet, with their weight equally distributed at approximately shoulder level, is called a:
- A. Prep level.
 - B. Flatback.
 - C. Prep.
 - D. Suspended Roll.
- 34 . Dismounts to the performing surface from props higher than 3 feet can be which of the following:
- A. Toe touch.
 - B. Tucks.
 - C. Twist.
 - D. None of the above.
- 35 . A participant in a head-and-body costume can do the following:
- A. Be a spotter.
 - B. Perform a back handspring.
 - C. Perform a cartwheel.
 - D. Execute stunts.

- 36 . Which of the following is an illegal drop:
- A. A participant jumps into the air and lands directly on the knees.
 - B. A participant leans forward and lands in a push-up position.
 - C. A back handspring to a push-up position.
 - D. Both A and B.
- 37 . A top person must not be in a face-down position:
- A. Between bases in which the top person's torso is suspended below the arms and legs.
 - B. During a swinging stunt.
 - C. Both A and B.
 - D. None of the above.
- 38 . For a foldover stunt:
- A. It may be initiated from an extended level.
 - B. The top person can be caught in an inverted position on the shoulders by one catcher.
 - C. The top person must be caught on his or her back by multiple catchers.
 - D. The top person can be caught by new catchers who were involved in another skill at the initiation of the foldover.
- 39 . When a top person is moved from a vertical position to a horizontal, which of the following is/are true:
- A. The top person must begin at or below prep level and may pass through an extended position.
 - B. The top person must maintain contact with at least one original base, post, or spotter.
 - C. Two catchers and/or base may catch the upper body of the top person.
 - D. All of the above.
- 40 . Which of the following is/are true regarding chorus line flips:
- A. There is a limit of six bases and five top persons.
 - B. There is no limit on the number of bases and top persons.
 - C. Upper body contact must be maintained between the top persons and two bases.
 - D. None of the above.
- 41 . Which skill does not allow a base and a top person to share a pom?
- A. Dismount from a shoulder sit/straddle.
 - B. Suspended forward roll.
 - C. Dismount from a thigh stand.
 - D. Dismount from a prep.

- 42 . Which skill is illegal when a top person is in an inverted position?
- A. In a hand-stand at prep level with two bases and no spotter.
 - B. In a hand-stand at prep level with one base and a spotter.
 - C. In a hand-stand at prep level with a base and no spotter.
 - D. In a hand-stand on the performance surface and is lifted to an upright position on the performance surface by a single base.
- 43 . When is a top person allowed to hold poms?
- A. When sharing a pom with a base in a pick up to shoulders.
 - B. When sharing a pom with a base while dismounting a double-based shoulder stand.
 - C. Loading into a prep.
 - D. All of the above.
- 44 . Which of the following situations is illegal regarding hair for dance?
- A. An athlete with hair beads worn so that they do not interfere with performance.
 - B. An athlete with hair beads that are long and interfere with performance.
 - C. An athlete with a ponytail that is long and interferes with performance.
 - D. Both B and C.
- 45 . A participant can be involved in skills while wearing which of the following:
- A. Plaster cast.
 - B. Walking boot.
 - C. An elbow brace, covered with 1/2-inch-thick, closed-cell, slow-recovery foam.
 - D. All of the above.
- 46 . Which of the following is/are legal for a required spotter:
- A. The spotter grasps the sole of the top person's foot.
 - B. The spotter grasps the ankle of the top person.
 - C. The spotter holds objects in his/her hand(s).
 - D. The spotter stands with hands behind his/her back.
- 47 . Which of the following tumbling skills is legal for an athlete to perform over another athlete lying on the performing surface?
- A. A back walkover.
 - B. A front walkover with poms in the hands.
 - C. A back handspring.
 - D. A dive roll.

- 48 . A top person is in a loading/sponge position with their feet being held below shoulder level. As long as they are not tossed significantly higher than the catch, the bases can toss the top person to which of the following skills?
- A. Ball up extension.
 - B. Straddle up extension.
 - C. Toe touch extension.
 - D. None of the above. Tosses are not permitted in Dance/Drill/Pom.
- 49 . A participant involved in a stunt is wearing a knee brace that is unaltered from the manufacturer's original design/production. This brace is:
- A. Prohibited because all braces must be covered with closed-cell slow-recovery foam.
 - B. Allowed because it is not on the hand/wrist/forearm/elbow/upper arm of the participant.
 - C. Prohibited because no one involved in a stunt is allowed to wear a brace of any kind.
 - D. Prohibited unless it is covered with a neoprene sleeve.
- 50 . While performing a cartwheel on the thighs of a base, it is illegal for the top person to:
- A. Pause while inverted.
 - B. Hold poms in their hands.
 - C. Stop in an inverted straddle.
 - D. All of the above.

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Questions 51-55 require viewing a video for each question.
Copy and paste each link into your browser. If you highlight the entire link and right click, you may be given the choice to "Go to" the link directly. That seems to work too. 😊

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 1-d08cfa426bd412ba278f7ab1976587f.mp4>

- 51 . Which of the following is true regarding the skills in the video:
- A. These skills are illegal due to the top persons being in a face-down position.
 - B. These skills are illegal due to the downward movement beginning above prep level.
 - C. These skills are performed legally.
 - D. Both A and B.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 2-ccd35985cd7146f1a12ae61896d62eb8.mp4>

- 52 . Which of the following is true regarding the skills in the video:
- A. These skills are performed legally.
 - B. These skills are illegal due to the skills not having the required spotter for an extended stunt in which the top person is in a horizontal position.
 - C. These skills are illegal due to the top person being in an extended inverted position.
 - D. These skills are illegal due to the required spotter not being in a position to help minimize risk.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 3-46c840b27c0745918bd7a7298c5b4a19.mp4>

- 53 . Which of the following is true regarding the skills in the video:
- A. These skills are illegal due to the top person holding poms while building.
 - B. These skills are illegal due to the base holding poms while building.
 - C. These skills are performed legally due to an exception that allows bases and tops to share poms during the building of this skill.
 - D. Both A and B.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 4-1d279400de7b4e8a9841e0d1c4152364.mp4>

- 54 . Which of the following is true regarding the skills in the video:
- A. These skills are performed legally.
 - B. These skills are illegal due to the top person moving from horizontal to vertical during the release.
 - C. These skills are illegal due to the top person twisting during the release.
 - D. These skills are illegal due to the top person performing more than a half twist during the release.

<https://exam-creator.s3.amazonaws.com/spirit/Spirit Question 5-cd0693392636416f807386077f5f74fc.mp4>

- 55 . Which of the following is true regarding the skills in the video:
- A. These skills are performed legally.
 - B. These skills are illegal due to the spotter being under the released top person.
 - C. These skills are illegal due to the top person not stopping at prep level before the flip.
 - D. These skills are illegal because braced flips are not allowed in Dance/Drill/Pom.