



2025-2026 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. **An executing dancer'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 an executing dancer 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 executing dancer 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:**
 - 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 an executing dancer.
 - C. When supporting an extended lift.
 - D. None of the above.
7. **A dancer 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 executing dancer in a foldover may hold the following:**
- A. A sign.
 - B. A megaphone.
 - C. Poms.
 - D. None of the above.
10. **A lift in which an executing dancer 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-supported flatback.
 - B. Extended double-supported flatback.
 - C. Prep level double-supported straddle sit.
 - D. Prep level double-supported lift in which the executing dancer 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. An executing dancer in a prep is released and performs a full twist back to the prep.
 - B. An executing dancer in a prep is released to their feet on the ground with support from a supporting dancer 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. Prep level lift with a toe touch performed to a cradle.
 - 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. Roundoff.
 - 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. Airborne 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 lifts is/are illegal:**
- A. Jumping unassisted onto the back of a supporting dancer who is in a horizontal position.
 - B. Prep level lift popped to a cradle where supporting dancers hands go above heads during release.
 - C. Lifts that are two levels high.
 - D. All of the above
25. **Which of the following is true for non-release lifts:**
- A. A person may pass under a lift.
 - B. Partner lifts may pass over other partner lift.
 - C. Partner lifts may pass under a pyramid.
 - D. Pyramids may pass under other pyramids.

26. **If a spotter is required for an executing dancer on a prop, the spotter must not:**
- A. Grasp the bottom of the executing dancer's foot.
 - B. Place his/her torso under the prop or the executing dancer.
 - C. Stand with hands behind their back.
 - D. All of the above.
27. **Braced (supported) suspended splits require which of the following:**
- A. The executing dancer has hands-to-hands contact with two bracers.
 - B. The executing dancer has at least three bases.
 - C. The executing dancer and at least one supporting dancer (or bracer) maintains continuous hand-to-hand/arm contact.
 - D. All of the above
28. **A spotter is required for which of the following:**
- A. Extended triple-supported flat back.
 - B. A toss to a single-supported shoulder stand.
 - C. Chair sit.
 - D. Double-supported 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. An executing dancer may not release the props to the ground.
 - B. A supporting dancer can take a prop from an executing dancer at prep level by using their hand not supporting the executing dancer.
 - 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 lifts do not require a spotter:**
- A. Extended double-supported flatback.
 - B. Show and go.
 - C. Toss to single-supported shoulder stand.
 - D. Extended double-supported suspended splits.
31. **An executing dancer may pass through an extended position while inverted, provided the executing dancer:**
- A. Loses contact with the supporting dancer.
 - 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 legs over the shoulders of a supporting dancer and transitioning to a shoulder sit with assistance from one spotter.
 - B. Being lifted into an upright position on the floor by a single supporting dancer.
 - C. Being lifted into a prep by two supporting dancers who hold their arms and thighs.
 - D. All of the above.

33. **A lift in which the executing dancer 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. **An executing dancer must not be in a face-down position:**
- A. Between supporting dancers in which the executing dancer's torso is suspended below their arms and legs.
 - B. During a swinging stunt.
 - C. Both A and B.
 - D. None of the above.
38. **For a foldover lift:**
- A. It may be initiated from an extended level.
 - B. The executing dancer can be caught in an inverted position on the shoulders by one catcher.
 - C. The executing dancer must be caught on his or her back by multiple catchers.
 - D. The executing dancer can be caught by new catchers who were involved in another skill at the initiation of the foldover.

39. **When an executing dancer is moved from a vertical position to a horizontal, which of the following is/are true:**
- A. The executing dancer passes through an extended position and has three new catchers in place.
 - B. The executing dancer 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 executing dancer.
 - D. All of the above.
40. **Which of the following is/are true regarding chorus line flips:**
- A. There is a limit of six supporting and five executing dancers.
 - B. There is no limit on the number of supporting and executing dancers.
 - C. Upper body contact must be maintained between the executing dancers and two supporting dancers.
 - D. None of the above.
41. **Which skill does not allow a supporting and an executing dancer 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 an executing dancer is in an inverted position?**
- A. In a handstand at prep level with two supporting dancers and no spotter.
 - B. In a handstand at prep level with one supporting dancer and a spotter.
 - C. In a handstand at prep level with a supporting dancer and no spotter.
 - D. In a handstand on the performance surface and is lifted to an upright position on the performance surface by a single supporting dancer.
43. **When is an executing dancer allowed to hold poms?**
- A. When sharing a pom with a supporting dancer in a pick up to shoulders.
 - B. When sharing a pom with a supporting dancer while dismounting a double-supported 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 executing dancer's foot.
 - B. The spotter grasps the ankle of the executing dancer.
 - 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 a dancer to perform over a dancer 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. **An executing dancer 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 supporting dancer can toss the executing dancer 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.
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 supporting dancer, it is legal for the executing dancer to:**
- A. Pause while inverted.
 - B. Hold poms in their hands.
 - C. Stop in an inverted straddle.
 - D. None of the above.

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Questions 51-55 require viewing a video for each question.

[Watch Video 1](#)

51. **Which of the following is true regarding the skills in the video:**
- A. These skills are illegal due to the executing dancer 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.

[Watch Video 2](#)

52. **Which of the following is true regarding the skills in the video:**
- A. All skills in this lift sequence are performed legally.
 - B. The horizontal position lift is illegal due to not having the required spotter for an extended lift in which the executing dancer is in a horizontal position.
 - C. The last skill is illegal due to the executing dancer stopping in an extended position.
 - D. All skills are illegal due to the required spotters not being in a position to help minimize risk.

[Watch Video 3](#)

53. **Which of the following is true regarding the skills in the video:**
- A. These skills are illegal due to the executing dancer holding poms while building.
 - B. These skills are illegal due to the supporting dancer holding poms while building.
 - C. These skills are performed legally due to an exception that allows supporting dancers and executing dancers to share poms during the building of this skill.
 - D. Both A and B.

[Watch Video 4](#)

54. **Which of the following is true regarding the skills in the video:**
- A. All skills are performed legally for dance.
 - B. These skills are illegal due to the executing dancer moving from horizontal to vertical during the release.
 - C. These skills are illegal due to the executing dancer twisting during the release.
 - D. The ending skill is illegal for dance.

[Watch Video 5](#)

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 executing dancer.
 - C. These skills are illegal due to the executing dancer not stopping at prep level before the flip.
 - D. These skills are illegal because braced flips are not allowed in Dance/Drill/Pom.