

NFHS SPIRIT RULES CHANGES 2016-17

*This document is for reference only.
Official rules will be published in the 2016-2017 NFHS Spirit Rules Book.*

BOOK REORGANIZATION	
	<p><u>Cheer and Dance/Drill/Pom will now follow completely separate performance safety rules.</u></p> <p>Rule 1 – DEFINITIONS <i>(All spirit groups)</i></p> <p>Rule 2 – GENERAL RISK MANAGEMENT <i>(All spirit groups)</i></p> <p>Rule 3 – CHEERLEADING RISK MANAGEMENT <i>(Cheerleading only)</i></p> <p>Rule 4 – DANCE/DRILL/POM RISK MANAGEMENT <i>(Dance/Drill/Pom only)</i></p>
Rule Ref	RULES CHANGES
	<p><i>Rule changes/additions and new rule numbers are <u>underlined</u>; Old wording and rule numbers are lined through.</i></p>
1	Bracer – “A top person who stabilizes and/or assists <u>is connected</u> to another top person.”
1	<u>Cradle Position (New)</u> – “A face-up open-pike position.”
1	Quick Toss – “A release that begins with the top person in <u>having both feet in</u> weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.”
CHEER	
2-4-7 <u>3-2-7</u>	ART 7. . . A spotter is required for extended stunts except for the following: a. Chair b. Russian lift c. Torch d. Double-base split catch e. Double-base vertical T-lift f. <u>Triple-base stunts in which the top person is horizontal</u> g. Triple-base suspended splits h. Triple-base straddle sit in which the top person’s hands are in contact with a post. <i>(Note: f. Triple-base Swedish falls don’t need a spotter, no matter what direction bases face.)</i>
<u>3-3-2</u>	<u>ART. 2 (New)</u> . . .An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.
2-5-3 <u>3-3-4</u>	ART. 3 <u>4</u> . . .Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met: <i>(Note: Braced inversions in which top person maintains contact with base(s) are now covered by the same rules as non-braced inversions.)</i>
2-5-4 <u>3-3-5</u>	ART. 4 <u>5</u> . . .Braced flips or rolls in a pyramid are allowed provided all the following conditions are met: a. The top person begins in a multi-base loading position, stunt, cradle or on the performing surface. <i>(Braced flips can now start from a single base)</i> b. (Old b. now new ART 2) <u>a.</u> The top person maintains continuous hand-to-hand/arm contact with a bracer on each side <u>two bracers who are</u> in multi-base preps with a spotter. The top person <u>is not behind the bracers.</u>
2-5-5 <u>3-3-6</u>	ART. 5 <u>6</u> . . .In all other inversions: a. (Old a. now new Art 2) <u>a.</u> A top person in an inverted position on the performing surface may be released to a loading position below prep level. <i>(Old exception to b.)</i>

	<p>b. (New) <u>Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.</u></p> <p>c. (New) <u>A release transition from a static inverted position to a non-inverted position is allowed provided:</u></p> <ol style="list-style-type: none"> 1. <u>The top person lands at or below prep level.</u> 2. <u>The top person does not twist more than ¼ rotation.</u> 3. <u>There is a spotter.</u> <p>d. (Old b.-no change)</p> <p>e. (Old c.-no change)</p> <p>f. (New) <u>When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.</u></p> <p>g. <u>Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person begins in a static or “pump and go” position (i.e., handstand) and does not perform any skill (e.g., toe touches, twists, etc) does no more than a one-quarter turn. Dismounts to the performing surface from shoulder height or above must follow 2-9-3 <u>3-7-3.</u></u></p>
2-6-3 3-4-3	ART. 3 4 . . <u>In pyramids where one static extended stunt braces another static extended stunt the connection must be hand/arm to hand/arm. (Removes requirement for at least one bracer to be at prep level or below in static stunts.)</u>
3-4-13	ART. 3 (New) . <u>A participant must not jump unassisted onto the back of a base who is in a horizontal position.</u>
2-7-2 3-5-2b	ART 2 . . .In all release stunts and tosses: b. (New) <u>The top person must not land in an inverted position.</u>
2-7-4 3-5-4	ART 4 . . . <u>A switch liberty is permitted as an exception to 2-7-2 3-5-2 and 2-7-3 3-5-3 (Editorial change only; switch liberty now has own rule. Quick toss rule is 3-5-10.)</u>
2-7-5b 3-5-5	ART. 5 . . . Release transitions are permitted provided all of the following conditions are met throughout the transition: b. The top person maintains hand-to-hand/arm contact with at least one bracer <u>except for the following:</u>
	<ol style="list-style-type: none"> 1. <u>A non-braced top person in a vertical position at prep level may be released to a stunt at any level provided the top person remains vertical.</u> 2. <u>A non-braced top person in a cradle position or horizontal position at prep level or below may be released to a loading position or stunt prep level or below.</u>
2-7-8	Delete ART 8 . . . <u>A top person in a flatback position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below. (Now covered in new 3-5-5.)</u>
2-8-2 3-6-2	ART 2 . . .Non-braced suspended splits that originate from or pass through prep level or above are permitted provided . . .”: a. . . <u>At least four <u>three</u> bases slow the momentum of the top person.</u> b. The top person has both hands in contact with a base(s) once she reaches the full split position. c. At least three <u>two</u> of the bases support under the top person’s legs, and the fourth <u>third</u> base may support under the legs or be in contact with the top person’s hands.
2-9-3	Dismounts to the performing surface from shoulder height or above that involve a skill

3-7-3	(e.g. toe touch, twist, etc.) require assistance from two bases or a base and a spotter. <u>Assistance is required from at least one base or spotter.</u> This assistance must be sufficient to slow the momentum of the top person.
3-10 New Section	SEC 10 (New) CHEERING ON PROPS <u>ART. 1 . . .The height of the prop must not exceed 3 feet.</u> <u>ART. 2 . . .Jumps and/or stunts are not permitted on props.</u> <i>(This section was established due to separation of rules for cheer and dance.)</i>
DANCE/DRILL/POM	
Delete Old Section 3-7	SECTION 7— ASSISTED INVERTED FLOOR SKILLS <i>(This section is no longer needed; inversion rules apply)</i>
3-4-5 4-1-5	Art. 5...Dance, drill and pom teams must wear footwear that is appropriate for the activity. a. <i>(No change)</i> b. <u>(New) Footwear that covers the entire foot /feet and has non-slip soles must be worn for the following:</u> 1. <u>Stunts/lifts at prep level or above in which the top person's foot/feet are in the hand(s) of a base(s).</u> 2. <u>Airborne tumbling with the exception of front and side aerials</u>
2-4-7 4-2-7	ART 7. . . A spotter is required for extended stunts except for the following: a. Chair b. Russian lift c. Torch d. Double-base split catch e. Double-base vertical T-lift f. <u>Triple-base stunts in which the top person is horizontal</u> g. Triple-base suspended splits h. Triple-base straddle sit in which the top person has both hands in contact with a post. <i>(Note: f. Triple-base Swedish falls no longer need a spotter)</i>
NEW 4-3-5 4-4-2 4-4-13 4-4-14 4-5-2a 4-5-2b 4-5-2c 4-5-3a <i>(continued)</i> 4-5-3c	<u>(New Stunting Restrictions) The following are not permitted in Dance/Drill/Pom:</u> <u>Braced flips</u> <u>Stunts/lifts in which base(s) support(s) an extended top person under the foot/feet.</u> <u>Single base stunts in which the base supports two extended top persons</u> <u>Single base stunts in which the base supports an extended top person with one arm.</u> <u>Tosses</u> (does not restrict release stunts such as log rolls. <u>Braced release stunts and braced release transitions</u> (<i>upright or inverted</i>) <u>Switch Liberties</u> <u>Unbraced release stunts that begin or end above prep level</u> <u>Unbraced release transitions from an inverted position</u>

	<i>(These restrictions minimize risk for high school dancers who are generally not properly trained to execute higher level stunts, releases and inversions that require lead-up skills and progressions.</i>
<u>4-4-6</u>	<u>ART. 6 (New) A participant must not jump unassisted onto the back of a base who is in a horizontal position.</u>