

# 2011-2012 NFHS Spirit Guidelines

## Rule 1: Definitions

**Note:** This rule contains definitions only. Refer to Rules 2 and 3 (in Spirit Rule book) for determining legality of specific skills, stunts or transitions.

### Section 1 STUNTS

- 1 **Stunt/Partner Stunt** – One or more bases support one or more top persons off the performing surface.
- 2 **Extended Stunt** – The supporting arm(s) of the base(s) is/are fully extended above the head.
- 3 **Prep** - The base(s) hold(s) a standing top person at approximately chest height.
- 4 **Pyramid** - Connected partner stunts.
- 5 **Sponge** – The base(s) absorb(s) a top person's downward momentum to push/lift the top person into position for the next stunt/skill.

### Section 2 STUNTING PERSONNEL

- 1 **Base** - A person in direct weight-bearing contact with the performing surface who provides primary support for another person. A prop that provides primary support for a person(s) is also considered a base.
- 2 **Bracer** – A top person who is in physical contact with another top person but does not provide primary support.
- 3 **Post**– A person in direct weight-bearing contact with the performing surface who temporarily supports a top person's weight during the execution of a stunt.
- 4 **Spotter** - A person in direct, weight-bearing contact with the performing surface whose primary function is to protect a top person.
- 5 **Top Person/Flyer** - A person who is either being supported by another person(s) while off the performing surface or who has been tossed into the air by another person(s).

### Section 3 NON-RELEASE, SPECIALIZED STUNTS

**NOTE:** Stunts in this section may also be known by other names. This section does not attempt to list every stunt mentioned in this rules book.

- 1 **Non-release Stunt** – A stunt in which contact is maintained between a top person and base(s).
- 2 **Chorus-Line Flip** – A stunt in which a participant performs a backward flip while being supported by the connected arms of other participants.
- 3 **Cupic/Awesome** – A stunt in which both feet of a top person are in one hand of a base.
- 4 **Extension** – An extended stunt in which the top person has both feet in the hands of a base(s).
- 5 **Flatback/Deadman Lift** – A stunt in which base(s) fully extend a top person overhead, face up or face down, in a horizontal straight-body position.
- 6 **Hanging Pyramid** – A pyramid in which a top person(s) is suspended by another top person(s) who is/are in a shoulder stand.
- 7 **Leapfrog** – A non-release transition in which the top person moves over a front or back post while maintaining hands-to-hands contact with the post.
- 8 **Liberty** – A one-leg stunt (usually extended) that may include variations such as a hitch (front or side), a torch, a heel stretch, an arabesque, a scorpion, etc.
- 9 **Non-Release Transition** – A top person is moved from one stunt to another while maintaining physical contact with original base(s), new bases or post(s).
- 10 **Pendulum** – A non-release stunt in which the top person falls away from the base(s) and is caught in a horizontal, straight-body position.
- 11 **Side T-lift** – A stunt in which the base(s) fully extend(s) a top person overhead in a forward-facing, horizontal straight-body position.
- 12 **Swedish Fall** – An extended stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulder of a base while her lower body is supported by a base's extended arms.
- 13 **Totem Pole** – A multi-base stunt that creates a tiered appearance by connecting stunts of increasing height, one behind the other.

### Section 4 RELEASE STUNTS

- 1 **Release Stunt** – Any stunt in which the top person becomes free of contact from all personnel on the performing surface.
- 2 **Basket Toss** – A person loads into interlocked hands/wrists and is tossed by multiple bases.
- 3 **Elevator Toss** – A person loads into a prep/elevator loading position and is tossed by multiple bases.
- 4 **Helicopter** – A top person in a horizontal position is popped then rotates like helicopter blades in a horizontal plane before being caught by the original bases.

- 5 **Log Roll** – A top person in a horizontal position is popped then twists parallel to the performing surface before being caught by the original base(s).
- 6 **Pitch** – A toss in which the base(s) push upward on a single foot or leg of the top person.
- 7 **Pop** – A controlled upward pushing motion by the base(s) to initiate a dismount or a release transition.
- 8 **Quick Toss/Load-in Toss** – A toss that begins with the top person in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.
- 9 **Release Transition** – A top person changes from one stunt to another during a temporary loss of physical contact with her/his base(s).
- 10 **Swan Dive** – A person is popped, tossed or dismounts from the support surface of a prop and is caught in a prone position.
- 11 **Tick-Tock** – A release transition in which a top person switches from one support leg to the other.
- 12 **Toss** – A throwing motion by the base(s) that begins from below shoulder level.

## Section 5 SUSPENDED STUNTS

- 1 **Suspended Roll** – A person in contact with bases or posts performs continuous foot-over-head rotation.
- 2 **Suspended Splits** – A top person is supported in a split position between two bases.
- 3 **Swinging Stunt** – A top person is suspended and swung between multiple bases.

## Section 6 DISMOUNTS

- 1 **Dismount** – Ending a stunt by releasing the top person to:
  - a. The performing surface.
  - b. Be cradled by the original bases.
  - c. Be cradled by catchers who are not the original bases.
- 2 **Cradle** - Bases(s) catch a top person in a face-up, pike position by placing one arm under the back and the other under the thighs.
- 3 **Tension Drop** - A partner stunt (e.g., shoulder stand) in which the base leans forward until the top person dismounts to the performing surface without assistance.

## Section 7 TUMBLING

- 1 **Tumbling** – Gymnastic skills including forward/backward rolls, inverted extended skills (cartwheels, handstands, walkovers, aerials, hand-springs, etc.), twists and flips.  
 NOTE: Jumps, leaps and log rolls on the performing surface are not considered to be tumbling.
- 2 **Aerial** – A skill performed free of contact with a person or the performing surface.
- 3 **Assisted Inverted Floor Skill** – An inverted participant on the performing surface is partially supported by non – inverted participant(s) who is/are also on the performing surface.
- 4 **Dive Roll** – An airborne forward roll.
- 5 **Flip** – An aerial skill involving foot-over-head rotation in a tuck, pike, or layout position.
- 6 **Forward/Backward Roll** – A foot-over head rotation that is executed on the performing surface.
- 7 **Handstand** – An inverted position in which the arms are extended besides the head and the hips are directly over the head and shoulders.
- 8 **Twists** – An aerial skill involving rotation perpendicular or parallel to the performing surface in a straight body position.

## Section 8 BODY POSITIONS

- 1 **Inverted** – Shoulders are below the waist.
- 2 **Layout** – Straight-body position.
- 3 **Pike** – Bent at the hips with legs straight and together.
- 4 **Prone** – Face-down straight body position.
- 5 **Splits** – Legs extended in opposite directions at right angles to the trunk.
- 6 **Straddle** – Bent at the hips with legs straight and apart.
- 7 **Tuck** – Bent at the hips and knees with knees drawn toward the torso.

## Section 9 DROPS

- 1 **Front Drop** - Dropping to a horizontal, face-down position on the performing surface.
- 2 **Knee/Seat/Thigh Drop** - Dropping to the knee(s), seat or thighs on the performing surface.
- 3 **Split Drop** - Dropping to a split position on the performing surface.

## Section 10 PROPS

- 1 **Prop** – Any Item that can be manipulated (e.g., poms, signs, flags, etc.) or used as a base. A single, unfolded matt on the performing surface is not considered to be a base.

# Rule 2: General Risk Management

**NOTE:** All provisions of the rules shall be in effect for all spirit team activities including practice, games, performances and competition.

## Section 1 GENERAL

**NOTE:** Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.

- 1 A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to NFHS rules.
- 2 Participation in spirit team activities during interscholastic contests and spirit competitions must be limited to bona-fide students of the school who are designated as members of the school's spirit team(s). Only those students may participate in spirit team activities on the sidelines, court, field or contest area during an interscholastic event, except when exhibitions during a pregame, halftime or postgame period are authorized by the administration of the participants' school and the host school administration, if applicable.  
A bona fide student is one who has not graduated and is eligible to participate with and/or compete for a designated school according to the rules of that state's high school association and/or the local board of education.
- 3 An appropriate warm up must precede all activities.
- 4 Practice sessions must be held in a location suitable for spirit activities, i.e. appropriate surface/area, reasonably free of obstructions and excessive noise, etc.
- 5 Performing surfaces must be suitable for spirit activities.
  - a. Surfaces and areas must be reasonably free from objects and/or impediments.
  - b. Stunts and tumbling must be modified to be appropriate for the surface/area and in relation to other participants.
  - c. When discarding props that are made of hard material or have corners or sharp edges, team members must gently toss or place the props.
- 6 Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is illegal during performance and/or competitions.
- 7 Participants must not chew gum or have candy in their mouths during practice or performance.
- 8 Participants must not stunt or tumble during a basketball or volleyball game when the ball is in play, including free throws in basketball and just prior to the serve in volleyball.
- 9 Participants must not warm up stunts on the court or sideline area during player warm-up if an alternate area is available. If no appropriate alternate area is available, the coach must take reasonable precautions to minimize the risk to participants.  
**NOTE:** See suggestions in the Coaches Responsibilities. ([www.nfhs.org](http://www.nfhs.org))
- 10 Participants must remain outside the playing area during a 30-second or less time-out in a basketball game.
- 11 Artificial noisemakers must not be used at indoor athletic contests except during pregame or halftime performances, when doing so does not violate state association rules.  
**EXCEPTION:** Megaphones, appropriately used by spirit participants on the sidelines, floor or court are permitted if allowed by the contest official.
- 12 Participants must not stand behind the free throw lane extended during a basketball game.
- 13 A participant who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or uniform is changed before returning to participation.
- 14 An athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion p.13).

## Section 2 SPORTSMANSHIP

- 1 A participant, coach, substitute, trainer, or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conducts such as:
  - a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
  - b. Using profane or inappropriate language, music, or gestures.
  - c. Baiting or taunting an opponent.  
**NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- 2 A participant, coach, substitute, trainer or other team attendant must not use tobacco, smokeless tobacco, alcohol, or other controlled substances while representing the school.

### Section 3 APPAREL/ACCESSORIES

- 1 Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and maybe visible.
- 2 Fingernails, including artificial nails, must be kept short near the end of the fingers.
- 3 Hair must be worn in a manner that is appropriate for the activity involved. Hair devices must be secure
- 4 Apparel and accessories must be appropriate for the activity involved. Cheerleader's members must wear athletic shoes (not gymnastics slippers).
- 5 A participant in full head and/or body costume must not spot, stunt or tumble, except for a forward roll or cartwheel.
- 6 When standing at attention, apparel must cover the midriff.
- 7 Glitter that does not readily adhere on the hair, face, uniform, costume or the body is illegal. Glitter may be used on signs, props or backdrops only if laminated or sealed.
- 8 Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt.
- 9 A single partial/whole manufacturer's logo/trademark (no more than 2 ¼ square inches with no dimension exceeding 2 ¼ inches) is permitted on the apparel.
- 10 An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the uniform/costume.

### Section 4 STUNTING PERSONNEL

- 1 A base must not assume a back-bend, handstand or handstand position.
- 2 Bases of extended stunts must have both feet in direct weight bearing contact with the performing surface.
- 3 A bracer must not provide primary support for a top person.
- 4 A potter may help control the building of or dismounting from a stunt but must not provide primary support for the top person.
- 5 Additional spotters are required until a stunt is mastered.
- 6 A spotter must be in the proper location with the appropriate body position to help minimize risk to the top person.
- 7 A spotter must remain visually focused on the head-and-shoulder area of the top person, except when it is necessary to briefly check other stunts/personnel.
- 8 A spotter's arms and hands must be in one of the following positions:
  - a. Hands grasping the wrist(s)/forearm(s) of the base(s);
  - b. Hands touching or grasping the ankle(s)/lower leg(s) of the top person;
  - c. Arms lifted toward the top person's head and shoulders (if not touching either the top person or a base).  
**NOTE:** It is not necessary for the arms to be straight, but they must be in a "ready" position.
- 9 A spotter must not:
  - a. Grasp the sole of the top person's foot.
  - b. Grasp the base(s) hand(s) under the top person's foot.
  - c. **Place her/his torso underneath** the stunt.
  - d. Hold objects in her/his hand(s).
- 10 A spotter is required for stunts in which the supporting arm(s) of the base(s) is(are) fully extended above the head, except for the following:
  - a. Chair
  - b. Russian lift
  - c. Torch
  - d. Double-base split catch
  - e. Triple-base dead-man lift
  - f. Triple-base extended suspended splits
  - g. Double base vertical T-lift
  - h. A triple-base Swedish fall provided all three bases face the top person.

### Section 5 NON-RELEASE STUNTS

- 1 All partner stunts and pyramids are limited to two levels high, meaning that the top person(s) receive(s) primary support from one or more bases who is/are in direct, weight-bearing contact with the performing surface.

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- 2 A top person must not be in an inverted position except for the following:
  - a. During a suspended roll;
  - b. When beginning a stunt from a weight-bearing, inverted position on the performing surface, which goes directly to a non-inverted position shoulder height or below. This stunt must include a base or spotter who protects the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person from the inverted position until the top person is no longer inverted.
- 3 A participant must not move under or over a partner stunt or pyramid.
- 4 In braced partner stunts/pyramids, at least one bracer of each pair must be at shoulder height or below.
 

**EXCEPTIONS:**

  1. The following extended stunts may brace any other extended stunt:
    - a. Chair
    - b. Multi-base flatback/deadman lift
    - c. Multi-base straddle lift
  2. Extensions may brace the stunts listed above and other extensions (except a totem pole)
- 5 A pendulum is legal provided all the following conditions are met:
  - a. The top person begins at shoulder height or below.
  - b. The top person does not pass through an extended overhead position.
  - c. There are at least three catchers.
  - d. The base(s) and catchers remain stationary and do not move except as necessary for safety adjustments.
  - e. No participant is a standing between the base(s) and catchers.
  - f. One the top person is permitted to turn.
  - g. **The base(s) has/have constant visual contact with the catchers.**
- 6 A pendulum may end in an extension.
- 7 A pendulum must have a designated spotter facing the top person when he/she returns to vertical in a straight body position at the end of the stunt.
- 8 A top person may be moved from a vertical position to a face up or face down straight body horizontal position provided both of the following conditions are met:
  - a. The top person is moved to a position between two original bases. At least two additional catchers/bases catch the upper body of the top person.
- 9 A hanging pyramid is legal provided all the following conditions are met:
  - a. Base(s) remain(s) stationary and maintain(s) constant contact with the suspended top person.
  - b. Spotters are present for each shoulder stand.
  - c. Suspended top person is lower than the shoulder stand(s) with feet hanging free.
  - d. Suspended top person does not twist on the dismount.
- 10 A totem pole is legal provided all the following conditions are met:
  - a. Each top person leaning forward is stabilized/supported by the stunt directly in front.
  - b. No extended stunt stabilizes/supports another top person.
  - c. A spotter is present for each extended stunt.
- 11 Single-base stunts in which the top person is supported under the legs in a split or straddle position **shoulder height or above** are illegal.
- 12 A spotter is required during a roll down from a side T-lift.
- 13 In a non-release transitions in which the top person is moved to new base(s), all the following conditions must be met through the transition:
  - a. The top person maintains physical contact with the original base(s) or a post until establishing contact with the new base(s)
  - b. The person moving the top person must not turn more than 180 degrees (half turn) to face the new bases.
  - c. The new base(s) must be to the side or front of the person moving the top person except when the top person remains vertical.
 

**EXCEPTION:** A backward leapfrog to a prone position is permitted provided there are at least two catchers, and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.
- 14 In a non-release transitions in which the top person is moved by a post back to the original bases, both the following conditions must be met throughout the transition:
  - a. The top person maintains physical contact with an original base or a post.
  - b. When the top person is moved by a post, the bases must move to a position that is either to the side or front of the post except when the top person remains vertical.

## Section 6 RELEASE STUNTS/TOSSES

- 1 In all release stunts and tosses:
  - a. The top person must not become inverted.
  - b. The top person must be directed vertically and be caught by the original bases.
  - c. Participants must not pass over or under other participants or through a prop.
  - d. The tossers/catchers and spotter must remain in their original locations unless making necessary safety adjustments.
- 2 **Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.**
- 3 Basket tosses, elevator tosses and other similar multi-base tosses must not involve more than four tossers, including the person who may set or "load" the top person.
  - a. One of the tossers must be behind the top person during the toss.
  - b. The top person must be cradled by at least two of the original tossers and have a separate head-and-shoulders spotter who was one of the original tossers.
  - c. The top person must not hold objects in her/his hands (e.g., poms, signs, etc.)
- 4 Quick/load-in tosses that begin with the top person in weight bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met:
  - a. The toss does not significantly exceed the height of the intended stunt.
  - b. The top person is not tossed again or does not lose contact with the base(s) without first dismounting to a cradle or the performing surface.
  - c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.
  - d. Tosses to a position in which the top person's weight is supported under the legs in a split or straddle position **shoulder height or above** are illegal.
- 5 A helicopter is legal, provided all the following conditions are met:
  - a. The rotation in the horizontal plane is not greater than 180 degrees.
  - b. The top person does not twist.
  - c. The top person is in a face-up position.
  - d. There are at least four bases who serve as both tossers and catchers.
  - e. At tosser/catcher must be in position to support the top person's head and shoulders at both the beginning and end of the stunt.

**NOTE:** A helicopter is an exception to the transition rule.
- 6 A log roll is legal provided it does not involve more than two complete rotations and the top person is not in contact with a person in another stunt.

**NOTE:** A log roll is an exception to the transition rule. (See 2-6-7)

  - a. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
  - b. In a multi-base log rolls with fewer than four catchers the top person must begin and end in a face-up position.
  - c. In a multi-base log roll with four or more catchers the top person may be caught face-up or face down position. The top person may be caught face up in a cradle or layout position or face down in a layout position.

**NOTE:** The face-down catch is an exception to the swan dive rule (2-11-6).
- 7 In a release transitions all of the following conditions must be met through the transition:
  - a. The top person has at least two bases, except that a single-base tick tock is permitted provided the top person remains up right.
  - b. The bases remain stationary except as necessary for safety adjustments.
  - c. The top person maintains hand-to-hand/ arm contact with at least one bracer.
  - d. The top person and each bracer have a separate spotter with the exception of bracers in shoulder sits and thigh stands.
  - e. The bracers do not provide primary support for the top person.
  - f. The release is continuous, vertical up-and-down movement in which the top person remains over the base(s).
  - g. The top person is not released to a toss or to separate bases.
- 8 A toe/leg pitch to a jump or tumbling skill is illegal.
- 9 A swan dive is illegal.
- 10 Releasing a vertical top person from above shoulder height to a catch in a layout position is illegal.

## Section 7 SUSPENDED STUNTS

- 1 In suspended stunts, the top person must not become inverted with the exception of forward suspended rolls.
- 2 A forward suspended roll is legal provided all the following conditions are met:
  - a. Two bases or two posts control the top person's dismount to the performing surface or cradle.
  - b. The top person begins from the performing surface or from a stunt shoulder height or below.
  - c. From single-base stunts, the top person maintains continuous hand-to-hand contact with two posts.
  - d. From multi-base stunts, the top person maintains continuous hand-to-hand contact with two bases or two posts.
  - e. From the performing surface the top person maintains continuous hand-to-hand contact with two posts.
- 3 Backward suspended rolls are illegal.
- 4 Suspended splits that originate at shoulder level or below are legal provided all the following conditions are met.
  - a. There are at least two bases.
  - b. The top person has both hands in constant contact with base(s).
  - c. A spotter is in place if the top person passes through or ends in an extended position except during triple-based suspended splits.
- 5 Suspended splits not involving bracer(s) that originate from above shoulder height and drop to any level are legal provided all the following conditions are met:
  - a. At least four bases slow the momentum of the top person.
  - b. The top person has both hands in contact with a base(s) once she reaches the full split position.
  - c. In side-facing splits, the four bases support under the top person's thighs and legs prior to reaching the full split position.
  - d. In forward-facing splits, four bases slow the momentum of the top person with three bases supporting her thighs and legs, and both hands of the top person prior to reach the full split position.
- 6 Suspended splits involving bracer(s) that originate at any height and drop to any level are legal provided all the following conditions are met:
  - a. The top person has at least two bases.
  - b. The top person has both hands in contact with the bracer(s).
  - c. The top person and bracer(s) each have a separate spotter with the exception of bracers in shoulder sits or thigh stands.
  - d. If the top person is not released by the bases, the bracer(s) must maintain hand/arm contact with the top person until she/he is no longer in a split position.
  - e. If the top person is released by the bases, the release must be a continuous, vertical up-and-down movement in which the top person remains over the base(s). The bracer(s) must maintain hand/arm contact with the top person during the entire loss of contact with the bases.
- 7 A swinging stunt is legal provided all the following conditions are met:
  - a. The top person is swung in an upward direction.
  - b. The top person is face up.
  - c. **The top person begins from a cradle or the performing surface.**

**NOTE: A slight downward swing to prepare for and upward swing is permitted.**

## Section 8 DISMOUNTS

- 1 Dismounts or passing through an inverted position are illegal except for forward suspended roll.
- 2 Base(s)/catcher(s) must not move during dismounts except as necessary for safety adjustments.  
**EXCEPTION:** See 2-10-2
- 3 Dismounts to the performing surface from shoulder height or above must have assisted landings.  
**NOTE:** Extension prep height is considered shoulder height.
- 4 No skill, (e.g., toe touch, twist, etc.) without constant hand-to-hand contact shall be performed prior to landing on the performing surface.
- 5 In all cradle dismounts:
  - a. The base(s)/catcher(s) must have continuous visual contact with the top person.
  - b. The top person must not hold props that are made of solid material, or have corners, or sharp edges.
- 6 Cradle dismounts from multi-base stunts to a cradle must be cradled by at least two bases/catchers and an additional head and shoulders catcher/spotter.
- 7 Cradle dismounts from single base stunts to a single base cradle must have an additional spotter/catcher who is responsible for the head-and-shoulder area of the top person.  
**EXCEPTION:** No additional catcher/spotter is required when cradling a chair or a torch.
- 8 A skill (e.g., toe touch, twist, etc.) may be performed to a cradle except during dismounts to separate catchers.

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- 9 A twist to cradle:
  - a. Must not involve more than two complete rotations.  
**EXCEPTION:** 2-10-2
  - b. **Is permitted only on grass (real or artificial) or a mat**
- 10 Dismounts to catchers who are not the original bases must have at least three catchers, one being a head and shoulders catcher/spotter. Following the pop to release the top person, no skill (e.g., toe touch, twists, etc.) shall be performed into the cradle.
- 11 In cradle dismounts where a bracer is involved after the release top the top person, all of the following conditions must be met:
  - a. The top person has at least two bases.
  - b. Constant hand-to-hand/arm contact is maintained between the top person and at least one bracer until the top person is descending.
  - c. Each top person and bracer has a separate spotter with the exception of bracers in shoulder sits or thigh stands.
  - d. The bracers do not provide primary support for the top person.
  - e. The release is a continuous vertical up-and-down movement in which the top person remains over the base(s).
  - f. The top person is not released to new catchers.
- 12 Tension drops are illegal

## Section 9 TUMBLING

- 1 Tumbling over or under a stunt, person or prop is illegal with the exception of a forward roll over a prop.
- 2 A dive forward roll is illegal.
- 3 A flip into a partner stunt or cradle is illegal
- 4 A flip in a tumbling pass must not involve more than one complete foot-over-head rotation or more than one complete twist.
- 5 **Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.**

## Section 10 TWISTS

- 1 Twists performed to a cradle, during a tumbling pass or in a quick/load –in toss are only legal on grass (real or artificial) or a mat.
- 2 A twist performed to a cradle must not involve more than two complete rotations except, when dismounting to a cradle from a side-facing stunt or toss, 2 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle. (See 2-8-2, 2-8-9)
- 3 A twist performed during a tumbling pass must not involve more than one complete rotation.
- 4 A twist on the performing surface (jump-twist-land) must not involve more than two complete rotations.

## Section 11 DROPS

- 1 Knee, seat, thigh and split drops from a jump, stand or inverted position, stand or inverted position are illegal unless most of the weight is first borne on the hands or feet, or the descent is controlled.
- 2 Front drops from an airborne position are illegal.
- 3 A handspring/flip over to any drop is illegal.

Anything highlighted in **yellow** identifies a change or edited definition, rule, etc from the previous year's set of rules.

For clarification of the NFHS rules according to Cheer Ltd., Inc. competitions and divisions, please contact Cheer Ltd directly at 800-477-8868 or email Lisa Thompson - LisaT@cheerltd.com.