

2016-17 NFHS SPIRIT RULES CHANGES
SUMMARY OF MAJOR CHEER CHANGES

Rule Ref	BOOK REORGANIZATION
	<p>Cheer and Dance/Drill/Pom will now follow completely separate performance safety rules.</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>Note: Rule changes and additions are <u>underlined</u>; Old language is lined through. *Asterisk indicates that the rule number will change with book reorganization.</i></p>
1-Definition	Bracer – “A top person who stabilizes and/or assists <u>is connected to another top person.</u> ”
1-Definition	<u>Cradle Position (NEW) – “A face-up open-pike position.”</u>
1-Definition	Quick Toss – “A release that begins with the top person in <u>having both feet in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.</u> ”
*2-4-7	<p>A spotter is required for extended stunts except for the following:</p> <ul style="list-style-type: none"> 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. <p><i>(Note: f. All bases of triple-base Swedish fall are no longer required to face the top person. A spotter is not required if the number of a bases exceeds the number of bases listed for the exception.)</i></p>
*2-5-2	<u>ART. 2 (NEW) . . .An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.</u>
*2-5-3 a, b	<p>ART. 3 . . .Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:</p> <ul style="list-style-type: none"> a. Braced inversions that do not release must follow non-release stunt Rule *2-6. b. Braced inversions that release must follow release transition Rule *2-7- 5. <p><i>(Note: Old a. was deleted, meaning that braced flips can start from a single base.)</i></p>
*2-5-4	<p>ART. 4 . . .Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:</p> <ul style="list-style-type: none"> a. 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	<p>ART. 5 . . . In all other inversions:</p> <ul style="list-style-type: none"> a. Old a. replaced by new Art 2 a. 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. <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. <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. In inversions in which the base of support begins and remains below prep level:</p> <ol style="list-style-type: none"> 1. At least one base or spotter must be in a position to protect the head/neck of the top person. <i>(old b.-no change)</i> 2. The base or spotter must maintain contact with the top person’s upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person’s position. <p>e. In inversions where the base of support begins at or passes through prep level: <i>(old c.-no change)</i></p> <ol style="list-style-type: none"> 1. At least two people on the performing surface must be in a position to protect the head/neck of the top person. 2. The bases/spotters must maintain contact with the top person’s upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person’s position. EXCEPTION: In a foldover stunt, the top person may initiate the inversion without upper body contact. 3. The top person must not go directly to an inverted position on the performing surface from a prep level or higher. <p>f. <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. 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 Rule *2-9-2.</p>
*2-6-3	ART. 3 (NEW) . . . <u>A participant must not jump unassisted onto the back of a base who is in a horizontal position.</u>
*2-6-4	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.</u>
*2-7-2 New b	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	ART 4 (NEW) . . . <u>A switch liberty is permitted as an exception to Art *2-7-2 and *2-7-3</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.</u>
*2-7-11	ART. 11 . . . (NEW) A quick toss is permitted.
*2-8-2	ART 2 . . .Non-braced suspended splits that originate from or pass through prep level or above are permitted provided . . .”: a. . . . <u>At least four three bases slow the momentum of the top person.</u>

	<p>b. The top person has both hands in contact with a base(s) once she reaches the full split position.</p> <p>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.</p>
<p>*2-9-3</p>	<p>Dismounts to the performing surface from shoulder height or above that involve a skill (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.</p>
<p>*2-12 (NEW)</p>	<p><u>SECTION 12 (NEW) CHEERING ON PROPS AS BASES</u> <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></p>