

2016-17 NFHS SPIRIT RULES CHANGES

SUMMARY OF MAJOR 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 underlined; Old language is lined through.</i></p> <p><i>*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 Also Rule 4	<p>A spotter is required for extended stunts except for the following:</p> <ol 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>
*2.6.3 Also Rule 4	<u>ART. 3 (NEW) . . . A participant must not jump unassisted onto the back of a base who is in a horizontal position.</u>
(NEW) Rule 4	<p>The following stunts and releases will not be permitted in Dance/Drill/Pom.</p> <p><u>ART 4.3.5.Braced flips</u></p> <p><u>ART 4.4.2. Stunts/lifts in which base(s) support(s) an extended top person under the foot/feet.</u></p> <p><u>ART 4.5.2.Tosses.</u></p> <p><u>ART 4.5.2.Braced release stunts and braced release transitions</u></p> <p><u>ART 4.5.2.Switch Liberties</u></p> <p><u>ART 4.4.13 .Single base stunts in which the base is the only primary support for two extended top persons</u></p> <p><u>ART 4.4.13 .Single base stunts in which the base uses only one arm to support an extended top person.</u></p> <p><i>Note: These restrictions are intended to 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></p>

<p>New 4.1.5</p>	<p>Art. 5...Dance, drill and pom teams must wear footwear that is appropriate for the activity.</p> <ul style="list-style-type: none"> a. At minimum footwear must cover the ball of the foot. EXCEPTION: Dancers who perform on a floor cover may be barefoot. b. <u>Footwear that covers the entire foot /feet with non-slip soles must be worn for the following:</u> <ul style="list-style-type: none"> 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>
<p>Old 3.7 Delete Section</p>	<p>SECTION 7—ASSISTED INVERTED FLOOR SKILLS</p> <p><i>(Note: This section is no longer needed; inversion rules apply)</i></p>