



2015-16 SPIRIT RULES CHANGES

2-5	<p>SECTION 5 – INVERSIONS</p> <p>ART 1 . . . Unless allowed under the rules in this section, a top person must not be in an inverted position.</p> <p>ART. 2... Suspended rolls are allowed provided:</p> <ol style="list-style-type: none"> 1. Two people on the performing surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface. 2. A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two-person cradle, loading position or the performing surface. <p>NOTE: A single base/post suspended roll that ends on the performing surface requires a spotter.</p> <ol style="list-style-type: none"> 3. If caught in a cradle, load or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated. 4. The feet/ankles of the top person are released.
2-5-3 (New)	<p>ART 3... <u>Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:</u></p> <ol style="list-style-type: none"> a. <u>The top person does not begin in an extended inverted position.</u> b. <u>Braced inversions that do not release must follow the non-release stunt rule 2-6.</u> c. <u>Braced inversions that release must follow the release transition rule 2-7-5.</u>
2-5-4b (New), c, f	<p>ART. 4 . . . Braced forward or backward flips or rolls in a pyramid are allowed provided all the following conditions are met:</p> <ol style="list-style-type: none"> a. The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface. b. <u>The top person does not begin in an extended inverted position.</u> c. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side. The bracers are in multi-base preps with a spotter (no shoulder-stand, shoulder-sit or thigh-stand bracers). The top person is between or in front of the bracers. d. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted. e. The top person ends in a non-inverted position. f. The top person does not perform more than one and one quarter (1¼) flipping rotations and does not no more than one half (½) twist. g. The bases/catchers remain stationary except as necessary for safety adjustments.

<p>2-5-5b (New), c (New)</p>	<p>ART. 5... In all other partner stunts inversions:</p> <p>a. An inverted top person is allowed to pass through an extended position, but must not pause or stop while extended.</p> <p>b. In inversions where 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. 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>EXCEPTION: A top person in an inverted position on the performing surface may be released to a loading position below shoulder height.</p> <p>c. In inversions where the base of support begins or passes through prep level:</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. <p>EXCEPTION: In a foldover stunt, the top person may initiate the inversion without upper body contact.</p> <ol style="list-style-type: none"> 3. The top person must not go directly to an inverted position on the performance surface from prep level position or higher. <p>d. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed 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.). Dismounts to the performing surface from shoulder height or above must follow Rule 2-9-2.</p>
<p>2-5-6</p>	<p>ART. 6 . . . An inverted top person must not hold objects (poms, signs, etc.) in his/her hands, <u>except during a transition from an inverted position on the performing surface to a non-inverted stunt.</u></p> <p>Rationale: The committee reorganized 2-5 to improve clarity. With a continued focus on risk minimization, a new Article 3 was added dealing with braced inversions in a pyramid.</p>
<p>2-6-4</p>	<p>SECTION 6 – NON-RELEASE STUNTS...</p> <p>(P) ART 4 . . . A top person may be moved from a vertical position to a face-up or face-down horizontal position (straight body or cradle) provided all the following conditions are met:</p> <ol style="list-style-type: none"> a. The top person maintains contact with at least one original base or spotter. b. At least two catchers and/or bases catch the upper body of the top person. c. The catchers must be to the side or front of the person(s) moving the top person. d. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position. e. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, three catchers are in place.

	<p>Rationale: Under current rules, face-up and face-down positions are allowed. This rule change also clarifies that participants can be transitioned to their sides as well as fronts and backs, which has proven to be of minimal risk to participants.</p>
2-7-3b	<p>SECTION 7 – RELEASE STUNTS/TOSSES...</p> <p>ART. 3 . . . Quick tosses are legal provided all the following conditions are met:</p> <ul style="list-style-type: none"> 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. b. The base(s) apply upward force on any part of the body other than under the foot/feet. EXCEPTION: A switch liberty is permitted. d. c. The top person is not caught under the legs in a split or straddle position in a stunt shoulder height or above. <p>Rationale: The top person in a quick toss can continue in transitional stunts with minimal risk.</p>
2-7-6a,b,f	<p>SECTION 7 – RELEASE STUNTS/TOSSES...</p> <p>(P) ART. 6 . . . Release transitions are permitted, <u>provided all skills used by participants before and after the release are legal</u> and all of the following conditions are met throughout the transition:</p> <ul style="list-style-type: none"> a. The top person has at least two bases, except that a single base tick tock is permitted provided the top person remains upright. <u>a. The required spotters are in place.</u> b. The top person maintains hand-to-hand/arm contact with at least one bracer, except that a multi-base non-braced (free standing) tick tock that begins at shoulder level is allowed. Exception: A non-braced tick tock that begins at or below shoulder level is allowed. c. The top person and each bracer have a separate spotter with the exception of bracers in shoulder sits and thigh stands. d. The bracers do not provide primary support for the top person. e. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains vertical over the base(s). f. The top person is not released to a toss or to separate base(s). <u>f. The top person must be caught by original base(s).</u> <p>Rationale: This rule change identifies the various skills used by participants before and after any release transition that must be in compliance with the <i>NFHS Spirit Rules Book</i>. This rules change also addresses coaches' responsibilities that are covered in other sections.</p>
2-8-6 (New)	<p>SECTION 8 - SUSPENDED STUNTS...</p> <p>(P) ART. 5 . . . A swinging stunt is legal provided all the following conditions are met:</p> <ul style="list-style-type: none"> a. Any downward movement begins from below shoulder height. b. The top person is face up. c. The top person begins on the performing surface or in a stunt that is below shoulder level. <p>ART. 6 . . . <u>A top person must not be in a face-down position between bases in which the top person's torso is suspended below the arms and legs.</u></p>

	<p>Rationale: Suspending a person face down with his/her arms and legs suspended backward above the torso increases risk. This rule addition clarifies what body positions are illegal in a suspended stunt and is necessary for risk minimization.</p>
<p>2-10-7 (New)</p>	<p>SECTION 10 TUMBLING...</p> <p>ART. 6. . . . Airborne twisting tumbling skills are permitted only on grass (real or artificial), a mat or a rubberized track, with the exception of round-offs and aerial cartwheels.</p> <p>ART. 7. . . . <u>Airborne skills without hip-over-head rotation may not involve jumping from a standing or squatting position backwards onto the neck, shoulders or hands. This rule refers to a type of entrance into the “kip-up/rubber band” skills.</u></p> <p>Rationale: This rule addition eliminates skills that have risk to the head and/or neck.</p>
<p>2-11 & 3-5</p>	<p>SECTION 11 DROPS...</p> <p>ART. 1. . . . <u>Airborne drops that go directly to the thighs, splits, knees or seat on the performing surface are illegal without first bearing weight on the hands or feet, or controlling the descent.</u></p>
<p>2-11-2 & 3-5-2 (New)</p>	<p>ART. 2. . . . Airborne drops to a pushup position, including Shushanovas, are illegal. <u>EXCEPTION: Springing from a crouch to a pushup position is allowed.</u></p>
<p>2-11-3 & 3-5-3 (New)</p>	<p>ART. 3. . . . <u>Falling from a standing position directly to the stomach or back on the performing surface is illegal without first bearing weight on the hands.</u></p> <p>ART. 4. . . . <u>Dropping to the performing surface from a handspring/flip is illegal.</u></p>
<p>2-11-5 & 3-5-5 (New)</p>	<p>ART. 5. . . . <u>Airborne skills without hip-over-head rotation may not jump from a standing or squatting position backwards onto the neck, shoulder or hands. This applies only to a type of entrance into the kip up/rubber band skill.</u></p> <p>Rationale: These changes are intended to clarify the rule’s intent, to prohibit high risk skills that were previously allowed, and to permit low risk skills that were previously prohibited.</p>