

NFHS Rule Changes 2021

3.2.1B-Allows an exception for poms to be held during dismounts.

3.3.3-Removes the requirement for hand-to-hand/arm contact during inversions in pyramids that do not flip or roll.

3.5.5-Removes the requirement for hand-to-hand/arm contact during release transitions.

NFHS Rule Changes 2020

Rule 1-Deleted the definition of a basket toss. Revised definitions of dismount, foldover, prep, and switch up.

3.2.1C- Restricts bases holding objects when supporting an extended stunt.

3.3.5- Allows the top person to make a $\frac{1}{4}$ turn around the bracer.

3.3.5A- Clarifies the connection between a single bracer and a top person during a flip.

3.3.5G- Allows the top person to perform no more than one complete twist during a braced flip.

3.3.6A- Restricts the release of inverted skills to the original bases.

3.3.6A(3)- Allows an inversion to be released to a stunt with no more than a $\frac{1}{4}$ turn

3.3.6C(2)- Allows contact to be maintained between one base or spotter and the top person during an inversion that begins at or passes through prep level. Revised language for foldover exception.

3.5.5C(3)- Allows top person in a horizontal or cradle position to be released to a loading position or stunt at any level with no more than a $\frac{1}{4}$ turn.

3.5.5D- Restricts the movement of bracers.

3.7.5- List of exceptions was modified.

3.7.9- Rule deleted

3.8.9- Restricts contact during airborne tumbling skills with hip-over-head rotation.

3.9.4- Deleted handspring from the rule.