

# Points of Emphasis

- 1. Dance Rules Rewrite
- 2. Data Sharing with NFHS and State Associations
- 3. Sportsmanship
- 4. Copyright Compliance



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## Rules Revisions

1.

The 2025-26 NFHS Spirit Rules Book has been redesigned to separate dance rules from cheer rules.
2.

All cheer-specific definitions are now found in Rule 2. New definitions include assisted walkover, kip up and nugget.
3.

All dance-specific definitions are now found in Rule 3. New definitions include executing dancer and supporting dancer.
4.

An extended stunt in which a top person is vertical and supported at the waist can be performed without a spotter.
5.

A bracer may release the top person or move to a load position during a flip inversion when the top is descending and goes to a cradle or the performance surface.
6.

An inverted top person is permitted to hold props during a partner cartwheel and an assisted walkover.
7.

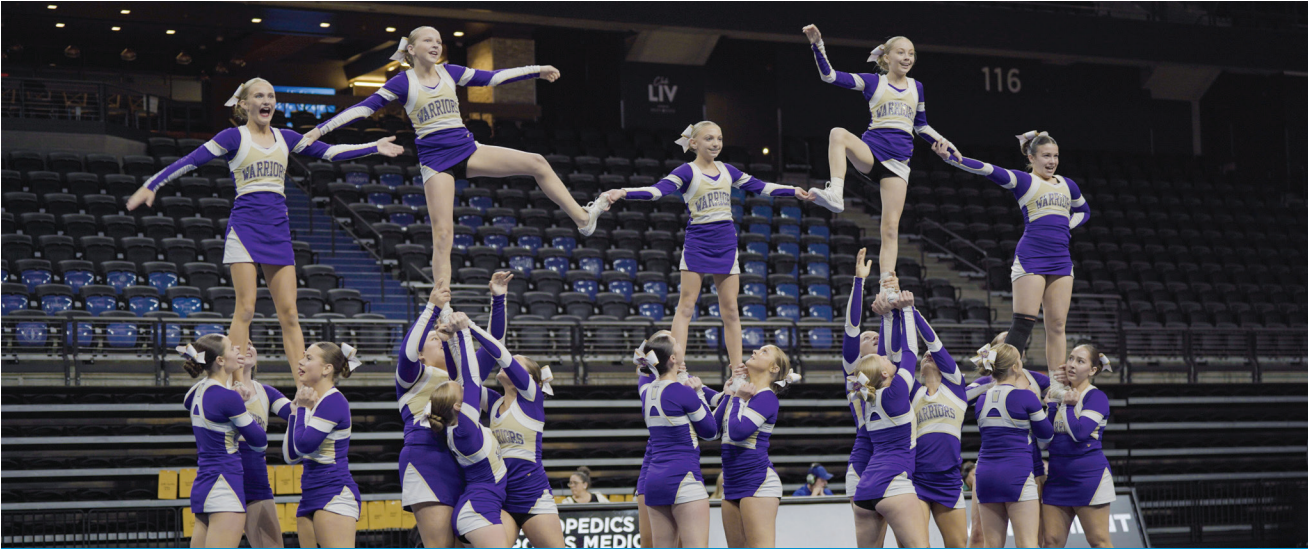
Participants are prohibited from landing or being caught in an inverted position in a stunt or pyramid from an unassisted airborne position.
8.

A top person in a prep-level skill may be released to a vertical or horizontal position, as long as the release does not significantly exceed that height of the catch by the bases.
9.

Entire dance rule has been rewritten to provide dance/drill-specific language.

# 2025-26 SPIRIT

Sport image provided by South Dakota Public Broadcasting.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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