

2008-09 Spirit Rules Changes

1-3-1 Inverted - One in which a participant's shoulders are below his/her waist.
(examples: Chorus line flip, back handspring, needle scale, arch back)

RATIONALE: Defining an inverted position as "shoulders below waist" instead of "head below waist" more accurately reflects the intent of the inverted flyer rule and now allows a variety of low-risk stunts that have previously been illegal.

2-1-14 A participant who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or uniform is changed before returning to participation.

RATIONALE: This rule is consistent with all other NFHS sports and is for the safety of all athletes.

2-6-11 In dismounts where a bracer is involved after the release of the flyer, all the following conditions must be met:

- a. The flyer maintains hand-to-hand/arm contact with at least one bracer during the entire loss of contact with his/her base(s).
- b. The flyer does not become inverted.
- c. The flyer has at least two bases.
- d. Each flyer and bracer has a separate spotter.
- e. The loss of contact is a continuous up and down movement.
- f. The flyer's center of gravity remains directly over the bases.
- g. The flyer's weight is not supported by the bracer(s).
- h. The bracers do not intentionally increase the height of the flyer.

RATIONALE: This rule was written so that the wording would be similar to the transition exception in rule 2-12-1.

2-8-2 b. A flyer must not be in an inverted position except for the following:

- a. During a forward suspended roll;
- b. When beginning a stunt from an inverted position on the performing surface, that goes directly to a non-inverted position shoulder height or below. This stunt must include a base or spotter who protects the head/neck/shoulder area of the flyer. This base or spotter must maintain contact with the flyer from the inverted position until the flyer is no longer inverted.

RATIONALE: Requiring a base or spotter to maintain physical contact with a flyer while she/he is inverted stabilizes the stunt and reduces risk of injury to the flyer.

A forward suspended roll is legal provided all the following conditions are met:

**2-9-1 a.
and d.**

- a. The flyer begins from the performing surface or from a stuntshoulder height or below.
- d. In suspended rolls from the performing surface, the flyer maintains continuous hand-to-hand contact with two bases.

RATIONALE: Allowing a forward suspended roll from the performance surface does not present more risk (and possibly less) than forward suspended rolls from stunts, provided two bases are used.

2-12-1a and i. Article 1 - In transitional stunts, physical contact must be maintained between the flyer and the base(s) except when ALL of the following conditions are met:

- a. The flyer maintains hand-to-hand/arm contact with at least one bracer during the entire loss of contact with his/her base(s).
- b. The flyer does not become inverted.
- c. The flyer has at least two bases EXCEPT THAT a single-base tick tock is permitted when the flyer remains upright (vertical) throughout the stunt.
- d. Each flyer and bracer has a separate spotter.
- e. The loss of contact is a continuous up-and-down movement.
- f. The flyer's center of gravity remains directly over the bases.
- g. The flyer's weight is not supported by the bracer(s).
- h. The flyer is not released to a toss.
- i. The bracers do not intentionally increase the height of the flyer.

**3-1-6
Add
Exception**

Pedini-style dance shoes and others with heels of sufficient height to raise the bottom of the foot off the floor.

RATIONALE: The purpose of requiring that the bottom of the foot be covered is to prevent injury and disease. The pedini-style shoe's heel raises the bottom of the foot off the floor which minimizes that risk.

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