

NFHS 2017-18 RULES CHANGES- Summary

Rule 1: The following definitions were deleted: downward inversion, front drop, knee/seat/thigh drop, split drop, sponge, and swan dive. The following definitions were added to clarify language used in the updated Spirit Rules Book: braced flip, braced inversion, braced roll, prep level and swing roll down (teddy bear roll down). The definition for switch liberty was revised to match common practice.

2-1-10, 2-1-12: Revised language was written to match the basketball rules book to create consistency across activities.

3-2-7, 4-2-7: Language was revised to allow for show-and-go and up-and-over stunts without a spotter. The stunts allowed without a spotter do not end in an extended position.

3-3-2, 4-3-2: The word static was removed to clarify how a top person can pass through an extended position.

3-3-3, 4-3-3: Conditions for braced inversions in a pyramid that do not flip or roll are enumerated for clarification.

ART. 3 . . . *Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:*

- a. *The inverted top person shall have at least two bases or a base and a spotter.*
- b. *If the inverted top person is released the following conditions shall be met:*
 1. *The skills/stunts before and after the release are permitted.*
 2. *Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and a spotter.*
 3. *The bracers do not provide primary support for the top person.*
 4. *The top person and base(s) make no more than a ¼ turn around the bracer in a continuous movement.*
 5. *The top person is caught by original base(s).*
 6. *The top person does not land in an inverted position.*

When executing inversion that do not flip or roll in a pyramid, the bracer can be in a double based prep without a spotter or a shoulder stand with a spotter.

3-3-4, 4-3-4: Conditions for braced rolls in a pyramid were reorganized and clarified.

ART. 4 . . . *Braced rolls in a pyramid are permitted provided the following conditions are met:*

- a. *The inverted top person has at least two bases or a base and a spotter.*
- b. *The bracer(s) have two bases or a base and a spotter.*

When executing braced rolls, the bracer can be in a double based prep without a spotter or a shoulder stand with a spotter.

3-3-5: Conditions for braced flips in a pyramid were reorganized and enumerated for clarification.

ART. 5 . . . *Braced flips in a pyramid are permitted provided all the following conditions are met:*

b. The top person shall have at least three people involved who were the original bases or spotters.

c. If the flip ends in a cradle, the bracers may release the top person once he/ she begins to descend and is no longer inverted.

d. The top person ends in a non-inverted position.

The criteria for braced flips is the same, but the rule clarifies that 3 stunt personnel must be involved as the original bases or spotters. All personnel do not have to catch the top person. For example: There can be two spotters that are in a position to protect the head neck and shoulders, but who are not touching the top person.

3-3-6, 4-3-6: Conditions for inversions that are released were clarified. A quarter turn was changed to a half turn; this increase does not elevate safety risks for participants. The number of bases and/or spotters was adjusted. Rules for suspended rolls were moved to this section.

ART. 6 . . . *In all other inversions:*

a. Inversions may release to the following provided there is a spotter:

1. Dismounts with no more than a ½ turn.

2. Loading position with no more than ½ turn.

3. A stunt at prep level or below.

6a.

An inversion can be released with ½ turn to a load position or a dismount (cradle or performance surface) which is an increase from a ¼ turn. An inversion (inversion beginning on the ground or in a stunt) can be released to a stunt a prep level or below. Please note the rule does not allow for rotation during the release from an inverted stunt or inversion on the ground to a stunt.

b. In inversions where the base of support begins and remains below prep level, at least one person shall be in a position to protect the head/neck of the top person and shall 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 shall be sufficient to stabilize/control the top person's position.

6b.

In inversions where the base of support is below prep level only one person must be in a position to protect the head neck and shoulders (HNS). This is not a change in the rule but a change in the language used to describe the criteria.

c. Inversions where the base of support begins at or passes through prep level:

1. Require two bases or a base and a spotter.

2. At least two people on the performing surface must be in a position to protect the head/neck of the top person, one of whom 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 to top person's position.

EXCEPTIONS:

1. A foldover that begins at or below prep level and does not stop in an extended position is allowed.

2. In a single-base suspended roll, there must be continuous hands-to-hands contact between the base and top person.

3. The top person must not go directly to an inverted position on the performing surface from prep level or higher.

4. If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.

6c.

This section now includes the rules for suspended rolls.

In inversions where the base of support begins or passes through the prep level there must be two bases or a base and a spotter. Two people must be in a position to protect the HNS but only one person has to maintain contact with the top person.

The exceptions are as follows:

1.No change; foldovers are allowed and do not require contact at the initiation of the skill.

2. In single base suspended rolls, there must be hands to hands contact with a base, both hands/arms of the top person must be in contact with both hands of the base.

3.No change; cannot go to the ground on their hands in an inverted position from prep level.

4. If the skill is caught in a cradle, load, or stunt by new catchers, the catchers have to be in place and not involved in another skills when the transition is initiated.

3-3-8, 4-3-8: Swing roll down stunts (teddy bear roll down) were defined and prohibited. **Prohibits a swing roll-down stunt. A swing up to a stunt is allowed when following Rule 3.6.5**

3-4-3, 4-4-11: The word static was removed for consistency throughout the rules book. Language was adjusted to clarify the connection for extended braced stunts. The connection cannot be made by holding the leg/foot in the hand.

ART. 3/11 . . . *In pyramids where one extended stunt braces another extended stunt, the connection must not be hand/arm to foot/leg.*

This allows for movement during connected skills, stunts may move from prep level to extended and back to prep level while connected. It is legal to change levels (prep or extended) and body position simultaneously, as long as the connection is NOT hand/arm to foot/leg.

3-5-5: Adjusted the requirement for bases/spotters of bracers in a double-based prep.

ART. 5 . . . *Release transitions are permitted provided all of the following conditions are met throughout the transition:*

c. Each bracer is at prep level or below. If at prep level, the bracer(s) shall have two bases or a base and a spotter.

May perform ball backs, tick tocks, and other release skills in a pyramid, with a bracer that is in a double based prep without a spotter or shoulder stand with a spotter.

3-5-9, 4-5-2: Swan dive rule was deleted, as releases to prone positions are covered in 3-5-2, 3-5-5, and 4-5-3.

3-6-2, 4-6-2: Language was added to create an exception to allow the top to release one hand to grab another base to adjust position.

ART. 2 . . . *Non-braced suspended splits that originate from or pass through prep level or above are permitted provided all the following conditions are met:*

a. At least three bases slow the momentum of the top person.

b. The top person has both hands in contact with a base(s) once she reaches the full split position.

EXCEPTION: *Top person may release one hand to grasp the hand of another base to adjust his/her position.*

Adds an exception to allow the top to release one hand to grab another base to adjust position. This release must not be prolonged.

3-8-2, 4-8-2: Allows participants to hold poms during airborne tumbling skills in which hands are not in connect with the performance surface.

ART. 2 . . . Tumbling while holding props is not permitted except for the following:

a. a forward roll, backward roll.

b. holding pom(s) during airborne tumbling skills in which the hand(s) are not being used for support.

Allows poms to be held during airborne tumbling skills (tucks and aerials).

4-4-2: The word static was removed and language was added to clarify how a top person can pass through an extended position.

The intent of this rule did not change.

4-7-7: Prohibits skills performed to cradle for dance/drill/pom participants.

ART. 7 . . . A skill (e.g., toe touch, twist, etc.) must not be performed to a cradle in dance/drill/pom.

Twist, toe touches, or other skills are not allowed to a cradle.

4-7-8: Dance/drill/pom participants may twist dismount to the performance surface.

4-10-14: Minimizes the risk to participants when transitioning from props as bases to people as bases.

ART. 14 . . . When transitioning from a prop to a stunt/lift, the new bases must be in contact with the top person before he/she leaves the prop.

This ensures the top person will not be free of contact from a base while transitioning to a stunt from a prop.