



Reorganization of the NFHS Spirit Rules Book

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Reorganization of the NFHS Spirit Rules Book

Inversions

Section 5 – starting on p. 17

Suspended Roll

Braced Flips

Non Release Stunts

Section 6 – starting on p.19

Prep and Extension

Liberty (Variations)

Swedish Fall

Flatback

Pendulum

Pyramid (including hanging pyramid)

Non-Release Stunts

Non-Release Transition (includes Vaults)

Totem Pole

Side T-lift

Leapfrog (non-release transition)

Cupie/Awesome

Release Stunts / Tosses

Section 7 starting on p.21

Basket Toss

Elevator Toss

Quick/Load-in Toss

Helicopter

Log Roll

Release Transition

Tick-tock

Suspended Stunts

Section 8 starting on p. 24

Suspended Splits

Swinging Stunt

