

NFHS Spirit Rule 2-4-7 Clarifications

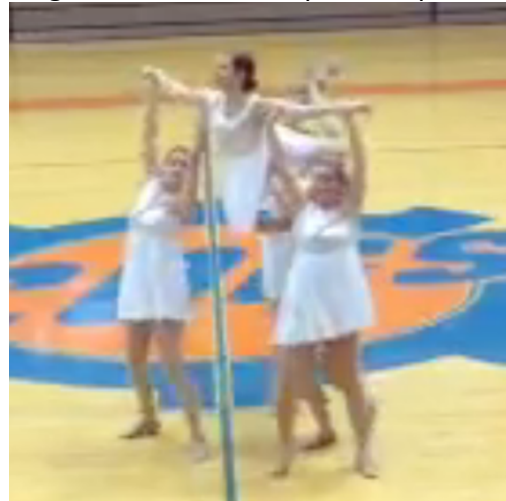
Please review the information below regarding NFHS Spirit Rule 2-4-7 pg. 16. Extended stunts require a spotter unless they meet the exceptions listed.

Example #1: Illegal

The extended stunt pictured below does not meet criteria for an exception of NFHS Spirit Rule 2-4-7 because 1) the team is not executing an extended flatback because the top person is not in a horizontal straight-body position (The definition of a flatback can be found on pg. 8 of the NFHS Spirit Rules Book). 2) The team is not executing a double-base vertical t-lift because the top person is in a horizontal position and not a vertical position. Therefore, this picture does not meet the exceptions per NFHS 2-4-7, the lift as executed is an extended lift that requires a spotter. The additional spotter must meet the criteria in NFHS Spirit Rule 2-4-4 pg. 16.

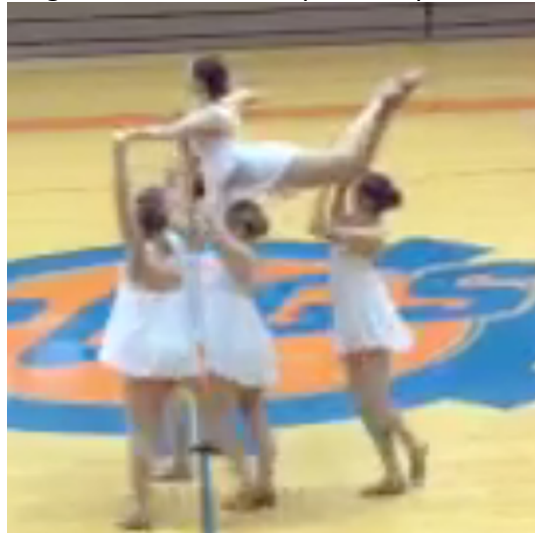
Example #1

Illegal—NFHS 2-4-7 requires a spotter



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Illegal—NFHS 2-4-7 requires a spotter



Example #2: Legal

Triple-base flatback. No spotter is needed since this stunt is listed as an exception for NFHS Spirit Rule 2-4-7 pg. 16.

Example #2: Legal—NFHS 2-4-7



Example #3:

The two examples below show legal and illegal execution of NFHS 2-4-7 h. pg. 16 Triple-base Swedish fall provided all three bases face to the top person.

Example #3: Illegal—Only two bases are supporting each top person. There must be three bases and all bases must face the top person per NFHS 2-4-7 h.



Example #3: Legal—Three bases are present and all are facing the top person. If any bases were facing green wall/bleachers this would become illegal.



Extended Stunts

Per NFHS Rule 2-4-7 pg. 16 adding an additional one or two bases to an extended stunt does not qualify as a spotter. All spotters must meet the spotting requirements listed in NFHS Rule 2-4-4 pg. 16.