



2015-16 NFHS Spirit Rules Book Corrections

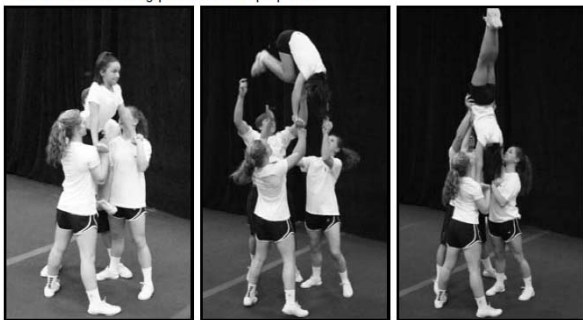
1. 2.3.3 SITUATION B ruling correction: RULING: (a) legal; (b) illegal.

***2.3.3 SITUATION B:** While stunting, the hair of a: (a) base is in a ponytail; (b) top person is in a long, high ponytail that falls forward over her eyes. **RULING:** Both are illegal. **COMMENT:** Hair must be worn in a manner that does not interfere with the safe execution of stunting or tumbling. Long hair that is not secured or that restricts vision presents significant risk during partner stunts, pyramids, tosses and airborne tumbling.

2. The EXCEPTION on Page 49 is for 2-5-5b and should be moved to Page 51 (the EXCEPTION is correct on Page 18). The caption on Page 51 should be moved to Page 49.

**Rule 2-5-5a
INVERSIONS**

EXCEPTION: A top person in an inverted position on the performing surface may be released to a loading position below prep level.



**Rule 2-5-5
INVERSIONS WHERE THE BASE OF SUPPORT BEGINS AT OR PASSES THROUGH PREP LEVEL**



3. The picture on the bottom of Page 51 is Illegal.



ALL ARE LEGAL

By Rule 2-5-5c, this stunt is illegal...the spotter needs to maintain upper body contact with the top person until she is no longer inverted or her hands are on the performing surface.

4. EXCEPTION should read....A non-braced tick-tock that begins at **or below** shoulder level is allowed.

Rule 2-7-5



EXCEPTION: A non-braced tick-tock that begins at shoulder level is allowed.

2015-16 NFHS Spirit Rules Book Edits

1. Definition of Swan Dive (Page 10) should be shaded.

Swan Dive – A top person is released by base(s) or leaves the supporting surface of a prop and is caught in a prone position.

2. Shushunovas are misspelled on Page 30 & 38

(P) ART. 2 . . . Drops to a push-up position, including Shoshanovas, are illegal.

Rule 3-7	2015-16 NFHS Spirit Rules	Page 38
ART. 2 . . . Drops to a push-up position, including Shoshanovas, are illegal. EXCEPTION: Springing from a crouch to a push-up position is allowed.		

3. Tumbling Situations on Page 30 should also be listed on Page 37 and were adjusted for Dance.

RULE 3, SECTION 5 – SITUATION RULINGS

***3.5.1 SITUATION A:** The top persons in two preps are facing each other and holding hands. Another participant executes a forward roll below their connected arms. **RULING:** Illegal.

***3.5.1 SITUATION B:** A participant executes: (a) a forward roll over a person lying on the floor; (b) a cartwheel by placing his/her hands on either side of a person lying on the floor; (c) a cartwheel by placing both hands on the thighs of a person lying on the floor; (d) an aerial cartwheel over the a person lying on the floor. **RULING:** (a) and (b) legal; (c) and (d) illegal.

***3.5.1 SITUATION C:** A participant executes the following over a small prop on the floor: (a) front walkover; (b) a front handspring. **RULING:** (a) legal; (b) illegal.

***3.5.2 SITUATION:** A participant who is holding poms executes: (a) an aerial cartwheel; (b) a back handspring; (c) a backward roll; (d) a one-handed cartwheel with poms in the free hand. **RULING:** (a), and (b) illegal; (c) and (d) legal.

***3.5.5 SITUATION:** During a tumbling pass on the gym floor, a participant executes: (a) a series of back handsprings; (b.) an aerial cartwheel; (c) a single-twisting back flip. **RULING:** (a) and (b) legal; (c) illegal. **COMMENT:** Some twisting tumbling skills are allowed only on mats, grass or rubberized tracks. **NOTE:** See Situation 3.1.5 for footwear restrictions on running airborne tumbling skills.

***3.5.7 SITUATION:** A participant: (a) executes a back handspring landing on her hands and shoulders and immediately kips up to a standing position on the performing surface; (b) rolls backwards onto her hands and shoulders and immediately kips up to a tuck position on the performing surface. **RULING:** (a) illegal; (b) legal.