

Inversions – Quick Reference

This checklist is for reference only. For official rules, see 2012-13 NFHS Spirit Rules Book.

Rule	Type	Start	End	Requirements
2-5-2	Forward Suspended Roll	<ul style="list-style-type: none"> Perf surface or stunt shoulder level or below 	<ul style="list-style-type: none"> Perf surface or cradle 	<ul style="list-style-type: none"> Two bases <u>or</u> two posts Maintain hand to hand contact throughout
2-5-3	Backward Suspended Roll 1	<ul style="list-style-type: none"> Perf surface 	<ul style="list-style-type: none"> Perf surface 	<ul style="list-style-type: none"> Two posts Maintain hand to hand contact throughout
2-5-4	Inverted Mount	<ul style="list-style-type: none"> Perf surface - self-supported inverted position 	<ul style="list-style-type: none"> Non-inverted position/stunt at any height 	<ul style="list-style-type: none"> One base or spotter in position to protect Protector maintains contact until not inverted
2-5-5	Inverted in Stunt	<ul style="list-style-type: none"> In stunt below shoulder level 	<ul style="list-style-type: none"> Non inverted position/stunt below shoulder level 	<ul style="list-style-type: none"> One base or spotter in position to protect Maintain contact with top until not inverted Base of support stays below shoulder level
2-5-6	Inverted Dismount / Downward Inversion	<ul style="list-style-type: none"> In stunt below shoulder level 	<ul style="list-style-type: none"> Perf surface or stunt 	<ul style="list-style-type: none"> Two bases <u>or</u> one base and one spotter in position to protect Maintain contact with top until hands are on the perf surface or is no longer inverted Base of support stays below shoulder level
2-5-7	Braced Flip	<ul style="list-style-type: none"> In pyramid 	<ul style="list-style-type: none"> Loading position, stunt or cradle 	<ul style="list-style-type: none"> Hand-hand/arm contact with a bracer on each side Bracers must be in dbl base shoulder stands or elev preps Top & bracers have spotter and 2 bases Bases can't move No more than 1 ¼ flipping rotation; no twisting
3-2-1	Inverted on Prop	<ul style="list-style-type: none"> On prop 	<ul style="list-style-type: none"> On prop 	<ul style="list-style-type: none"> One foot weight-bearing; surface min 2'x2', <u>or</u> Lying on prop min 1' wide & lower than 3' high
3-4-1a	Fwd Susp Roll from Prop	<ul style="list-style-type: none"> On prop 	<ul style="list-style-type: none"> Perf surface or cradle 	<ul style="list-style-type: none"> Two posts Maintain hand to hand contact throughout
3-4-1b	Fwd Roll Dismount from Prop	<ul style="list-style-type: none"> On prop 	<ul style="list-style-type: none"> Perf surface 	<ul style="list-style-type: none"> Prop low enough that hands can reach floor before beginning dismount