



2012-13 NFHS SPIRIT RULES INTERPRETATIONS

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

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Corrections to Rules Book: Page 23 – Rule 2-7-4c should reference foot/feet. Thus it should read as follows: The base(s) apply upward force on any part of the body other than under the foot/feet.

Page 48 – Picture on the top right is listed as illegal. It should be listed as legal.

Page 49 – The sequence of pictures are incorrectly listed as Rule 2-5-6. They should be listed as Rule 2-5-7.

Page 50 – The sequence of pictures are incorrectly listed as Rule 2-5-6. They should be listed as Rule 2-5-5.

Two resources interpreters and others will find helpful throughout the year: www.cheerrules.com
[http://www.youtube.com/user/AA
CCASafety?feature=watch](http://www.youtube.com/user/AACCASafety?feature=watch)

SITUATION 1: Bases are holding poms in one hand as they support a top person in (a) an extension prep; (b) a double-base thigh stand. **RULING:** (a) Illegal; (b) legal. (2.4.1 Situation B)

SITUATION 2: Three extension preps brace one another. The middle top person is popped by the bases to a ball back position and then: (a) is pulled by the bracers to a liberty without action by the bases; (b) is assisted by the bracers as the bases pop her into a liberty. **RULING:** (a) Illegal; (b) legal. (2.4.3 Situation)

SITUATION 3: A double-base extension rotates while the spotter maintains visual contact with the top person and: (a) stays in his/her original position; (b) moves with the stunt to remain in the proper spotting location. **RULING:** (a) Illegal; (b) legal. (2.4.5 Situation A)

SITUATION 4: A spotter is standing slightly behind an extension and: (a) stays visually focused on the head and shoulders of the top person; (b) glances away for a moment to check other stunts; (c) looks straight ahead at the crowd. **RULING:** (a) and (b) Legal; (c) illegal. (2.4.5 Situation B)

SITUATION 5: A spotter: (a) stands with hands at his/her sides; (b) grasps a base's wrist with one hand and the top person's ankle with the other hand. **RULING:** Both are legal. (2.4.6 Situation)

SITUATION 6: There is no spotter present as a single base supports a top person: (a) in a toss to hands at shoulder level; (b) in a shoulder stand; (c) in a chair. **RULING:** (a) illegal, (b) and (c) legal. **COMMENT:** A spotter is required in (a) because the base is supporting the top person under the feet. (2.4.8 Situation)

SITUATION 7: A participant drops her head backward: (a) while being carried in a flatback; (b) during a basket toss. **RULING:** Both are legal. **COMMENT:** (b) A top person in a horizontal position must not arch backward to the point that her shoulders are lower than her waist. (2.5.1 Situation)

SITUATION 8: A person in a single-base stunt performs a forward suspended roll by grasping: (a) both hands of the base; (b) one hand of the base and one hand of a post; (c) the hands of two posts who are standing in front of her base. **RULING:** (a) and (b) Illegal; (c) legal. (2.5.2 Situation A)

SITUATION 9: The top person in a forward suspended roll grasps the hands of both bases and: (a) lands on the performing surface; (b) lands in the bases' hands in a prep position; (c) pauses in a handstand before continuing into a cradle. **RULING:** (a) Legal; (b) and (c) illegal. (2.5.2 Situation B)

SITUATION 10: A participant on the performing surface joins hands with two participants (posts) who are on either side of her. Maintaining hand-to-hand contact with the posts, she performs a back flip landing back on the floor. **RULING:** Legal. (2.5.3 Situation)

SITUATION 11: A participant performs a backward roll to handstand (back extension roll) and is lifted into a prep. A spotter maintains contact until the top person is no longer inverted. **RULING:** Legal. (2.5.4 Situation A)

SITUATION 12: A single base lifts a performer from an inverted position on the floor and places her back on the floor in an upright position by grasping the top person around the waist and lifting her to the upright position. **RULING:** Legal. **COMMENT:** A single base is considered to be in a position to protect the head/neck/shoulders when grasping the top person's waist or torso during the inversion. (2.5.5 Situation A)

SITUATION 13: A participant (a) leans against the outstretched, interlocked arms of two participants on either side, places her hands on their shoulders and performs a back flip over their arms; (b) places her hands on the thighs of a partner and performs a cartwheel in which the base

(partner) assists her during the inversion. **RULING:** Both are legal. (2.5.5 Situation B)

SITUATION 14: A top person: (a) in a prep performs a cartwheel to the performing surface with assistance from the bases; (b) in a cradle performs a back walkover to the floor with assistance from the bases. **RULING:** (a) Illegal; (b) legal. **COMMENT:** (a) is illegal because the top person begins from a shoulder level stunt. (2.5.6 Situation)

SITUATION 15: During a series of release transitions, the top person executes a flip in which she is braced on either side by: (a) bracers in double-base preps; (b) bracers in single-base shoulder stands. **RULING:** (a) Legal; (b) illegal. (2.5.7 Situation A)

SITUATION 16: A braced flip ends with the top person being caught by the original bases: (a) on her feet; (b) in a cradle; (c) in a tuck position on her back. **RULING:** All are legal. (2.5.7 Situation B)

SITUATION 17: The top person in a double-base extension prep falls away from the bases and: (a) is caught by two upper body bases/catchers; (b) drops on her side by two upper body catchers/bases. **RULING:** Both are legal. **COMMENT:** This stunt was formerly called a pendulum. (2.6.4 Situation A)

SITUATION 18: The top person in a double-base extension prep is moved to a horizontal position by the bases who hold her feet and thighs while lowering her between them. Two additional bases support her upper body. **RULING:** Legal. **COMMENT:** This stunt was formerly called a flat-back. (2.6.4 Situation B)

SITUATION 19: While performing on a rubberized track, cheerleaders

execute: (a) a basket toss; (b) a tick tock; (c) a helicopter. **RULING:** All are legal. (2.7.2 Situation)

SITUATION 20: A top person starts on the performing surface with one foot in the bases' hands. The bases dip and load up to a liberty as the top person switches from one foot to the other on the way up. **RULING:** Legal. **COMMENT:** The switch liberty is not a release transition as it does not begin from a stunt. (2.7.4 Situation A)

SITUATION 21: A participant on the performing surface is quick-tossed to: (a) a chair; (b) a full extension; (c) suspended splits that are shoulder high; (d) the interlocked hands/wrists of the bases in preparation for a basket toss. **RULING:** (a) and (b) Legal; (c) and (d) illegal. (2.7.4 Situation B)

SITUATION 22: A top person performs a 360 twist during a quick toss on: (a) gymnasium floor; (b) asphalt track; (c) rubberized track. **RULING:** All are legal surfaces for a twisting quick toss. (2.7.4 Situation C)

SITUATION 23: A top person performs a two-rotation log roll to (a) a layout position; (b) a cradle. **RULING:** Both are illegal. **COMMENT:** Log rolls are included in the prohibition of double twists. (2.7.6 Situation)

SITUATION 24: An unbraced top person in a double-base extension prep is popped/released by the bases, tucks into a ball, and lands on her feet in the hands of the same bases. **RULING:** Illegal. (2.7.7 Situation A)

SITUATION 25: A top person: (a) is in a shoulder stand with the base holding her ankles. She reaches down to grasp hands with an additional base and, leaving the shoulders of the original base, is swung face down between the two like a jump rope, ending in an extension prep; (b) starts

at ground level in a pike position with two bases grasping her hands and two bases grasping her feet. They swing her slightly upward and downward, finishing with a strong upward swing to an extension prep; (c) is in a thigh stand. The bases swing her slightly downward and then upward to an extension prep. **RULING:** (a) Illegal; (b) and (c) legal. (2.8.5 Situation)

SITUATION 26: A top person in an extension on the gymnasium floor performs a single-twist to cradle. **RULING:** Legal. **COMMENT:** Single-twisting cradles are allowed on any appropriate surface. (2.9.8 Situation A)

SITUATION 27: A top person in an extension on a cheer performance mat performs a double-twist to cradle. **RULING:** Illegal. **COMMENT:** Double-twisting cradles are no longer allowed. (2.9.8 Situation B)

SITUATION 28: A spotter for a top person on a prop: (a) stands with hands at his/her sides; (b) holds poms in his/her hands. **RULING:** (a) Legal; (b) illegal. (3.3.3 Situation)

SITUATION 29: A top person dismounts from a prop by performing: (a) a cartwheel to the performing surface, (b) a forward suspended roll to the performing surface. **RULING:** (a) Illegal; (b) legal. (3.4.1 Situation A)

SITUATION 30: A top person dismounts from a prop (a) by placing her hands on the performing surface and executing a forward roll; (b) by reaching for the performing surface and executing a handstand forward roll. **RULING:** (a) Legal; (b) illegal. (3.4.1 Situation B)