



2012-13 SPIRIT RULES CHANGES

<p>2-3-8</p>	<p>Padded knee, ankle, and <u>wrist</u> braces which are unaltered from the manufacturer's original design/production do not require any additional padding.</p> <p>Rationale: Adding wrist braces is consistent with the NFHS focus on risk minimization.</p>
<p>2-4-1 Add b.</p>	<p>A base must not:</p> <ol style="list-style-type: none"> Assume a back-bend, headstand or handstand position; <u>Hold any objects if their hands are the primary support for the top person.</u> <p>Rationale: This change is consistent with the NFHS focus on minimizing risk.</p>
<p>2-4-8 Delete (2011 rule reference)</p>	<p>A spotter's arms and hands must be in one of the following positions:</p> <ol style="list-style-type: none"> Hands grasping the wrist(s)/forearm(s) of the base(s); Hands touching or grasping the ankle(s)/lower leg(s) of the top person; Arms lifted toward the top person's head and shoulders (if not touching either the top person or a base). <p>Note: It is not necessary for the arms to be straight, but they must be in a "ready" position.</p> <p>Rationale: It is not necessary for a spotter's arms to be extended towards a top person in order to be in an alert, ready position.</p>
<p>2-4-6e New</p>	<p>e. Stand with hands behind his/her back.</p> <p>Rationale: A spotter does not demonstrate being in an alert, ready position when standing with hands behind the back.</p>
<p>2-4-8 New</p>	<p>A spotter is required for single base shoulder level stunts in which the foot or feet of the top person are in the hands of the base.</p> <p>Rationale: There is significant risk that a backward fall in such stunts cannot be caught when the bases' hands under the top person's feet.</p>
<p>2-5 – New Section: Inversions</p>	<p>2-5-1 (new) Unless allowed under the rules in this section, a top person must not be in an inverted position.</p> <p>2-5-2 (current 2-7-2) Forward suspended rolls are permitted provided:</p> <ol style="list-style-type: none"> The top person begins from the performing surface or from a stunt shoulder height or below. The top person maintains continuous hand-to-hand contact with two bases or two posts who control the top person's dismount to the performing surface or cradle. <p>2-5-3 (new) Backward suspended rolls are permitted only from the</p>

	<p>performing surface provided the top person maintains continuous hand-to-hand/arm contact with two posts who control the top person back to the performing surface.</p> <p>2-5-4 (revised 2-5-2) A top person may be moved from a weight-bearing, inverted position on the performing surface to a non-inverted position at any height provided that at least one base or spotter is in a position to protect the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person until he/she is no longer inverted.</p> <p>2-5-5 (new) A top person may be inverted in partner stunts in which the base of support remains below shoulder level provided that at least one base or spotter is in a position to protect the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person until she/he is no longer inverted.</p> <p>2-5-6 (new) An inverted top person may be moved in a downward direction from a stunt in which the base of support remains below shoulder level provided that two original bases or one original base and a spotter are in a position to protect the head/neck/shoulder area of the top person. These bases or base/spotter must maintain contact with the top person until her/his hands are on the performing surface or she/he is no longer inverted.</p> <p>2-5-7 (new) A braced forward or backward flip in a pyramid is allowed provided all of the following conditions are met:</p> <ul style="list-style-type: none">a. The top person maintains continuous hand-to-hand/arm contact with a separate bracer on each side. The bracers must be in double based shoulder stands or elevator preps (no single base, shoulder sit or thigh stand bracers).b. Each bracer has a separate spotter.c. The top person has at least two bases and a separate spotter.d. The bases remain stationary except as necessary for safety adjustments.e. The top person is caught by the original bases in a loading position, stunt or cradle.f. The top person does not perform more than one and one quarter (1 ¼) flipping rotations.g. The top person does not twist. <p>Rationale: This section was added to make it easier to locate inverted stunts in the rules book. The new inversion rules allow teams to have more options without increasing risk. These skills have been demonstrated to have a reasonable expectation for minimizing risk when given the specific limitations and conditions required for performance.</p>
<p>2-6-4</p>	<p>2-6-4 A top person may be moved from a vertical position to a face up or face down straight body horizontal position provided all the following conditions are met:</p> <ul style="list-style-type: none">a. The top person maintains contact with at least one original base or spotter.b. Two or more additional catchers/bases catch the upper body of

	<p>the top person.</p> <p>c. When the catchers are not the original bases, the top person does not begin in or pass through an extended overhead position.</p> <p>d. The catchers remain close to the original bases and must be in place prior to the movement toward horizontal.</p> <p>e. The base(s) do not turn.</p> <p>f. The base(s) has/have constant visual contact with the catchers.</p> <p>Rationale: This change combines current rules for moving a top person from vertical to horizontal. Eliminating old 2-5-7 may reduce risk by not having an extra person standing between stunts in a pyramid.</p>
2-6-11 New	<p>A single base may not be the only primary support for two extended top persons with the exception of double cupies/awesomes. If dismounted to cradles, there must be three catchers for each top person being cradled.</p> <p>Rationale: The NFHS has not addressed stunts in which one base is supporting two extended top persons. This rule allows a specific stunt but limits others that might present a risk.</p>
2-6-12 New	<p>Partner stunts in which the base uses only one arm to support the top person are permitted only on grass (real or artificial), a mat, or a rubberized track.</p> <p>Rationale: The NFHS has not addressed stunts in which a top person is supported by a single base using only one arm. This rule assures that this type of stunt is only performed on appropriate surfaces.</p>
2-7-2	<p>Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial), a mat, or a <u>rubberized track</u>.</p> <p>Rationale: Adding a rubberized track as an appropriate surface presents minimal risk to participants.</p>
2-6-4c (2011 rule reference)	<p>The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.</p> <p>Rationale: It has been demonstrated that a release twist during a quick toss on any appropriate surface does not present significant risk to participants.</p>
2-7-4c New	<p>The bases can apply upward force on any part of the body other than under the feet. Exception: Switch Liberties</p> <p>Rationale: Prohibiting single foot pitches during a quick toss ensures that the top person will not be tossed significantly higher than the intended stunt.</p>
2-6-7b (2011 rule reference)	<p>The bases remain stationary except as necessary for safety adjustments.</p> <p>Rationale: Deleting 2-6-7-b is necessary to allow bases to move as allowed in the provisions of 2-7-7e below.</p>

<p>2-7-7e</p>	<p>The <u>released top person and base(s) may make up to a ¼ turn around the bracer in a continuous vertical up and down</u> movement in which the top person remains <u>vertical</u> over the base(s).</p> <p>Rationale: Allowing a top person to move to the side during release transitions does not present significant risk provided the bases move with and remain below him/her.</p>
<p>2-8-5</p>	<p>A swinging stunt is legal provided all the following conditions are met:</p> <ol style="list-style-type: none"> a. <u>A downward movement is only allowed from below shoulder height.</u> b. The top person is face up. c. <u>The top person begins from the performing surface or a stunt that is below shoulder height.</u> <p>NOTE: A slight downward swing to prepare for an upward swing is permitted.</p> <p>Rationale: Allowing swinging stunts to begin from below shoulder height rather than specifically from a cradle will increase creative options but will continue to minimize risk.</p>
<p>2-9-8 New</p>	<p>A twist to a cradle:</p> <ol style="list-style-type: none"> a. Must not involve more than two complete rotations; <u>Exception: See 2-10-2</u> b. Is permitted only on grass (real or artificial) or a mat. <p><u>A twist performed to a cradle must not involve more than one complete rotation except when dismounting to a cradle from a side-facing stunt or toss, 1 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle.</u></p> <p>Rationale: Based on data, prohibiting double twists to a cradle is consistent with the NFHS focus on risk minimization. This revision also applies to rule 2-6-6.</p>
<p>2-10-6</p>	<p>Airborne twisting tumbling skills are permitted only on grass (real or artificial), a mat, or a <u>rubberized track</u>, with the exception of round-offs and aerial cartwheels.</p> <p>Rationale: Adding a rubberized track to these tumbling skills presents minimal risk to participants.</p>
<p>2-10-1 (2011 rule reference)</p>	<p>Twists performed to a cradle, during a tumbling pass or in a quick load in toss are legal only on grass (real or artificial) or a mat.</p> <p>Rationale: This rule is already covered in other areas.</p>
<p>2-11-1</p>	<p>A twist performed to a cradle must not involve more than two <u>one</u> complete rotation except when dismounting to a cradle from a side-facing stunt or toss, 1 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle.</p>

	<p>Rationale: Data has shown that a single twist to a cradle has minimal risk to participants. Prohibiting double twists to a cradle is consistent with the NFHS focus on risk minimization. This revision also applies to rules 2-6-6.</p>
3-4-1b	<p>Dismounts from props that begin in or pass through an inverted position are illegal except for the following:</p> <ul style="list-style-type: none">a. Forward suspended rolls;b. <u>Forward rolls from props low enough that the top person can put both hands on the performing surface before dismounting.</u> <p>Rationale: Inverted dismounts from low props with adequate restrictions present minimal risk to participants.</p>