

# UHSAA Reference Guide for NFHS Rules

## Definitions Pg. 8-11 Alphabetically

<b>RULE</b>	<b>RULE 3 DANCE/DRILL REF./SIT.</b>	<b>RULE 2 GENERAL RISK REF./SIT.</b>
<b>General Safety</b> --Performing surfaces/conditions --Gum/Food	Pg. 29; Note  Pg. 29; Sec. 1; Art. 7	Pg. 11-13; Sec. 1
<b>Sportsmanship</b>	NA	Pg. 13; Sec. 2
<b>Apparel &amp; Accessories</b> --Apparel --Shoes --Hair, Nails, Jewelry --Glitter, Brace/Casts	Pg. 29-30; Sec. 1 Art. 4 Art. 5 Art. 1-3 Art. 6-8	Pg. 14-15; Sec. 3 Art. 4-6 Art. 4 Art. 1-3 Art. 7-8
<b>Props as Bases</b> --Height Limitations	Pg. 31-33; Sec. 2	Pg. 15 Sec. 4 Art. 1 Pg.19 Sec. 6 Art. 1
<b>Stunting Personnel</b> --Spotting (on props) --Bases/Bracers	Pg. 32; Sec. 3	Pg. 15-17; Sec. 4 Art. 4-8 Art. 1-3
<b>Dismounts</b> (from props)	Pg. 33; Sec. 4	Pg. 26; Sec. 9
<b>Drops</b>	Pg. 34; Sec. 5	Pg. 28; Sec. 12
<b>Assisted Inverted Floor Stunts</b>	Pg 34-35; Sec. 6	NA
<b>Inversions</b> (see NFHS quick ref & interp. inversions) --Forward Suspended Rolls --Backward Suspended Rolls --Inversions during a Stunt --Braced Flips --Inverted on a prop	Pg. 29; Note	Pg. 17-19 Sec. 5  Art. 2 Art. 3 Art. 4-6 Art. 7 Pg. 31 Sec. 2 Art. 1
<b>Non-Release Stunts</b> --Under/Over Stunts --Braced Stunts --Hanging Pyramid --Non-release Trans	Pg. 29; Note	Pg. 19-22; Sec. 6 Art. 2 Art. 3 Art. 5 Art. 9, 10
<b>Release Stunts Tosses</b> --Helicopters --Release Transitions	Pg. 29; Note	Pg. 22-24; Sec. 7  Art. 5 Art. 7
<b>Suspended Stunts</b> --Suspended Splits --Swinging Stunt	Pg. 29; Note	Pg. 24-25; Sec. 8 Art.1-4 Art. 5
<b>Tumbling</b>	Pg. 29; Note	Pg. 27-28; Sec. 10
<b>Twists</b>	Pg. 29; Note	Pg. 28; Sec. 11