



Memorandum

To: Drill Team Coaches and Judges
From: Becky Anderson, UHSAA Assistant Director
Subject: UHSAA Drill Review Board Decisions
Date: Monday, November 25, 2013

For the past several months, coaches have had the opportunity to submit questions online regarding the interpretation and application of specific NFHS or UHSAA rules. With competitions beginning, that service is no longer available. This memo provides a brief summary of the questions asked (no coaches or schools have been identified) and the decisions given by the UHSAA Review Board. Prior to the first competition, judges should carefully read through the following so they are aware of the additional clarifications provided by the decisions rendered.

UHSAA Drill Review Board Decisions Fall 2013

SITUATION #1

Performers dancing on a single sheet of newspaper.

UHSAA Drill Review Board Decision:

1. Dancing on Newspapers: **Ruling ILLEGAL:** It is legal to dance on a prop but your use of this prop becomes a safety issue. The performance area is not reasonably free from objects. There are many newspapers that are moving around that make the performance area not safe. Also the prop does not stay in its original form when placed down by the end of the choreography it is torn in little pieces. **pg. 11 Rule 2, Section 1, Article 5a, also pg. 70 Points of Interest NFHS Performance surfaces and areas.**

Suggestion: Place the papers away from the dancers to make the area reasonably free from objects.

2. Video: **Ruling ILLEGAL:** Pg. 19 Rule 2, Section 6, art. 2

-a participant must not move over or be under a partner stunt or pyramid except when helping build stabilize or dismount that partner stunt. She is not building it or stabilizing it since it is a continuous motion that can be done without her underneath the stunt. During the stunt the girl she is going over is not a stabilizer because she begins in a bent over position and doesn't have eye contact on the top person, therefore can't serve as a stabilizer. Also by rolling over this person those girls to the side acting as the bases have a difficult time controlling the "suspended roll" because all of her weight is on the girl bent over.

Suggestion: Do the suspended roll without the girl in the middle bent over.

SITUATION #2

In regards to UHSAA Rule #16 C: This is a five person stunt with the top person beginning on the performing surface. The flyer transitions in one continuous motion from floor to extended position. The base is under the stunt to provide stabilization. The flyer is not "loaded in."

UHSAA Drill Review Board Decisions:

First Video: **Illegal** Vault to a flatback position: Regarding UHSAA 16c she is not starting from the performing surface, she runs pushes off of the back of a girl on the ground and lands in the care of 3. **In rule 2-6-4 A page 20 A top person may be moved from a vertical position to a face-up or face-down horizontal position (straight body or cradle) provided all the following conditions are met: a. The top person maintains contact with at least one original base or spotter.** She is in the air before she makes contact with anyone. We also showed a video at the clinic that demonstrates how to get off the ground to this position.

Second Video: Inversion stunt: **Illegal**

She clearly starts from the performing surface, but there is not a base or spotter to protect the head/shoulder/neck area of the top person until after she has stopped. The base or spotter must maintain contact with the top person's upper body (waist or above, including arms until the top person is no longer inverted. Because she is going over the shoulders this could also be considered a downward inversion. pg. 16 rule 2, section 5, article 2c.

SITUATION #3

Modification of inversion stunt submitted above: spotter is holding the flier from the time her feet leave the floor until one foot returns to the floor.

UHSAA Drill Review Board Decision:

This skill is **ILLEGAL** without an additional spotter. I believe you think that you are doing pg 17 2-5-2c but you are passing through the shoulders. This is the one that requires an additional spotter. You are having the base bend down and the top person goes on top of the base and is not inverted until the base straightens her legs.

Pg. 17 2.5.2b (Explanation)

#2 The base must maintain contact with the top person **AS SOON AS** she becomes inverted (shoulders below the waist) and remain in contact until no longer inverted.

#3 An additional spotter must be in position to protect the head/neck/shoulder of the top person.

PG.17 2.5.2c Does not apply

#1 At least one base or spotter is in a position to protect the head/neck/shoulder area of the top person.

#2 This base or spotter must maintain contact with the top person's upper body (waist or above, including arms) until the top person is no longer inverted.

SITUATION #4

A handstand above another girl. They are held up by the base's legs with the stunner's legs. The base is sturdy and the top girl cannot fall. The part we want to know is legal or not when they let go of their "partner" and have their hands out and wrap around their legs. - Please watch the video in order to understand.

UHSAA Drill Review Board Decision:

Based on the video that you sent us the ruling that we have come up with for the Assisted Inverted Floor Skill is **ILLEGAL pg.35 3-6-1** The floor skill becomes illegal once the handstand dancer lets go of the floor then she is being primarily assisted by the bottom dancer.

SITUATION #5

A partner moves under the stunt to dismount the top person, is this dismount legal? She is not part of the stunt until the dismount. The top person is inverted, the bottom person supports the head neck and shoulders. Is she below an extended position? Can they let go or do they have to continue to hold on? Does there need to be a third person to spot? In this stunt- can the base/spotter go underneath the stunt when helping flip the performer? (as shown in the video) And is it okay that the performer is released over the shoulder but lands on the performing surface?

UHSAA Review Board Decisions:

Video 1

LEGAL: pg. 17 Rule 2, Section 5, Article 3

The T-lifts are legal with the back spotter who transitions into the Backward Suspended Roll/Flip. She is part of the stunt and not under it. Two bases or posts control the top person and have continuous hand-to-hand contact.

Video 2

ILLEGAL: 35 3.6.1 Article 1

The inverted participant is in direct, weight-bearing contact with the performing surface and provides **primary self-support throughout** the stunt.

Video 3

LEGAL: Legal: pg. 19, Rule 2, Section 6, Article 2 AND pg. 15, Rule 2, Section 4, Article 4

Triple base flat back is legal and so is the dismount, this is a non release stunt.

A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid. The dancer in the front does joins the stunt for the dismount and holds on to the waist of the top person to help in the dismount of the stunt; therefore, she is part of the dismount. (2.6.2) A spotter may help control the building of or dismounting from a partner stunt, pyramid or toss but must not provide primary support of the top person. When the spotter helps by holding the waist of the top person she is not the primary support as the bases still have the top person's hands. (2.4.4)

Suggestions: The top person needs to stay at a flatback. Because the stunt is extended if her head drops below waist due to momentum and adreneline it becomes illegal.

SITUATION #6

Is tumbling allowed in the military routine? Can we tumble (aerials, back handsprings) with a cape on...hood is pinned to the cape and the cape comes to their waist. Also, stunts were explained, but can stunts/tricks still be used in military? I am submitting a video of legal stunts, the question is if these can be performed in the military category. There is one video showing an aerial in a cape. The hood will be securely fixed but the cape is connected to the wrists which makes it more of a costume with sleeves.

UHSAA Drill Review Board Decisions:

The "no tumbling" in military is not a "suggestion" it is a UHSAA rule 17 page 73.

Aerial with cape: Illegal-Pg.31 Rule 3.1.4

Restricts mobility and interferes with the safe execution of tumbling (Aerial)

Superman Cape= tumbling illegal

pg. 30 Rule 3.1.4

A participant in a full head and or body costume or loose flowing costume must not spot, stunt or tumble with the exception of a forward roll or cartwheel.

Pg. 31 Rule 3.1.4D

A dancer in a Superman cape:

bases an extended stunt (**illegal**)

is the top person in a flatback (**illegal**)

performs a round off back handspring (**illegal**)

spots an elevator prep (**legal**) the dancer in the cape is not spotting the stunt because an elevator prep does not require a spotter.

Comment: the costumes of participants involved in stunts and most tumbling skills most not restrict mobility vision or interfere with the safe execution of a stunt or tumbling.

Stunt #1: Single base thigh stand: Legal Pg. 73 #16C

C. Rule 2, Section 6-NON-RELEASE STUNTS: A Flatback, Double Base Swedish Fall, Triple Base Straddle Sit and Partner Lifts will be allowed as long as the following conditions are met:

□ The top person must begin on the performing floor (no load-in).

□ The flyer shall transition/extend in one continuous motion from the performing floor.

Stunt #2: Load In from behind base: Illegal UHSAA Handbook #16C (cannot have load in) pg. 8 Rule 1

Loading Position/Load definition: Bases support a non-extended person under the foot/feet in preparation for a stunt or toss.

Stunt #3: Legal No safety issues

Stunt(labeled) #5: T-Lift: Legal

C. Rule 2, Section 6-NON-RELEASE STUNTS: A Flatback, Double Base Swedish Fall, Triple Base Straddle Sit and Partner Lifts will be allowed as long as the following conditions are met

- The top person must begin on the performing floor (no load-in).
- The flyer shall transition/extend in one continuous motion from the performing floor.

See Rule 2. 6. 2 Situation B for additional clarification on the proper use of these skills.

Stunt #6: Chorus Line: Legal (new this year pg. 18 Rule 2.5.2D)

Additional Questions Previously Asked:

Military (Stunts/Tricks)

Stunts and tricks can be used in Military as long as they follow the UHSAA rules and the NFHS Spirit Rules. In the category definition of Military states no tumbling. The team will have deductions off in the Choreography section under Military Focus from the Routine Judge.

SITUATION #7

Regarding an inverted partner stunt that starts with a handstand and then the base grasps her around the waist is in a position to protect the head/ neck/ shoulder area of the top person. When the top person's hands come off the floor she holds onto the bases arms. The base sits and this props the top person's body up into a non inverted standing position on the performing surface. The base maintains constant contact with the top person's upper body until the top person is no longer inverted. I'm looking at Rule 2 Section 5 Article 2-c. Also refer to 2.5.2 Situation C (a)

UHSAA Drill Review Board Decisions:

Handstand Roll: Illegal: 2.5.2 Inversion

The use of 2.5.2C does not apply based on the following:

A single base lifts a performer from an inverted position on the the floor by grasping her around the waist and lifting her to an upright position on the floor. However, she doesnt lift her to an upright position, she just lifts her to an inverted position by grasping her around the waist, SO then we need to look at the inversion rules.

Inversion: top person inverted or passing through 2.5.2

need to have at least one base or spotter in position to protect head and neck (in the video the girl is not close to the head and neck for protection-not met)

-base or spotter must maintain contact with the top person's upper body until no longer inverted. (yes, she does do this by holding the waist) but the base is rolling her own body in the process so if something were to go wrong she could not protect the head/neck and shoulder area.

Suggestion: To be in compliance with **2.5.2B** Add an additional required spotter to the side of the skill to protect the head neck and shoulder area of the flyer. REDO AND RESUBMIT IF DESIRED

SITUATION #8

From the previous situation, the necessary additional spotter was added to the back of the stunt as stated in Article 2 b.3. The back spotter has choreography that will not distract from the partner stunt while remaining in position to protect the head/neck/shoulder area of the top person as well as the base. I understand that it is the additional spotter's responsibility to assist in this movement but that she is not required to maintain contact throughout. She does maintain contact through the sitting motion.

UHSAA Drill Review Board Decision

Handstand Roll: Legal: 2.5.2 Inversion

Inversion: top person inverted or passing through 2.5.2

need to have at least one base or spotter in position to protect head and neck (in the video the girl is not close to the head and neck for protection-Met)

-base or spotter must maintain contact with the top person's upper body until no longer inverted.

Suggestion: Handstands are not legal in military in your previous submission you were not asked what category. So if you do a handstand in military you will be have points deducted by the routine judge.

Safety Ruling: Having the back spotters arms doing slight choreography is legal as long as her focus does not leave the top person. That being said it has been suggested that you don't do choreography because not every judge will consider her focusing on the top person.

SITUATION #9

This stunt relates specifically to Article 2.c. One girl is laying with her back on the floor keeping her knees bent and her feet flat on the floor. Her partner, the "top person" then does a handstand by placing her hands on the thighs of the base and the base holds onto the top person's shoulders securing her handstand position while protecting her head/ neck/ shoulder area. The base maintains contact with the top persons shoulders and hands during the entire inversion.

UHSAA Drill Review Board Decision:

Military: Handstand on bases knees: Illegal: NFHS pg 35 3-6-1a&b

Assisted inverted floor skills are legal provided both the following conditions are met:

a. The inverted participant is in direct, weight bearing contact with the performing surface and provides primary self-support throughout the stunt. **(NOT MET)**

top person is not in direct weight bearing contact with the performing surface!

b. The assisting non-inverted participant is in direct, weight-bearing contact with the performing surface and provides only partial support for the inverted participant. **(NOT MET) non-inverted person is providing full support of the top person.**

SUGGESTIONS: The inverted person needs to have her hands on the floor. Handstands are not permitted in military and a deduction will be taken off by the routine judge in the choreography category.

MILITARY Definition: The emphasis of this routine is on precision, clean and sharp movements, maneuvering and formations. Any basic military maneuvers or steps such as pinwheels, blocks, ranks and files, etc. may be used. **Kicks and ripples may be used. No dance steps, no jazz hands, no head rolls, no body rolls, no hip movements, no jazz runs, no pyramids, no arch backs, no toe touches (Russian or Straddle), nor tumbling may be used.** Props/backdrops/sets are prohibited. School uniforms or military style costumes shall be worn.

NFHS: page 10 Tumbling: *Gymnastic skills including forward/backward rolls, inverted extended skills (cartwheels, handstands, walkovers, aerials, handsprings, etc.) twists and flips.*

SITUATION #10

Videos submitted with lifts performed in Military, Dance, Character and Hip Hop.

UHSAA Drill Review Board Decisions:

Video#1 **Inverted HandStand: Illegal pg. 17 rule 2-5-2**

A top person may be inverted in partner stunts in which the base of support remains below an extended position HOWEVER: this rule does NOT work since the base of support is NOT below extended position (pg. 8 extended is above the head).

This skill is also referenced to **pg. 35 rule 3-6-1**

a-met

b. not met

Suggestion: The top person needs to have her hands on the floor not the base/spotter

Video #2 **Handspring: Legal: UHSAA Handbook#17:** Tumbling skill is legal with proper footwear and not legal in a military routine.

Video #3 **Swing Stunt: Illegal: UHSAA Handbook #16E**

Swinging Stunts are Illegal

SUGGESTION: just lift the top person down to the performing surface.

Video #4 **Split Lift :Illegal: pg 15 2-4-7,**

A spotter is required for stunts in which the supporting hands of the base are above the head except for the following: Chair, Russian Lift, Torch, Double-base split catch, triple base flatback, triple-base extended suspended splits, double-base vertical T-lift, Triple-base Swedish fall provided all three bases face the top person.

2-4-7 Exception does not apply: **pg 16 rule 2-4-8**

A spotter is required for single base shoulder level stunts in which the foot/feet of the top person are in the hands of the bases.

Video #5 **Step up Inversion Roll: Illegal: pg. 17 2-5-2b**

Inversions-when a top person is inverted at or passing through shoulder level

1. At least one base must be in a position to protect the head/neck/shoulder area of the top person. **Met**
2. This base must maintain contact with the top person's upper body until the top person is no longer inverted **Met**
3. An additional spotter must be in a position to protect the head/neck/shoulder area of the top person. This person may assist but is not required to maintain constant contact. **Not Met**

Suggestion/Comment: Add an additional spotter and place her in the proper position to protect the head/neck/shoulder area of the top person.

Video #6 **Load in from the back stunt: Illegal UHSAA Handbook #16 C**

No Load In

Video#7 **Movement to Extended Splits, then brought down to the floor and back up to a flatback: Illegal as presented in video. UHSAA #16 C, pg. 25 2.8.2**

The first series of stunts are in ONE continuous motion. Start from the performing surface (no load in) **Met**
One continuous motion from the performing surface **Not Met** The flyer is brought down to the floor and resets for an additional stunt.

The suspended splits are legal with four bases **pg. 25 2.8.2**

Last part of the stunt after the flyer is brought down is legal until the flyer sits up.

Suggestion: To fix this is easy for the first part, make a definite end to the first series of stunts (extended splits). The second part of this is difficult to see what you are trying to accomplish with the camera angle and then the top person falls so it is difficult to make a ruling on. **So I suggest you re-do and resubmit.**

SITUATION #11

When coming out of a lift, is it ok to do a suspended roll as long as they come down to shoulder level first? Do we need to stop at shoulder level for a certain amount of counts before performing the suspended roll?

UHSAA Drill Review Board Decision:

Upright, roll to the back Transition Extended Splits, Suspended Forward Roll: ILLEGAL UHSAA pg 73 #16C

Rule 2, Section 6-NON-RELEASE STUNTS: A Flatback, Double Base Swedish Fall, Triple Base Straddle

Sit and Partner Lifts **will be allowed as long as the following conditions are met:**

☐ **The top person must begin on the performing floor** (no load-in).

☐ **The flyer shall transition/extend in one continuous motion from the performing floor.**

See Rule 2. 6. 2 Situation B for additional clarification on the proper use of these skills.

Suspended Forward Roll: Legal as long as you stop and execute the forward suspended roll from shoulder height or below. pg 17 2-5-3

SUGGESTION: Start the extended split from the performing floor and transition the top person straight up, then do the suspended forward roll from shoulder height or below.

SITUATION #12

Regarding a character prop that is manipulated by multiple individuals at the same time. This prop is not combined with any other props to make a bigger prop. It is just large to begin with. There are parts where this prop is manipulated by more than one person.

UHSAA Drill Review Board Decision

Video Submission: Questions on handheld prop.

Prop Guidelines: **Legal: UHSAA Guidelines #17 & UHSAA September Memorandum**

The following can be ruled on by our review board your other questions will be up to the routine judge on the day of the competition.

Hand held prop carrying on and off the floor without assistance by individual drill team members who are performing in the routine: **Met**

Hand held during the routine: **(Met)**

Props shall not be used or combined to create scenery, backdrops, or larger props. (Met)

SUGGESTIONS: Possible problems: fabric/dancer(s) out of bounds while moving the fabric or setting it down close to the back boundary line. UHSAA Handbook #22B. BE careful not to have dancers dance on the fabric. NFHS pg. 11, 2.1.5.

SITUATION #13

Can a single base lift a performer from standing feet - turn her like she is doing a cartwheel (which is like part b of situation C) all the while holding her at the waist while inverted performer is holding onto her base with arms wrapped around the bases arms that are holding her? Maintaining base holding waist contact the entire time and inverted performer holding onto base the entire time.

UHSAA Drill Review Board Decision:

2nd Video Submission: Military

Video Military: Inverted Skill (Illegal) pg. 17 2-5-2c

Top person may be inverted in partner stunts in which the base of support remains below an extended position provided that:

1. At least one base or spotter is in a position to protect the head/neck/shoulder area of the top person. **(Not met)**
2. This base or spotter must maintain contact with the top person's upper body (waist or above, including arms) until the top person is no longer inverted. **(Met)**

SUGGESTIONS: add a spotter to protect the head/neck/shoulder area of the top person.

SITUATION #14

Would you consider the dancers to be in a headstand? Their feet are on the floor the entire time their head is on the floor and their head is lifted off the floor before going into the assisted hand stand.

UHSAA Drill Review Board Decision

Military: Swing stunt to headstand Illegal: UHSAA #16 E Rule 2 Sec.8 art. 5

The girl in the middle does a slight prep and jump to swing back.

Military: Handstand: Next the definition of a handstand-UHSAA #15

weight on the head and feet off the ground; assisted or unassisted

weight is clearly on the head, but feet are not off the ground.

Suggestion: You are putting yourself in a "difficult to call" area, I would suggest not doing it.

Handstand in Military

Handstands-UHSAA #17 Military Categories (no tumbling)Prohibited

NFHS pg. 10 tumbling definition: extended skills such as handstands are tumbling

Routine judges will deduct points under the Choreography category with Military Focus