

2008 Proposed Spirit Rules Revisions

Rules Reference	Change	Passed	Failed	Discussed No Action
1-2-5 pg 16	<p>ART. 5 ... Bracer (Ground Level) – A ground level participant whose weight (both hands or at least one foot) is primarily on the performing surface. This person may lift, be lifted or lean into another ground level participant whose weight is also primarily on the performing surface.</p> <p>ART. 6 ... Bracer (Second Level) – A flyer who is in physical contact with another flyer but does not provide primary support. The stunt should remain stable without the bracer.</p> <p>(Kathy Tadlock - AR)</p> <p>Rationale: By expanding the concept of what constitutes a bracer the rule will permit ground level participants more flexibility to legally perform skills on the performing surface that would have previously been technically illegal. The expanded rule also recognizes that there are significant differences in what a ground level bracer and a flyer who is a bracer can be safely permitted to perform.</p>			X
1-3-1 pg 16	<p>Inverted - One in which a participant’s shoulders are below her/his waist. (examples: Chorus line flip, back handspring, needle scale, arch back)</p> <p>(NFHS)</p> <p>Rationale: Defining an inverted position as “shoulders below waist” instead of “head below waist” more accurately reflects the intent of the inverted flyer rule and now allows a variety of low risk stunts that have previously been illegal.</p>	X 8-0		
Add _-11-2 pg 18	<p>Add: Tick-tock (non-extended) – a release stunt in which the flyer switches from one supporting leg to the other before reaching an extended position.</p> <p>(Brigid DeVries – KY)</p> <p>Rationale: The above addition would create a non-extended tick-tock as a release stunt to distinguish between the tick-tock as an extended stunt which must be braced. If performed at prep height or below, the tick-tock or switch foot as it is sometimes called, could be considered a release stunt and included in Section 10. This is a stunt that is very similar to the release stunts of a ball up or sponge that can be performed based as a release stunt based on the interpretation of Article 5. This would not affect the present extended tick-tock which must be braced as a “traditional stunt.” The definition of tick-tock currently defines it as a “release stunt” usually <u>extended</u>. It does not make any allowances for this stunt to be performed when <u>not extended</u> without a bracer. This addition would allow for that by creating a non-extended interpretation.</p> <p>Other rules affected: 1-10-8 pg 18, 2-11 pg 25-26</p>			X (editorial change)
2-1-pg 19	<p>Add a new rule –</p> <p style="text-align: center;"><i>Megaphones and signs with dowels must not be used by flyers in stunts.</i></p> <p>(Donna McKay – IA)</p> <p>Rationale: Megaphones and signs with dowels can be a safety hazard if dropped on the bases/spotters.</p>			X

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2-1-14 pg 20	A participant who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or uniform is changed before returning to competition. (NFHS)	X 8-0		
2-1-15 pg 20	When a participant is rendered unconscious or apparently unconscious, the participant must not be permitted to resume participation for 24 hours without written authorization from a physician (MD/DO). (Susie Knoblauch – IL) Rationale: This rule change would require all participants to sit out for at least 24 hours of an unconscious injury. (Concussion)			X
2-2-3 pg 20	The hair must be worn in a manner to minimize risk for the participant. Hair devices made of soft material or elastic bands may be used to control hair. Hard items, including, but not limited to, bands, barrettes, and bobby pins are prohibited. (Reggie Romine – KS) Rationale: To make the wording more consistent with corresponding volleyball and basketball manual rule.		X 8-0	
2-3 pg 21	2 ½ high “stacked-only” pyramids are allowed provided the following conditions are met: Standing stunts have two points of stability (two feet on the ground). Stacked stunts have up to four points of stability (two hands & two feet) – “pony/table top” position w/hands on lower base/post, “hands & knees” position, etc. (Derek Ramel c/o Susie Knoblauch – IL) Rationale: A “stacked” pyramid structure is more solid than a vertical structure (especially extended stunts) because there are more points of stability throughout the structure versus extended stunts. The top person in some 2 ½ high stacked pyramids are at the same height (or lower) than being in a 2-high extended stunt. The top person in some 2 ½ high stacked pyramids are lower than some basket tosses. Both extended stunts and basket tosses have LESS bases than a true pyramid structure. There are current LEGAL skills that are higher risk of injury than climbing and standing atop a solid structure. Require that only a stacked 2 ½ would be allowed. Traditional collegiate 2-2-1’s and other “straight up” 2 ½ high pyramids would still be illegal. Require number of bases at each level must be higher than number of flyers at each level. 3-2-1; 4-2-1; 4-3-2. Require that dismounts from top level only cradle or pop down (no skills – i.e. toe touch or twist).		X 8-0	
2-8-2 b. pg 23	A flyer must not be in an inverted position except for the following: a. During a forward suspended roll; b. When beginning a stunt from an inverted position on the performing surface, that goes directly to a non-inverted position shoulder height or below. This stunt must include a base or	X 8-0		

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	<p>spotter who protects the head/neck/shoulder area of the flyer. This base of spotter must maintain contact with the flyer from the inverted position until she is no longer inverted.</p> <p>(NFHS) Rationale: Requiring a base or spotter to maintain physical contact with a flyer while she/he is inverted stabilizes the stunt and reduces risk of injury to the flyer.</p>			
2-9-1 pg 24	<p><i>2-9-1 Forward Suspended Roll</i></p> <p>Change 2-9-1a. to “<i>The flyer begins from the performing surface or from a stunt shoulder height or below</i>”:</p> <p>Change 2-9-1d. to: “<i>In suspended rolls from the performing surface, the flyer maintains continuous hand to hand/arm contact with two bases.</i>”</p> <p>Old 2-9-1d becomes 2-9-1e. (Julie Hammons – ID) Rationale: Allowing a forward suspended roll from the performance surface does not present more risk (and possibly less) that forward suspended rolls from stunts, provided two bases are used.</p> <p>Other rules affected: 1-8-1: Definition of Suspended Roll.</p>	<p>X 8-0</p>		
2-9-8 pg 24	<p>Add Rule 2-9-8 which reads: <i>Assisted tumbling is illegal.</i> (Donna McKay – IA) Rationale: This is implied in 2-8-2 and 2-9-4, but it’s not clearly stated. A situation ruling would be helpful, too.</p>			<p>X</p>
2-12-1 pg 26	<p>B. Delete "The flyer does not become inverted" and insert Transitions may involve inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below (bracers) and the flyer that has been released from the bases which stay in continuous movement 2B. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 1 twisting rotations, may not travel downward while inverted, and may not involve changing bases. (Mike Bruce c/o Susie Knoblauch – IL) Rationale: This change would allow teams more creativity in their pyramid transitions and would give participants options in stunting. These transitions are very safe; they have to be braced on both sides. The flyer needs to be braced on both sides during an inversion and if the transition involves foot/hand contact on one side, then the flyer must have hand/arm contact on the other side. You would still only need 1 bracer if you only have hand/arm contact and don't go inverted.</p>		<p>X 8-0</p>	

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2-12-1&2 pg 26	<p>ART. 1 . . . Transitional Stunt with Loss of Contact - In transitional stunts physical contact must be maintained between the flyer and the base(s) except when <i>all</i> of the following conditions are met:</p> <ol style="list-style-type: none"> a. The flyer maintains hand-to-hand/arm contact with at least one bracer during the entire loss of contact with her base(s). b. The flyer does not become inverted. c. The flyer has at least two bases EXCEPT THAT a single-base tick tock is permitted when the flyer remains upright (vertical) throughout the stunt. d. Each flyer and bracer has a separate spotter. e. The loss of contact is a continuous up and down movement. f. The flyer’s center of gravity remains directly over the bases. g. The flyer’s weight is not supported by the bracer(s). h. The flyer’s loss of contact is popped, not tossed. <p>ART. 2 . . . Transitional Stunt without Loss of Contact – When a transitional stunt involves changing bases:</p> <ol style="list-style-type: none"> a. The new base(s) must be to the side or front of the person moving the stunt EXCEPT WHEN the flyer remains upright (vertical) throughout the transition to new base(s). b. The person moving the stunt makes no more than a half turn to face the new base(s). <p>(Kathy Tadlock - AR) Rationale: The rule is designed in checklist format to make the rules book more user friendly. The proposed change is in 2-12-1a and requires that in loss of contact stunts there must be at least one bracer who has hand to hand/arm contact with the flyer. Too many scary and probably unsafe loss of contact stunts are being performed with the flyer being held by only one foot. The rules proposal is focused on the well-being of the athletes involved.</p>	<p>X (as amended) 8-0</p>		
2-15-3 pg 27	<p>Add a new rule: <i>Choreography, music, and uniforms need to be suitable for family viewing. Sound effects or different words may not be used to replace improper lyrics.</i></p> <p>(Donna McKay – IA) Rationale: This rule would clarify another area of appropriate conduct. A Situation Ruling might be helpful, also. National companies already include this rule in their competitions.</p>			<p>X</p>
3-1-6 pg 38	<p>Add Exception: <i>“Exception: Pedini dance shoes and others with heels of sufficient height that raise the bottom of the foot off the floor.”</i></p> <p>(Julie Hammons – ID) Rationale: The purpose of requiring that the bottom of the foot be covered is to prevent injury and disease. Because the Pedini’s heel raises the bottom of the foot off the floor, that risk is greatly minimized.</p>	<p>X 8-0</p>		

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3-1-6 pg 38	<p>Pedini dance shoes are considered appropriate dance shoes. (Susie Knoblauch – IL) Rationale: This change would allow dance teams to wear the pedini capezia dance shoe. This shoe is the industry standard for dance and is constructed to improve heel and sole support and shock absorption while still maintaining flexibility.</p>			X
3-1-7 pg 38	<p>When standing at attention, apparel must cover the midriff. Plunged back costuming is not permitted. (Susie Knoblauch – IL) Rationale: This change would clarify for dance teams that costuming must be in line with the educational mission of NFHS schools.</p>			X