

2011-12 NFHS Spirit Rules Quick Reference

Rule 2

Sec. 1-General
 Sec. 2-Sportsmanship
 Sec. 3-Apparel/Accessories

Sec. 4-Stunt Personnel
 Sec. 5-Non-release Stunts
 Sec. 6-Release Stunts/Tosses

Sec. 7-Suspended Stunts
 Sec. 8-Dismounts
 Sec. 9-Tumbling

Sec. 10-Twists
 Sec. 11-Drops

RULE 2 GENERAL RISK MGT	RULE REF	PAGE
Apparel / Accessories: 1-jewelry; 2-fingernails; 3-hair; 4-appropriate; 5- full costume; 6-midriff; 7-glitter; 8-braces	2-3-____ (1-8)	18
Assisted tumbling	Sit 2-5-2 C	29
Bracer: amt. of support	2-4-3	18
Bracer: height restrictions	2-5-4	19
Dismounts – general: 1-inverted; 2-no moving; 3-assist to perf surface; 4-skill to perf surface; 5-a.visual contact / b. hold props;	2-8-____ (1,2,3,4,5)	24
Dismounts to cradle: 6-multi-base; 7-single base 8-skill to cradle; 9-twists a. # rotations / b. surfaces	2-8-____ (6,7,8,9)	24
Dismounts to cradle: 10-to new catchers; 11-bracer involved after release	2-8-____ (10,11)	24
Dive forward roll	2-9-2	25
Drops: 1-knee,seat,thigh, split; 2-front;3-flip	2-11-____ (1,2,3)	25
Extended stunt spotter req	2-5-4	19,20
Flip: 3-stunt or cradle; 4-tumbling pass	2-9-____ (3,4)	25
Gum / Candy	2-1-7	16
Hanging pyramid	2-5-9	20
Height limitation	2-5-1	19
Helicopter	2-6-5	22
Inverted top person	2-5-2	19
Leapfrog – bkwd to prone	2-5-13	20,21
Log roll: .a-single base; b, c. -multi-base	2-6-6 (a,b,c)	22
Modify stnts/tumb to area	2-1-5a	16
Move over/under stunt	2-5-3	19
Pendulum: 5-genl; 7- req spotter	2-5-____ (5,7)	20
Props/signs – step/tumb	2-1-5b	16
Props/signs - throw	2-1-5c	16
Release to layout catch	2-6-10	22
Roll down from T-lift	2-5-12	20
Sportsmanship	2-2-1	17
Spotter: 6-location; 7-focus; 8-arms/hand; 9-hands /torso /hold objects; 10-missing	2-4-____ (6,7,8,9,10)	18,19
Suspended rolls: 2-forward; 3-backward	2-7-____ (2,3)	23

RULE 2	RULE REF	PAGE
Suspended splits: 4-orig shldr level; 5-drop to-w/o brcrs; 6-drop to-with brcrs	2-7-____ (4,5, 6)	23
Swan Dive	2-6-9	22
Swinging stunts	2-7-7	24
Toe / leg pitch	2-6-8	22
Tosses: 1-general; 2-surface; 3-# tossers; 4-quick/load-in tosses	2-6-____ (1,2,3,4)	21-22
Totem pole	2-5-10	20
Transitions – release (loc)	2-6-7	22
Transitions – non release 13-new bases,14-same bases	2-5-____ (13,14)	20,21
Tumbling over/under stunt/person/prop	2-9-1	25
Twists: -1-surface; 2-to cradle; 3-tumb pass; 4-on flr	2-10-____ (1,2,3,4)	25
RULE 3 DANCE / PROPS AS BASES	RULE REF	PAGE
Apparel / Accessories: 1-jewelry; 2-nails; 3-hair; 4-appropriate / midriff / loose costumes; 5-footwear; 6-glitter 7-gum; 8-braces	3-1-____ (1-8)	36
Assisted inv floor skills	3-6	38
Dance on stationary prop	3-2-9	37
Dismounts from props: 1-inverted; 2-assisted; 3-cradle; 4,5-susp roll; 6-skill	3-4-____ (1-6)	38
Drops: 1-knee,seat,thigh, split; 2-front; 3-flip	3-5-____ (1,2,3)	38
Head drop back on prop	3-2-7	37
Height limit on props: 2-maximum; 3-two levels	3-2-____ (2,3)	36
Inverted on prop:	3-2-1	36
Maintain contact pr >3'	3-2-5	36,37
Moving props w/wheels, round, covered bottom	3-2-10	37
Moving to new prop: 11-visual con; 12-wheels	3-2-____ (11,12)	37
Prop held at base waist	3-2-8	37
Spotter : 2-location; 3-focus, 4,5-arms/hands/torso/ hold objects	3-3-____ (2,3,4,5)	37,38
Stacked props	3-2-13	37
Stunt/tumble on prop	3-2-6	37
Tumble onto/ovr/und prop	3-2-4	36