

## 2021-22 NFHS SPIRIT RULES CHANGES

**2-1-21:** Head coverings worn for religious reasons so as not to expose ones uncovered head may be worn and must be attached in such a way that it is unlikely to come off during performance. It must be made of non-abrasive, soft materials; must fit securely and not pose a danger to any other participant.

**3-2-1, 4-2-1:** Apparel/Accessories:

**ART. 1 ... b.** Hold objects in a hand that is supporting a top person.

Exception: A base and top person may share a pom during a dismount from a thigh stand, shoulder sit/straddle, shoulder stand, or prep.

**Rationale:** The exemption clarifies the current interpretation of rules 3-2-1 and 4-2-1.

**3-3-3:** Inversions:

**ART. 3...** Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:

~~... c. The top person and at least one bracer maintains hand-to-hand/arm contact.~~

**Rationale:** Requiring hand-to-hand/arm contact may put the top person in a less than ideal position by having to force a connection with an arm instead of using the same technique they would if there were no bracer. This change would allow for common methods to be taught for common skills and lower the risk of injury.

**3-3-6d:** Suspended Stunts

**ART. 6...**

~~d. When the stunt begins in an inversion and transitions to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.~~

**Rationale:** No longer needed after 2020 rule changes discontinued the requirement for upper body contact.

**3-5-5c:** Release Stunts/Tosses

**ART. 5...** Release transitions are permitted provided all of the following conditions are met throughout the transition:

... c. The top person and at least one bracer maintain ~~hand-to-hand/arm~~ contact except for the following skills:

~~1. If the release is to a cradle position, the contact may be hand-to-foot and the bracer must be in a double-based prep with a spotter.~~

2 1. A non-braced top person in a vertical position at prep level or above may be released to the original bases to a stunt at any level provided the top person remains in a position where the upper body remains vertical and the legs are not in a seated/pike position. Vertical releases from an extended position to an extended position may not perform more than a ¼ turn.

3 2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to the original bases in a loading position or stunt at any level with no more than a 1/4 turn.

**Rationale:** Allows the hand-to-foot release to land back in a skill or other position besides a cradle. This will allow for a cleaner rule and interpretation without increasing the risk of injury and eliminates the type of connection determining what is required.

#### **4-2-8: Stunting Personnel**

**ART. 8...** A spotter is required for ~~tosses to~~ single-base prep-level stunts in which the foot/feet of the top person is in the hands of the base and for tosses to single-base shoulder stands.

**Rationale:** Clarifies that a spotter is required anytime the feet of the top person are in the hands of a base or during the toss portion of a toss to shoulder stand. Mirrors the language in 3-2-8.

<https://kshsaaschools.sharepoint.com/Company/Spirit/Safety Mtgs/Spirit Rule Changes.docx>