

Spirit Rules Changes - 2023-24

By NFHS on March 21, 2023

spirit

Rule 1 – The definition of hanging pyramid was revised to hanging stunt for clarification.

Rationale: Diamond Heads and Whirlybirds are technically not pyramids, since they are not connected to other stunts. This change would clarify that they are subject to the restrictions dealing with Hanging Stunts.

3-3-5d – New language was added to clarify the connection required for a bracer in a flip inversion pyramid, where the connection is not hand to hand/arm. The bracer with non-arm contact must be at prep level or below.

Rationale: This change clarifies the requirement for a bracer that does not have hand to hand contact with the top person. As the inversion rule has evolved and the connection between the top person and the bracer has changed from two arms to one arm, there is a need for further clarification for bracers who do not have hand to hand contact with the flipping top person.

3-3-6a – Allows inversions to release to non-inverted dismount, loading position, or stunt with no more than a full twist.

Rationale: Allows for a consistent rule for the same twisting allowance for each type of landing.

3-3-6b, 4-3-6b – Clarified requirements for the contact between stunt personnel for inversion that begin and remain below prep.

Rationale: Would enable a wider variety of below prep level inversions to be performed legally, mirroring the language in prep level inversions. The change clarifies the rule that was changed in 2018.

3-4-5 – Revised rule to reflect new definition of hanging stunts.

Rationale: A true hanging pyramid would be subject to this rule just like an extension in a braced pyramid and would still requires a spotter. Letter "c" is no longer necessary. The revised rule reflects the new

definition of a hanging stunt.

3-5-4 – Allows a toss to be caught in a horizontal or vertical stunt by the original bases. The toss must not go significantly higher than the point of contact with the bases.

Rationale: Allows a toss to be caught in a horizontal or vertical stunt by the original bases while clarifying only a ball up position is allowed during the release of a toss caught in a non-inverted stunt.

3-5-6, 4-5-4 – Allows a helicopter to be performed by three bases.

Rationale: Decreasing the number of tosser/catchers brings the personal requirement in line with similar skills. Helicopters will continue to require a tosser/catcher to be in position to support the top person's head and shoulders at the beginning and end of the skill.

3-5-7 – Deleted redundant log roll rule. The criteria for a log roll is addressed in the release transition rule (3-5-5).

Rationale: 3.5.7.a is unnecessary, as that is the normal rotation for a single base. 3.5.7.b conflicts with popping from a cradle or flat back and performing a half twist to the prone position.

4-4-4 – Allows a top person to pass through an extended position when moving from a vertical position to a horizontal or cradle position.

Rationale: Allows for a skill in Dance that has been proven effective with minimal risk in a corresponding Cheer skill.

2023-24 Spirit Points of Emphasis

1. Copyright Compliance
2. Sportsmanship

3. Performing Surfaces

4. Risk Minimization

To read the press release on the Spirit Rules Changes, [click here](#).