

2008-09 NFHS Spirit Rules Interpretations

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Situation 1: No spotter is present as a flyer is extended in a (a) triple-base straddle lift; (b) Swedish fall; (c) triple-base side T-lift; (d) triple-base dead-man lift; (e) vertical T-lift. **RULING:** (a), (b), (c) illegal; (d) and (e) legal. **COMMENT:** For (a), (b) and (c), a separate spotter is required for extended stunts. Examples (d) and (e) are specifically listed exceptions, which do not require a spotter. (2-4-7)

Situation 2: A flyer dismounts to a cradle after performing a series of loss-of-contact transitions. The bracer (a) releases the flyer's hand before she is popped to the cradle; (b) maintains hand/arm contact with the flyer as she is popped and releases her as the bases re-establish contact while reading upward to execute the cradle; (c) releases the flyer's hand while she is in the air before the bases re-establish contact; (d) holds the flyer's foot as she is popped and releases her as the bases re-establish contact. **RULING:** (a) and (b) legal; (c) and (d) illegal. (2-6-11)

Situation 3: As a sign is being passed up to a flyer in a shoulder stand, her shoulders inadvertently go below the level of her waist. **RULING:** Illegal. (2-8-2)

Situation 4: A participant (a) performs a back handspring with a spot; (b) is assisted into a handstand position before being transitioned directly to an extension prep; (c) performs a "double cartwheel" with another person. **RULING:** (a) and (b) legal; (c) illegal. **COMMENT:** (a) and (b) are considered to be assisted or spotted tumbling, which is not prohibited. Despite the name in (c), a "double cartwheel" is considered to be an inverted stunt, which does not meet the exception to Rule 2-8-2. (2-8-2)

Situation 5: During a forward suspended roll from the performing surface, the flyer maintains continuous (a) hand-to-hand contact with two bases; (b) arm-to-arm contact with two bases; (c) hand-to-hand contact with one base and releases from the other base. **RULING:** (a) legal; (b) and (c) illegal. (2-9-1)

Situation 6: A flyer in an extension prep with a spotter is braced by one flyer in a shoulder stand who also has a spotter. The flyer performs: (a) a liberty-to-liberty tick-tock with the bracer holding one hand of the flyer; (b) a hitch-to-heel stretch tick-tock with the bracer's hand on the flyer's torso. **RULING:** (a) legal, (b) illegal. **COMMENT:** (a) Having just one bracer in loss-of-contact transitions is permitted; (b) bracers must have hand/arm contact with the flyer during a loss-of-contact transition. (2-12-1)

Situation 7: During a liberty-to-liberty tick tock, two bracers extend the flyer's air time by pulling her upward during the loss of contact. **RULING:** Illegal. (2-12-1)

Situation 8: A dance team member is performing: (a) barefoot; (b) in "half-sole" sandals; (c) in jazz shoes; (d) in Pedini-style dance shoes. **RULING:** (a) and (b) illegal; (c) and (d) legal. **COMMENT:** Wearing footwear that covers the toes and entire sole of the foot or is a Pedini-style shoe is required to reduce the risk of injury and disease. The Pedini's heel raises the bottom of the foot off the floor, greatly minimizing the risk of injury and disease. (3-1-6)