



2010-11 NFHS Spirit Rules Interpretations

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SITUATION 1: A participant performs while wearing a knee brace that is: (a) made of hard material with metal hinges; (b) padded with a closed-cell, slow-recovery foam padding no less than ½ inch thick.

RULING: (a) illegal; (b) legal. **COMMENT:** A neoprene sleeve or similar material would be considered appropriate covering. Coaches must ensure that coverings do **not** restrict movement of hinges. (2-2-8)

SITUATION 2: A flyer performs a double twist to a cradle on: (a) grass; (b) a cheer performance mat; (c) a gymnasium floor; (d) wet grass.

RULING: (a) and (b) legal; (c) and (d) illegal. **COMMENT:** A twist to a cradle involving more than 1 ¼ rotations is permitted only on appropriate mats, grass, rubberized surfaces and soft-yielding surfaces. (2-6-7)

SITUATION 3: A flyer drops to suspended splits while in contact with: (a) a bracer on each side holding a hand; (b) one bracer who holds both of the flyer's hands with her hands; (c) one bracer who holds one of the flyer's hands.

RULING: (a) and (b) legal; (c) illegal. (2-8-14)

SITUATION 4: During a series of release transitions in which a bracer on each side holds one of the flyer's hands, the bases pop the flyer into suspended splits.

RULING: Legal. (2-8-14)

SITUATION 5: A participant: (a) in a shoulder stand, grasps the hands of a post who is standing in front of the stunt, and performs a shoot-through, landing in the hands of two bases who are standing in front of the post; (b) performs a leap frog over a base who is on hands and knees; (c) performs a handspring vault over a base who is on hands and knees; (d) in a shoulder stand, grasps the hands of a post who is standing behind the stunt, and performs a backward vault, landing in the arms of four catchers in a face-down layout position.

RULING: (a) and (b) legal; (c) and (d) illegal per rule 2-12-2. (2-14) (Added new (d) illustrating that backward vaults to layout are **not** legal per 2-12-2)

SITUATION 6: A dance team is performing: (a) barefoot; (b) in jazz shoes; (c) in Pedini-style dance shoes; (d) in dance paws.

RULING: (a) Illegal; (b), **(c) and (d) legal.** (3-1-6)

SITUATION 7: A participant performs a headstand on the floor. A standing participant (a) holds her feet; (b) pulls her up to a handstand.

RULING: **(a) legal;** (b) illegal. **COMMENT:** In (a), the inverted performer supports her own weight. In (b), the assisting participant provides primary support during the transition to handstand. (3-1-7)