



NFHS Inversions – Quick Reference



This checklist is for reference only. For official rules, see 2012-13 NFHS Spirit Rules Book.

Rule	Type	Start	End	Requirements
2-5-2	Forward Suspended Roll	Performing surface or stunt shoulder level or below	Performing surface or cradle	<ul style="list-style-type: none"> Two bases <u>or</u> two posts Maintain hand to hand contact throughout
2-5-3	Backward Suspended Roll	Performing Surface	Performing Surface	<ul style="list-style-type: none"> Two posts Maintain hand to hand contact throughout
2-5-4	Inverted Mount	Performing surface – self-supported inverted position	Non-inverted position/stunt at any height	<ul style="list-style-type: none"> One base <u>or</u> spotter in position to protect Protector maintains contact until not inverted
2-5-5	Inverted in Stunt	In stunt below shoulder level	Non inverted position/stunt below shoulder level	<ul style="list-style-type: none"> One base <u>or</u> spotter in position to protect Maintain contact with top until not inverted Base of support stays below shoulder level
2-5-6	Inverted Dismount / Downward Inversion	In stunt below shoulder level	Performing surface or stunt	<ul style="list-style-type: none"> Two bases <u>or</u> one base and one spotter in position to protect Maintain contact with top until hands are on the performing surface <u>or</u> is no longer inverted Base of support stays below shoulder level
2-5-7	Braced Flip	In pyramid	Loading position, stunt or cradle	<ul style="list-style-type: none"> Hand-hand/arm contact with a bracer on each side. Bracers must be in double base shoulder stands or elevator preps Top and Bracers have spotter and 2 bases Bases cannot move No more than 1 ¼ flipping rotation; no twisting
3-2-1	Inverted on Prop	On Prop	On Prop	<ul style="list-style-type: none"> One foot weight-bearing; surface minimum 2' x 2', <u>or</u> Lying on prop minimum 1' wide and lower than 3' high
3-4-1a	Forward Suspended Roll from Prop	On Prop	Performing surface or cradle	<ul style="list-style-type: none"> Two posts Maintain hand to hand contact throughout
3-4-1b	Forward Roll Dismount from Prop	On Prop	Performing surface	<ul style="list-style-type: none"> Prop low enough that hands can reach floor before beginning dismount