

2011-12 SPIRIT RULE CHANGES

<p>2-4-9d 3-3-5c</p>	<p>Add d. d. Hold objects in her/his hand(s).</p> <p>Rationale: If a spotter's hands are not free, the ability to spot safely is greatly diminished.</p>
<p>2-5-5g</p>	<p>Delete (c) Delete last phrase in (g)". therefore, all full pendulums require two bases.</p> <p>Rationale: Eliminating (c) will allow the top person to land on her/his side. Removing the last phrase of (g) will allow a single-base full pendulum in which the top person drops to the side. These allowances do not present a greater risk than dropping face up to face down.</p>
<p>2-5-13c</p>	<p>Add EXCEPTION: A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.</p> <p>Rationale: This stunt presents minimal risk to participants if adequate restrictions are in place.</p>
<p>2-6-2</p>	<p>Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat,</p> <p>Rationale: Prohibiting these tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.</p>
<p>2-6-4c</p>	<p>Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.</p> <ol style="list-style-type: none"> a. same b. same c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat. <p>Rationale: Prohibiting airborne twists during quick/load-in tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.</p>

2011-12 SPIRIT RULE CHANGES (continued)

2-7-7c	<p>Add c. and add Note c. The top person begins from a cradle or the performing surface. Note: A slight downward swing to prepare for an upward swing is permitted.</p> <p>Rationale: Allowing a downward swing from a stunt higher than a cradle presents increased risk to the top person.</p>
2-8-9b	<p>A twist to a cradle is permitted only on grass (real or artificial) or a mat.</p> <p>Rationale: Prohibiting all twisting cradle dismounts from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.</p>
2-9-5	<p>Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.</p> <p>Rationale: Prohibiting twisting tumbling skills from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.</p>
2-14	<p>Remove rule pertaining to vaults.</p> <p>Rationale: Rules pertaining to vaults are now covered in the Non-Release Stunts Section.</p>
3-1-5	<p>Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot.</p> <p>Rationale: Allowing additional styles of modern dance footwear does not present a significant risk. Dancing barefoot on a floor cover is considered appropriate.</p>
3-2-10	<p>When a prop used as a base has wheels, rounded surfaces (e.g., balls, barrels, etc.) or a flat bottom covered with fabric and is moving, a spotter is required.</p> <p>Rationale: Flat-bottom props covered in fabric are often pushed or pulled around the floor and the top person on such props is at as much risk as those on propos with wheels or rounded surfaces.</p>

Screening designates a rule revision.

* - Indicates there is a situation ruling further clarifying the rule at the end of each applicable rule.

(P) indicates a picture in the picture section.

* - In the Situation Rulings, indicates a new situation ruling.

2011-2012 MAJOR EDITORIAL CHANGES

1. The term “top person” has replaced “flyer” throughout the book.
2. Sections in all rules have been revised, reordered, combined or eliminated. Major revisions to Rule 2 include (but are not limited to):
 - a. Section 4 – Stunt Personnel is a combination of old Sections 4 – Spotting and 5 – Base/Bracer.
 - b. Section 5 – Non-Release Stunts is a combination of old Sections 8 – Partner Stunts/Pyramids and 3 – Height Limitations. It also includes rules for non-release transitions (old 2-12-2, 3).
 - c. Section 6 – Release Stunts/Tosses is a combination of old Sections 10 – Tosses and 11 – Release Stunts. It also includes rules for release transitions (old 2-12-1).
 - d. Section 7 – Suspended Stunts includes rules for suspended rolls, suspended splits and swinging stunts.
 - e. Old Section 14 – Vaults has been deleted.
3. Rule 1 – Several definitions have been changed, reordered, clarified or eliminated and new definitions have been added. Major revisions include (but are not limited to):
 - a. 1-1-1 Stunt/Partner Stunt – definition no longer includes tumbling. Tumbling is defined separately (1-7-1).
 - b. 1-9-2 “Deadman Lift” is now “Flatback” (Old definition of flatback has been eliminated.)
 - c. 1-10-8 “Load-in Toss” is now “Quick Toss”.

POINTS OF EMPHASIS

Points of Emphasis highlight the major rules changes and emphasize other rules for which additional clarification may be needed.

Concussions – Concussions are a common result of sports-related head injuries and carry the potential for serious complications if not managed correctly. The NFHS Sports Medicine Advisory Committee, currently collaborating with the nationwide high school RIO™ (Reporting Information Online) to analyze and interpret sports-related injury data, has developed suggested guidelines for management of concussions:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

Spirit coaches should refer to the current NFHS Suggested Guidelines for Management of Concussion available the NFHS Web site (www.nfhs.org) under Sports Medicine Resources. Please also refer to the Concussion course available through the NFHS Coach Certification at nfhslearn.com.

NFHS Spirit Rules Book – Coaches, both new and veteran, have a professional responsibility to read the NFHS Spirit Rules Book, including the situation rulings, and fully comprehend all rules in order to safely and correctly teach the appropriate skills to their athletes. This year’s rules book has been reorganized and updated to be consistent with current cheer trends and changes that have occurred over the last five years. Specific areas of importance are, but not limited to, changes to definitions, non-release stunts, release stunts/tosses and suspended stunts. It is imperative that coaches have a thorough understanding of these changes and revisions that will affect all aspects of their cheerleading program. In addition, coaches should educate their student-athletes so they are made aware of the rules change.

Twisting Dismounts/Tumbling/Tosses – It is the NFHS’s responsibility to revise rules to minimize risk whenever trends indicate an execution of specific skills resulting in injuries. To be consistent with the NFHS’s focus on risk minimization, any twist to a cradle; airborne, twisting tumbling skills; and basket tosses, elevator tosses, and other similar multi-base tosses will only be permitted on grass (real or artificial) or a mat.

The NFHS continues to stress that spirit coaches must be responsible for teaching and enforcing general risk management rules, identifying teams’ ability levels, and following proper progressions in learning new skills. It is imperative that coaches insist upon “perfection before progression” before advancing to the next skill level.

Note: A suggested list of additional responsibilities for coaches and participants is located on the NFHS Web site (www.nfhs.org) on the “Spirit” page.