

## 2010-2011 Spirit Rule Changes

2-1-15 An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. (Please see NFHS Suggested Guidelines for Management of Concussion).

COMMENT: Clarification from NFHS Sports Medicine Advisory Committee for all NFHS rules books.

2-2-8 Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow recovery foam padding no less than ½" thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt.

COMMENT: Clarification from NFHS Sports Medicine Advisory Committee.

2-6-7 Add exception: 1 ¼ twists are permitted from side-facing stunts.

COMMENT: Twist cradles from side-facing stunts present only minimally more risk than single twists. The extra ¼ twist allows the flyer to face forward before completing the rotation. This change is consistent with 2-13-2 which allows an extra quarter turn in double twisting cradles.

New 2-8-14 Suspended splits involving bracer(s) that originate at any height and drop to any level are legal provided all the following conditions are met.

- a. The flyer has both hands in contact with the bracer(s).
- b. The flyer does not become inverted.
- c. The flyer has at least two bases.
- d. The flyer and bracer(s) each have a separate spotter. Exception: Bracers in shoulder sits or thigh stands.
- e. In suspended splits in which the flyer is not released by the bases, the bracer(s) must maintain hand/arm contact with the flyer until she/he is no longer in a split position.

- f. In suspended splits in which the flyer is released by the bases, the release must be a continuous vertical up and down movement in which the flyer remains over the base(s). The bracers must maintain hand/arm contact with the flyer during the entire loss of contact with the bases. (Note: See 2-12-1)

COMMENT: Bracers are frequently used in many types of stunts. This rule allows a flyer in suspended splits to have contact with bracer(s) rather than with base(s).

3-1-6 Exception: Dance paws and pedini-style dance shoes that have heels of sufficient height to raise the bottom of the foot off the floor.

COMMENT: Dance paws allow movement of the foot without compromising the look and feel of barefoot dancing. Dance paws also help protect the foot by preventing friction burns and skin tears.

New 3-7 Assisted Inverted Floor Stunts (New Section)

Assisted inverted floor stunts are legal provided both the following conditions are met:

- a. The inverted participant is in direct weight-bearing contact with the performing surface and provides primary self-support throughout the stunt.
- b. The assisting non-inverted participant is in direct weight-bearing contact with the performing surface and provides only partial support for the inverted participant.

COMMENT: Assisted floor stunts are becoming common, especially in hip hop routines. Previously, the only reference to this type of stunt was a situation/ruling for Rule 2.