

## SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

<b>SKILL/ELEMENT/QUESTION</b>	<b>RULE</b>	<b>SECTION</b>	<b>NFHS/WIAA RULING</b>	<b>STILL IN EFFECT 07-08</b>
Toe touch to front push up position landing (gymnastics/break dancing move)	Rule 2	Drops	Ruling: Illegal, front air borne drop	YES, Illegal
Jump splits-how to make ruling	Rule 2	Drops	Ruling: to be legal feet must clearly hit the ground first on landing.	YES, Illegal unless feet hit first
Cartwheel over person using their thighs as the base	2:10:5 2:8:8	Inverted flyer and tumbling on/over person	Ruling: Illegal, inverted flyer position and tumbling on/over a person	YES, Illegal
Stepping on flags while twirling/moving	Rule 2	Performance area	Ruling: Illegal, props underfoot pose danger to participants. Must keep performance surface free of obstacles	YES, .5 points per violation
Stepping on untied shoe strings/leg warmers	Rule 2	Performance area	Ruling: Illegal, props/costumes underfoot pose slipping danger to participants. Costumes and props should not be underfoot.	YES, .5 pt per person given for stepping on untied shoe strings or pants under heel (used to be ruled as stepping on an item on the floor)
Uncovered plastic air cast		Casts	Ruling: Casts with hard metal hinges or hard plastic edges should be covered. Participants with cast should not participate in stunting.	YES, see current rules on casts. Stunting includes a legal fwd roll (as of 05-06)
Illegal Participants on performance floor	WIAA	Participants	Ruling: Illegal to have parents or non-team members in performance area during routine. Parents/non-team members can help set up/break down	YES, Illegal
Gloves during stunting	Rule 2	Apparel	Ruling: Spirit Rules video clearly shows legal gloves (nothing on fingers/palm or palms with grips) for stunting/tumbling	YES, Illegal to stunt/tumble with gloves that have no grips or open hands (gauntlet type). No puffy paint, must have manufactured grip gloves. Legal fwd roll with gloves that have no grips is LEGAL.
Chorus Line flips (multiple connected-line, every other person flips backwards)	Rule 2	Stunts	Ruling: illegal, inverted flyer	YES, Illegal
Jazz belts with buckles	Rule 2 WIAA	Apparel	Ruling: Legal, viewed as appropriate attire for dance	YES, Legal. Violation only if damage occurs to floor
Stunting in Nylons	Rule 2	Apparel	Ruling: Illegal although stunting in certain	YES, Illegal

### SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

			types of lycra pants/tights would be ok if judge ruled them as appropriate attire	
Tick Tocks	Rule 2	Transitions	Ruling: Illegal prior to 2003-04 unless maintained contact is seen	Legal as long as stunt meets rule 2.12.1 guidelines
On knees, arch up/lift body up, then drop back to knees	Rule 2	Drops	Ruling: Illegal although not air borne completely, impact is high on knees	YES, Illegal
Sliding into jazz sit	Rule 2	Drops	Ruling: Legal if hands/feet bear weight and control is shown	YES, Legal if weight is born
Chest Fall/Swedish Fall –(standing, then fall forward to catch weight on hands)	Rule 2	Drops	Ruling: Legal, not considered front fall (air borne)	YES, Legal
Plastic/hard rubber hair bands with teeth	Rule 2	Hair Devices	Ruling: Illegal due to hard plastic	NO, currently legal unless hair piece is inappropriate and poses danger to participant
Stepping on long pants	Rule 2	Apparel	Ruling: Illegal to have pants under heel of foot	YES, .5 pt per participant
Jumping backwards off prop to dismount	Rule 3	Props/dismounts	Ruling: not rules as backward dismount until 2004-05	No, backwards dismounts treated same as dismounts in any direction. Only backward suspended roll illegal. Height and performance surface rules applies.
Participant A bends knees and assumes table top position. Participant B performs cartwheel type movement laying on the back of A, rolling over back and landing on other side (Swing Dance move)	Rule 2	Tumbling	Ruling: Illegal, ruled as cartwheel although Participant B doesn't assume extended arm position. Flyer may also be with head below waist (inverted) during skill	YES, Illegal
Nike sign on shirt	Rule 2	Apparel	Ruling: Legal if under current manufacturer's logo rules	YES, Legal if within rules
Nike sign on shoes	Rule 2	Apparel	Ruling: Legal, normally small enough that it is within requirements	YES, Legal
"Around the world" (swing dance skill where base holds flyer in cradle position, then swings flyer's body around behind base to end in cradle position again	Rule 2	Inverted flyer	Ruling: Illegal, flyer becomes inverted	YES, Illegal
Handstand to splits	Rule 2	Drops	Ruling: Illegal prior to 2004-05	Legal as of 2004-05
Plastic beads woven in/attached to hair	Rule 2	Hair	Ruling: Illegal prior to 2004-05	Legal as of 04-05 (For Dance/Drill Only, not Cheer)
Visible tattoos	Rule 2		Ruling: Legal Note: they were illegal for one year in 1999	Legal
Lying on stomach on chair (head below	Rule 3	Props as bases	Ruling: Illegal, surface of chair back is not 1	YES, Illegal (Note: chair

### SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

waist) with the chair back with body tilted down as the base supporting participant			foot x 1 foot	pad/seat would be legal as base if surface meets requirements.
Stunting with signs/poms in hand	Rule 2	Stunts	Ruling: Legal, unless they interfere with the stunt or pose danger in some way	YES, Legal to stunt with poms/signs
Participant A stands behind Participant B. Participant B bends over, legs open, and grabs A's hand through her legs. Participant A (base) pulls and flips Participant B (flyer) over to land on her feet again (swing dance element)	Rule 2	Inverted flyer	Ruling: Illegal, flyer becomes inverted. Becomes base/flyer situation because flyers weight is supported by base during pull/flip.	YES, illegal as described
Tumbling with signs/poms in hand	Rule 2		Ruling: Illegal, hands must remain free to support, catch body (even in aerials, tucks, etc), except for legal fwd rolls	YES, Illegal, except for legal forward rolls.
Metal choker attaching top of halter top to neck	Rule 2	Apparel	Ruling: Illegal unless metal is covered	YES, illegal
Stepping on flags during flag/color guard performance	Rule 2	Performance area	Ruling: Illegal, even though this is part of color guard/flag	YES, illegal to step on flags
Hair comes down during stunting routine	Rule 2	Hair	Ruling: Hair should be appropriate for activity. If hair comes loose and causes safety issue during stunting, illegal	<b>Hair should be pulled away from face. No penalty given unless safety hazard occurs.</b>
Suspended roll from prep position (not shoulder stand) to cradle catch by other bases	Rule 2	Transitional stunts	Ruling: Legal as long as 2 new bases catch and are in front of old bases, don't go over anyone, original bases release on catch, cradle ends stunt	YES, Legal as described
Participant standing, twists around and drops to jazz sit, catching weight with hands (leaning slightly forward)	Rule 2	Drops	Ruling: Legal if weight is caught by hands (leaning forward to catch weight)	YES, Legal if controlled and weight is caught by leaning forward
Participant A bends assuming table-top position. Participant B places hands on B's back and kicks legs up alternating, then on landing turns around the end next to B	Rule 2		Ruling: Legal if head doesn't become inverted and don't roll over back in cartwheel type leg position	YES, legal as described
Backward shoulder rolls - tumbling?	Rule 1	Tumbling	Ruling: Backwards shoulder rolls (fish flops) are <b>NOT</b> considered tumbling element	YES
Jetes, Axles and other air borne dance leaps, jumps over people	Rule 1	Tumbling	Ruling: Legal, dance elements such as air borne leaps are <b>NOT</b> considered tumbling skills, can execute over people and props	YES, legal to execute leaps and jumps over people/props (not tumbling elements)

### SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

Participant is on one knee with one foot forward/knee up, executes knee spin/knee chaine	Rule 2		Ruling: Legal to spin on knees	YES, legal to spin on knees (knee pads recommended during all practices)
Choker necklaces	Rule 2	Apparel	Ruling: Legal if within current guidelines. Must be of soft material, if stunting, should be able to break away if fingers are caught	YES, legal as described
Choker necklaces with metal studs, grommets	Rule 2	Apparel	Ruling: Illegal, metal studs or rhinestones would classify them as jewelry.	NO, ok if rhinestones, etc. are securely affixed to costume fabric for decorative purposes
Grommets on wristbands	Rule 2	Apparel	Ruling: Legal if not raised, sharp and not appropriate for activity	YES, if appropriate for activity
Chair sit to cradle catch with no spotter	Rule 2	Stunts	Ruling: Legal	YES, legal
Illusion with poms in hand	Rule 2		Ruling: Illusion is not tumbling element and foot remains on ground	YES, legal
Strip of sequins in hair like a ribbon	Rule 2	Hair Devices	Ruling: Legal	YES, legal
Cradle is end of stunt, but do you have to put flyer down before going to new stunt	Rule 2	Transitional stunts	Ruling: No you do not have to put flyer down before transitioning	YES, ruled as described
Glitter material that looses glitter	Rule 2	Glitter	Ruling: Illegal if glitter can be seen on floor from material	YES, rules as described
Participants squat, then go to knees	Rule 2	Drops	Ruling: Legal, if control is shown and speed doesn't make it become a forceful drop to knees	YES, ruled as described
Participant bends over with straight legs, then goes to knees	Rule 2	Drops	Ruling: Illegal, ruled as drop unless movement is slow and controlled	YES, ruled as described due to forceful impact on knees when done quickly
Take off clothing during routine and manipulate it (dance with it)	WIAA	Rules/regs	Ruling: the clothing item becomes a prop when you manipulate/dance with it, would change category	YES, ruled as described
Several members of team have long pants underfoot	Rule 2	Performance area/Apparel	Ruling: Illegal and team would receive 25 point inappropriate apparel penalty	YES, rules as described
Long toenails	Rule 2	Fingernails	Ruling: legal if appropriate length for activity, short, near the end of toes. Illegal if not appropriate length (ruled just like fingernails)	YES, ruled as described
Face paint	Rule 2	Apparel	Ruling: Legal, considered makeup	YES, legal
Sunglasses used as costume and prop	Rule 2	Apparel	Ruling: Legal to use as costume or prop. If taken off and manipulated, becomes prop	YES, Legal as described
Participants in full head to toe unitards with cut out eyes and non slip soles	Rule 2	Apparel	Ruling: Legal, considered appropriate attire. Ruling may change if stunting/tumbling	YES, legal as described but ruling could change

### SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

			depending on what is done	depending on what was done in routine
Single sequins glued to face	Rule 2	Jewelry	Ruling: Illegal, is considered like a sticker and could come off on floor	YES, Illegal as described
Participants dressed as statues on wheeled bases-need spotter?	Rule 2	Props/wheels	Ruling: Legal without spotter, low to ground enough to stabilize themselves	YES, Legal as described
Participants in full face masks	Rule 2	Apparel	Ruling: Legal to participate, but illegal to stunt/tumble in face covering mask	YES, ruled as described
Triple based or double based deadman lift, flyer drops head back, arches back	Rule 2	Stunts	Ruling: Illegal with head of flyer dropped out of alignment with body. Legal if flyer's head in alignment	NO, head out of alignment ok as of 06-07
Two bases standing on floor with flyer standing on floor between. All grab hands, flyer lays back into arch position with torso off ground, head dropped back, feet on ground, bases looking at flyer	Rule 2	Inverted flyer, head out of alignment	Ruling: Illegal as described because head of flyer is out of alignment. If dropped, her weight is supported and her head could hit floor (even with feet on ground)	NO, illegal because flyer is inverted. If flyer's head is not below waist (inverted), but is out of alignment it's legal.
Floor work done with poms in hand, then roll over and end up laying on one pom	Rule 2	Tumbling	Ruling: Legal to execute floor work with poms in hand, (Note: if slip/danger occurs situation may be ruled differently as needed) Legal to lay on a pom, no safety issue of falling/slipping. This is not tumbling with poms, it is floorwork. No handstand positions should occur to remain legal	YES, you can lay/roll on poms on floor. Safety situation occurs when standing//dancing on poms/items on floor
Bear claw sandals (half sole), lyrical sandals, dancing barefoot	Rule 2	Apparel	Ruling: Legal, 03-04 rules book states illegal, but NFHS followed up with a rules interpretation stating "Legal". Foot attire should be appropriate for activity. Some types of dance (lyrical) are appropriate for no shoes	YES, Legal. WIAA adopted a WA state exemption to rule 2-1-6 in 05-06. Still in effect.
Vertical t-lift with head dropped back	Rule 2	Inverted flyer/stunts	Ruling: Illegal with flyer's head dropped out of alignment. Eyes of flyer must remain forward, no spotter required in this stunt	NO, flyer may drop head out of alignment
Metal on pants, or buckles, zippers	Rule 2	Apparel	Ruling: Legal if appropriate for activity. Would need to determine if edges were sharp (large metal studs-pointed) or could cause damage to floor or participants	YES, legal in general but each situation would be ruled independently according to the routine and costume. Violation given if damage occurs to floor.

### SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

Glitter on face close to eyes or on eyelids	Rule 2	Glitter	Ruling: Legal if glitter is part of the list of legal glitters and not loose glitter. Rule by type of glitter, not location	YES, ruled by type of glitter not location
Stunting in nylons, lycra pants, lycra tights	Rule 2	Apparel	Ruling: Illegal to stunt in regular nylon panty hose due to looseness/slipping element. Lycra dance attire will be judged on a case-by-case basis depending on what elements are done and if safety situation occurs.	YES, attire must be appropriate and each case is independently judged according to what is done (types of stunts) and what is worn
Plastic flowers in hair	Rule 2	Hair devices	Ruling: Legal, if considered safe and appropriate for activity	YES, legal but each case judged independently
Manipulate material with feet in prop routine	Rule 3	Props	Ruling: Illegal if stepping on material, would be ok if material was not underfoot	YES, illegal to step on items on floor
Original bases drop flyer to flatback position to twonew catcher/bases, who catch her torso (not head/shoulders), flyer returns to original bases to vertical position (no spotter on opposite side)	Rule 2	Flatbacks	Ruling: Illegal as described. Flatback required two catchers catching head/shoulders, returning to vertical required spotter on opposite side	YES, illegal as described, could be made legal if stated problems fixed. See rule 2-8-8
Legal forward roll with poms in hand and nylon hose on	Rule 2		Ruling: Legal, because it is done by one person and no climbing or building occurs	YES, legal as described
Shoes with manufacturer's logos	Rule 2	Apparel	Ruling: logo rule doesn't apply to shoes, normally shoe logos are very small	YES
Hair with beads woven into long braids	Rule 2	Apparel/hair	Ruling: As of 03-04 these would be considered appropriate hair	YES, but if safety situation occurs, it could change ruling
Stunting in loose baggy clothing, sweat suits or loose flowing costumes	Rule 2	Apparel	Ruling: each case would be judged independently. Rules state attire such as this would NOT be appropriate for certain types of stunts.	YES, same ruling. Loose flowing costumes that interfere with stunting would be considered a safety issue
Use of swords or guns in prop routines	Rule 3	Props	Ruling: Routines would need to be ruled by administrator for appropriateness. Obvious use of the prop as a weapon would make it illegal	YES, ruled as described
Break dancing moves spinning on head	Rule 2		Ruling: Legal, no rule against spinning on head such as seen in break dancing	YES, ruled as described
Shoes laces coming untied	Rule 2	Apparel	Ruling: Legal, unless stepped on. Shoe laces coming untied do not pose safety issue unless stepped on during performance	YES, legal to come untied, illegal to step on
Safety pins on outside of pant hem	Rule 3	Apparel	Ruling: Illegal, safety pins should be used on the inside of costumes to secure costume. Used outside, they become "decorative" and	YES, illegal to use pins on outside of costume

### SPIRIT RULES INTERPRETATIONS FOR DANCE/DRILL

			are illegal (as with Scottish kilt/large pin on front)	
Jumping backwards off a 3.5 foot prop to floor (dismounting)	Rule 3	Dismounts/props	Ruling: Illegal, unassisted dismounts off prop over 3 ft high are illegal.	YES, illegal
Legal Forward roll over person Legal Forward roll over pom	Rule 2	Tumbling	Ruling: Illegal to forward roll over PERSON. Legal to forward roll over pom/prop	YES, Illegal over person, legal over prop/pom
Stepping on pom outside "performance boundary"	Rule 2	Performance area	Ruling: Safety technical judging continues until performer is OUTSIDE performance boundary, warning only	YES, warning only. Boundaries vary from invitationals to State events
Safety pins on inside of soft choker holding it together	Rule 2	Apparel	Ruling: Legal, in stunting situation, a pin would break free if pulled hard enough. Chokers that are tied (rope types would be illegal in stunting situations	YES, as long as safety pin was on inside of choker. Apparel would need to be judged case-by-case basis
Use of "finger/hand guns" in routine	WIAA Rule 11.3	Sportsmanship	Ruling: "Charlie's Angel" poses are okay, but use of finger/hand guns toward the audience or toward fellow participants are considered a violation of the rule.	YES
Use of Tap Shoes	WIAA	Category Definition	Okay, only in Prop/Production/Color Guard category and ONLY if used on a false floor/box/board. Not allowed on gym floors.	YES
Team performs a stunt where both the flyer and the bases are holding poms in their hands	Rule 2	Stunting	Ruling: Illegal. It is illegal to be a base in a stunt while holding objects in hands.	YES
Team performs using Heelys	Rule 2	Apparel	Ruling: Legal	YES

Revised 10/06/05