



**NATIONAL FEDERATION  
OF STATE HIGH SCHOOL  
ASSOCIATIONS**

## 2020 SPIRIT RULES CHANGES and POINTS OF EMPHASIS

<b>Rules Reference</b>	<b>NFHS 2020 Spirit Rules Changes, Editorial Changes and POEs</b>
<b>Rule 1</b>	Deleted the definition of a basket toss. Revised definition of dismount, foldover, prep and switch up.
<b>3-2-1c</b>	Restricts bases holding objects when supporting an extended stunt.
<b>3-3-5</b>	Allows the top person to make a ¼ turn around the bracer.
<b>3-3-5a</b>	Clarifies the connection between a single bracer and a top person during flip inversions.
<b>3-3-5g</b>	Allows the top person to perform no more than one complete twist during a braced flip.
<b>3-3-6a</b>	Restricts the release of inverted skills to the original bases.
<b>3-3-6a3</b>	Allows an inversion to be released to a stunt with no more than ¼ turn.
<b>3-3-6c2,4-3-6c</b>	Allows contact to be maintained between one base or spotter and the top person during an inversion that begins at or passes through prep level. Revised language for the foldover exception.
<b>3-5-5</b>	Re-ordered for clarity.
<b>3-5-5c1</b>	Allows for an exception for hand to foot contact in braced releases to a cradle.
<b>3-5-5c2</b>	Editorial change.
<b>3-5-5c3</b>	Allows top person in a horizontal or cradle position to be released to a loading position or stunt at any level with no more than a ¼ turn.
<b>3-5-5d</b>	Restricts the movement of bracers.
<b>3-7-5, 4-7-5</b>	List of exceptions was modified.
<b>3-7-9</b>	Redundant rule deleted.
<b>3-8-9, 4-8-9</b>	Restricts contact during airborne tumbling skills with hip over head rotation.
<b>3-9-4, 4-9-4</b>	Deleted handspring from the rule.

<b>Rule Reference</b>	<b>2020 Major Editorial Changes</b>
	2.1.7 Situation B, (NEW) 2.1.7. Situation C, 3.1.1 Situation A, (NEW) 3.2.1 Situation B, 3.2.5 Situation C, 3.2.7 Situation B, 3.3.4 Situation A, 3.3.5 Situation B, 3.3.6 Situation C, 3.3.6 Situation D, 3.3.6 Situation F, (NEW) 3.3.6 Situation G, (NEW) 3.3.6 Situation K, 3.5.4 Situation, 3.5.5 Situation B, (NEW) 3.5.5 Situation E, (NEW) 3.8.2 Situation B, 4.3.6 Situation D, 4.3.6 Situation E

<b>2020 NFHS Spirit Points of Emphasis</b>	
	Performance Surfaces and Areas
	Concussion Awareness in Practice
	Professional Development