

Spirit Changes to MHSA Handbook for 2013-14

New Rules to MHSA Handbook's Spirit Section:

- During indoor contests, spirit team members may not be on the floor during player warm-ups.

Changes or additions to existing MHSA Handbook Spirit Section:

- *Whether stunting or not, all members of a team shall wear their hair away from the face and off the shoulders. (Clarification to existing rule).*
- *Glitter that does not readily adhere on the hair, face, body, uniform or costume is illegal. Glitter may be used on signs, props or backdrops only if laminated or sealed. (Reworded to follow National Federation rules change).*
- *A base must not hold objects in a hand that is supporting the top person. (Reworded to follow National Federation rules change).*
- *A spotter is required for single base shoulder level stunts in which the foot or feet of the top person are in the hands of the base or if the top person is standing on the shoulders of the base. (Variance to National Federation rules – they allow a shoulder stand to be performed without a spotter).*