



2012-13 SPIRIT RULES CHANGES

2-3-8	Padded knee, ankle, and <u>wrist</u> braces which are unaltered from the manufacturer's original design/production do not require any additional padding.
2-4-1 Add b.	A base must not: <ul style="list-style-type: none"> a. Assume a back-bend, headstand or handstand position; b. <u>Hold any objects if their hands are the primary support for the top person.</u>
2-4-8 Delete	A spotter's arms and hands must be in one of the following positions: <ul style="list-style-type: none"> a. Hands grasping the wrist(s)/forearm(s) of the base(s); b. Hands touching or grasping the ankle(s)/lower leg(s) of the top person; c. Arms lifted toward the top person's head and shoulders (if not touching either the top person or a base). Note: It is not necessary for the arms to be straight, but they must be in a "ready" position.
2-4-9e New	e. Stand with hands behind his/her back.
2-4-11 New	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.
*2-5 – New Section: Inversions	<p>2-5-1 (new) Unless allowed under the rules in this section, a top person must not be in an inverted position.</p> <p>2-5-2 (current 2-7-2) Forward suspended rolls are permitted provided:</p> <ul style="list-style-type: none"> a. The top person begins from the performing surface or from a stunt shoulder height or below. b. The top person maintains continuous hand-to-hand contact with two bases or two posts who control the top person's dismount to the performing surface or cradle. <p>2-5-3 (new) Backward suspended rolls are permitted only from the performing surface provided the top person maintains continuous hand-to-hand/arm contact with two posts who control the top person back to the performing surface.</p> <p>2-5-4 (revised 2-5-2) A top person may be moved from a weight-bearing, inverted position on the performing surface to a non-inverted position <u>at</u></p>

	<p><u>any height</u> provided both the following conditions are met:</p> <ul style="list-style-type: none"> a. At least one base or spotter protects the head/neck/shoulder area of the top person. b. This base or spotter must maintain contact with the top person until he/she is no longer inverted. <p>2-5-5 (new) A top person may be inverted in partner stunts in which the base of support remains below shoulder level provided both the following conditions are met:</p> <ul style="list-style-type: none"> a. At least one base or spotter protects the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person until he/she is no longer inverted. b. During a downward inversion, two original bases or one original base and a spotter maintain contact with the top person in a position to protect his/her head, neck and shoulder area. This contact must be maintained until the top person's hands are on the performing surface or he/she is no longer inverted. <p>2-5-6 (new) A braced forward or backward flip in a pyramid is allowed provided all of the following conditions are met:</p> <ul style="list-style-type: none"> a. The top person maintains continuous hand-to-hand/arm contact with a separate bracer on each side. The bracers must be in double based shoulder stands or elevator preps (no single base, shoulder sit or thigh stand bracers). b. Each bracer has a separate spotter. c. The top person has at least two bases and a separate spotter. d. The bases remain stationary except as necessary for safety adjustments. e. The top person ends in a loading position, stunt or cradle. f. The top person does not perform more than one and one quarter (1 ¼) flipping rotations. g. The top person does not twist.
2-5-5	<p>2-5-5 Delete</p> <p>2-5-6 Delete</p> <p>2-5-7 Delete</p> <p>2-5-8 A top person may be moved from a vertical position to a face up or face down straight body horizontal position provided all the following conditions are met:</p> <ul style="list-style-type: none"> a. The top person maintains contact with at least one original base or spotter. b. Two or more additional catchers/bases catch the upper body of the top person. c. When the catchers are not the original bases, the top person may not begin in or pass through an extended overhead position. d. The catchers remain close to the original bases and must be in place prior to the movement toward horizontal. e. The base(s) do not turn. f. The base(s) has/have constant visual contact with the catchers.

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2-5-15 New	A single base may not be the only primary support for two extended top persons with the exception of double cupies/awesomes. If dismounted to cradles, there must be three catchers for each top person being cradled.
2-5-16 New	Partner stunts in which the base uses only one arm to support the top person are permitted only on grass (real or artificial), a mat, or a rubberized track.
2-6-2	Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial), a mat, or a <u>rubberized track</u> .
2-6-4c	The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.
2-6-4c New	The bases can apply upward force on any part of the body other than under the feet. Exception: Switch Liberties
2-6-7b	The bases remain stationary except as necessary for safety adjustments.
2-6-7f	The release is a <u>released top person and base(s) may make up to a ¼ turn around the bracer in a continuous vertical up and down movement in which the top person remains vertical over the base(s).</u>
2-7-7	A swinging stunt is legal provided all the following conditions are met: <ol style="list-style-type: none"> <u>A downward movement is only allowed from below shoulder height.</u> The top person is face up. <u>The top person begins from the performing surface or a stunt that is below shoulder height.</u> <p>NOTE: A slight downward swing to prepare for an upward swing is permitted.</p>
2-8-9 New	A twist to a cradle: <ol style="list-style-type: none"> Must not involve more than two complete rotations; Exception: See 2-10-2 Is permitted only on grass (real or artificial) or a mat. <p><u>A twist performed to a cradle must not involve more than one complete</u></p>

	<u>rotation except when dismounting to a cradle from a side-facing stunt or toss, 1 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle.</u>
2-9-5	Airborne twisting tumbling skills are permitted only on grass (real or artificial), a mat, or a <u>rubberized track</u> , with the exception of round-offs and aerial cartwheels.
2-10-1	Twists performed to a cradle, during a tumbling pass or in a quick load-in toss are legal only on grass (real or artificial) or a mat.
2-10-2	A twist performed to a cradle must not involve more than two <u>one</u> complete rotation except when dismounting to a cradle from a side-facing stunt or toss, 1 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle.
3-4-1b	Dismounts from props that begin in or pass through an inverted position are illegal except for the following: a. Forward suspended rolls; b. <u>Forward rolls from props low enough that the top person can put both hands on the performing surface before dismounting.</u>

*** Rule reference based on 2012-13 Spirit Rules Book (all other rules references are based on the 2011-12 book).**