



2016-2017 NFHS SPIRIT RULES

National Federation of State
High School Associations



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Rules Changes
Situations and Rulings
Points of Emphasis

Slide 1

- 1** **Combine 3-3-6g with previous slide?**
Diane Wolf, 6/15/2016
- 2** **This slide is a duplicate**
Diane Wolf, 6/15/2016
- 3** **Delete slide? This is not a change.**
Diane Wolf, 6/15/2016
- 4** **Delete slide?. This is not a change.**
Diane Wolf, 6/15/2016

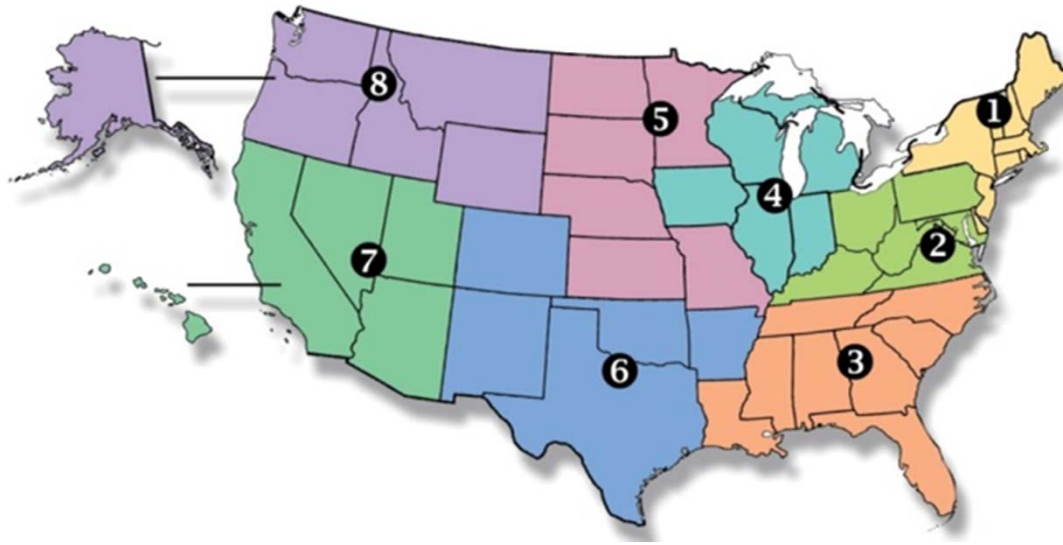
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



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The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



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Officer



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Medicine



Elliot Hopkins
Baseball and
Wrestling



Susie Knoblauch
Lacrosse and Spirit



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Track & Field



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Sandy Searcy
Softball and
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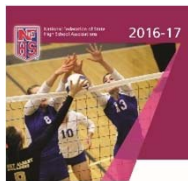
Theresa Wynns
Basketball and
Soccer



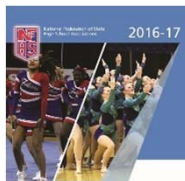
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The NFHS writes playing rules for 17 sports for boys and girls at the high school level.

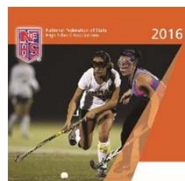
- Publishes 4 million pieces of materials annually.



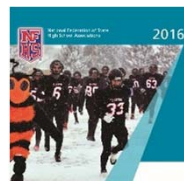
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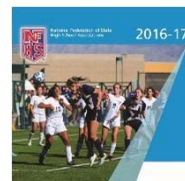
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**FIELD HOCKEY
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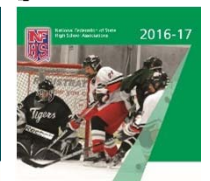
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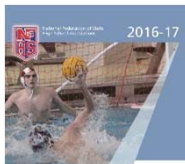
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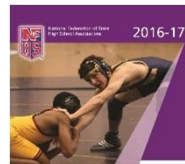
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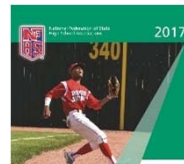
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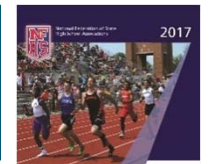
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**GIRLS LACROSSE
RULES BOOK**



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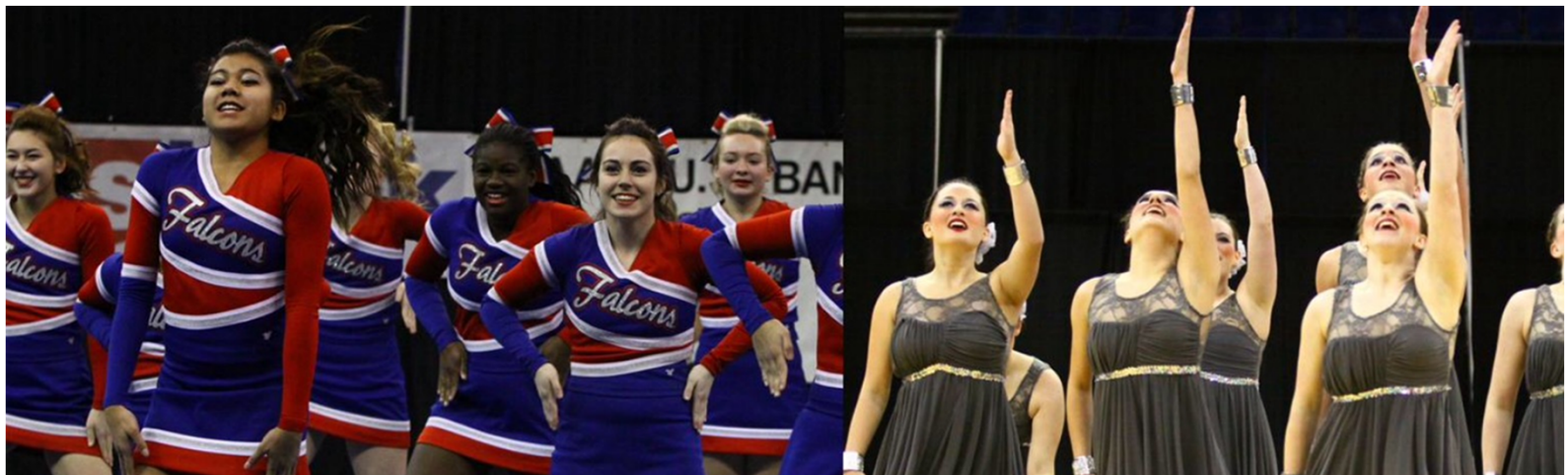


**TRACK AND FIELD
AND CROSS COUNTRY
RULES BOOK**



2016-17 NFHS SPIRIT RULES BOOK

- Available for purchase at www.nfhs.com
- <https://www.nfhs.com/p-909-2015-16-spirit-rules-book.aspx>
- \$8.20 plus s/h



WWW.NFHS.ORG/EBOOKS/

The screenshot shows the NFHS website page for e-books. The header includes the NFHS logo, navigation links for NFHS.org, NFHSLearn.com, and NFHSNetwork.com, and a menu with 'Activities & Sports' and 'NFHS For You'. The main heading is 'Rules Books and Case Books Available as E-books' with a 'Share' icon. Below the heading, it states 'By on May 10, 2016' and provides a description: 'Below is a listing of the e-books currently available for purchase. The Amazon versions can be downloaded and used on Apple or Android devices with the Kindle app.' The page lists books in two categories: '2016-17 Books' and '2015-16 Books'. Each book title is followed by 'iTunes' and 'Amazon' links.


Year	Book Title	iTunes	Amazon
2016-17 Books	2016 Football Rules Book		Amazon
	2016-17 Volleyball Rules Book		Amazon
	2016-17 Field Hockey Rules Book		Amazon
2015-16 Books	2016 Boys Lacrosse Rules Book	iTunes	Amazon
	2016 Track and Field Rules Book	iTunes	Amazon
	2016 Track and Field Case Book		Amazon
	2016 Baseball Rules Book	iTunes	Amazon
	2016 Baseball Case Book	iTunes	Amazon
	2016 Softball Rules Book	iTunes	Amazon
	2016 Softball Case Book		Amazon
	2016 and 2017 Softball Umpires Manual	iTunes	Amazon
	2015-16 Water Polo Rules Book	iTunes	Amazon
	2015-16 Basketball Rules Book	iTunes	Amazon
	2015-16 Basketball Case Book	iTunes	Amazon
	2015-16 Basketball Officials Manual	iTunes	Amazon
	2015-16 Ice Hockey Rules Book	iTunes	Amazon
	2015-16 Wrestling Rules Book	iTunes	Amazon
2015-16 Wrestling Case Book and Manual	iTunes	Amazon	

- Apple users can visit iTunes for available books.
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- Price: \$5.99 each



NFHS RULES BOOK AS E-BOOKS

National Federation of State
High School Associations

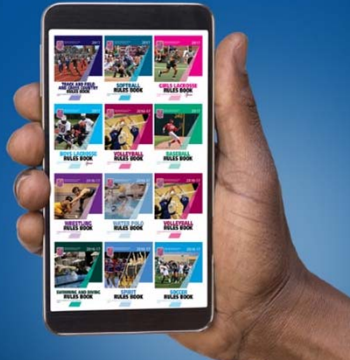


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Shaunda Brown
Chair – 2019
Bloomington, IL



Diane Wolf
Official
Boise, ID



Robert B. Gardner
Publisher
NFHS



David Pilcher
Section 8 – 2017
Vancouver, WA



Susie Knoblauch
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NFHS



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Spirit

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New Rules for Dance Risk Minimization Among High School Spirit Rule...



Role of Cheerleaders in an Athletic Department's Mission



Risk Minimization Key Focus of High School Spirit Rules Changes



Sparkle Cheer Programs Continue to Take Hold Nationwide

Rules Changes

Spirit Rules Changes - 2016-17





APPLICATION OF NFHS SPIRIT RULES BOOK

- ✓ Spirit rules provide the minimum safety standards followed by all spirit teams (cheerleading/dance/drill/pom, etc...)
- ✓ Spirit rules should be followed while participants are in a supporting role at an interscholastic contest and during all competition.
- ✓ RULE 1 contains definitions of terms that are used throughout the rules book.
- ✓ RULE 2 contains general information and safety rules that apply to all spirit groups.
- ✓ RULE 3 contains apparel requirements and performance safety rules that apply only to cheerleading.
- ✓ RULE 4 contains apparel requirements and performance safety rules that apply only to dance/drill/pom.
- ✓ Situations and photos are provided as examples only, and do not cover all circumstances in which the rules apply.





EDUCATION-BASED ATHLETIC/ACTIVITY PROGRAMS

- ✓ Interscholastic athletics/activities shall supplement the educational environment and provide students with educational experiences.
- ✓ Participation in education-based activity programs promotes student academic achievement.
- ✓ Spirit teams are very visible and in a position of great influence and therefore high standards for appearance and conduct are essential.
- ✓ Coaches should ensure uniforms, costumes, music and materials are age-appropriate and suitable for the educational environment.
- ✓ Coaches are expected to be advocates and models of good sportsmanship and follow all rules as written.





2016-2017 NFHS Spirit Rules Changes

RULE 1 – DEFINITIONS



RULE 1 - DEFINITIONS

- ✓ Bracer – A top person who is connected to another top person.
- ✓ Cradle Position (New) – A face-up, open-pike position.
- ✓ Quick Toss – A release that begins with the top person in having both feet in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.



5

Or something like this.

Diane Wolf, 6/15/2016



2016-2017 NFHS Spirit Rules Changes

RULE 2 – GENERAL RISK MANAGEMENT

RULE 3 – CHEER

RULE 4 – DANCE/DRILL/POM



3-2-7 F

A spotter is required for extended stunts except:
f. Triple-base extended stunts in which the top person is horizontal.

Rationale: Risk minimization.



Triple-base Swedish Fall

3-3-4 a, B

Braced inversions in a pyramid that do not flip are permitted provided the following conditions are met:

- a. Braced inversions that do not release must follow non-release stunt Rule 3-4.
- b. Braced inversions that release must follow release transition Rule 3-5-5.

Rationale: As a point of clarification, these stunts are legal when not braced; therefore, two bracers are not necessary for non-flipping inversions.



3-3-5 a

Braced flips in a pyramid are allowed provided all the following conditions are met:

- a. The top person maintains continuous hand-to-hand/arm contact with two bracers who are in multi-base preps with a spotter. The top person is not behind the bracers.

Rationale: Braced flips may start in a single-base stunt but still require two bracers in preps. The bracers may be on any side, including behind the top person.



Rule 3-3-5
BRACED FLIPS



LEGAL

NOTE: Bracers can be to the back or to the side of the top person.





3-3-6 b

In all other inversions:

- b. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.
- c. A release transition from a static inverted position to a non-inverted position is permitted provided:
 1. The top person lands at or below prep level.
 2. The top person does not twist more than 1/4 rotation.
 3. There is a spotter.





3-3-6 C

In all other inversions:

- c. A release transition from a static inverted position to a non-inverted position is allowed provided:
1. The top person lands at or below prep level.
 2. The top person does not twist more than $\frac{1}{4}$ rotation.
 3. There is a spotter.





3-3-6 F, G

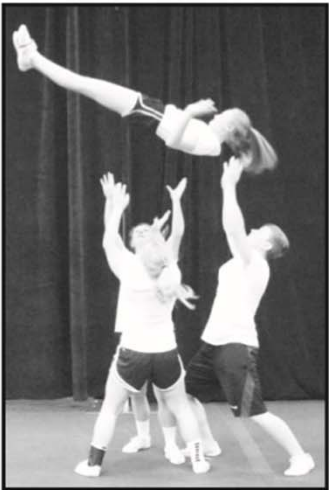
In all other inversions:

- f. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
- g. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person begins in a static or “pump and go” position and does no more than a one-quarter turn.

Rationale: Inversion section is simplified and reorganized. Rules for inverted stunts are less restrictive and permit additional low level/low risk stunts without creating undue risk to participants.



**Rules 3-3-6g and 4-3-6g
DISMOUNTS FROM INVERTED STUNTS**



BOTH ARE LEGAL





3-4-3

In pyramids where one static extended stunt braces another static extended stunt the connection must be hand/arm to hand/arm.

Rationale: Removing the requirement for bracers of non-release, static stunts to be at shoulder height or below does not create undue risk.





3-4-13

A participant must not jump unassisted onto the back of a base who is in a horizontal position.

Rationale: Risk minimization.





3-5-2 B, E

In all release stunts and tosses:

- b. The top person must not land in an inverted position.
- e. The top person must not make more than 1 1/4 twists during the release.

Rationale: Risk minimization.



3-5-4

(P) ART. 4 . . . A switch liberty is permitted as an exception to Articles 3-5-2 and 3-5-3.

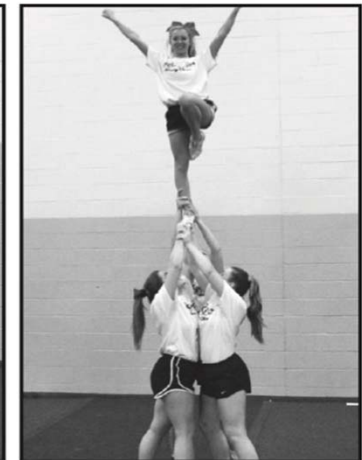
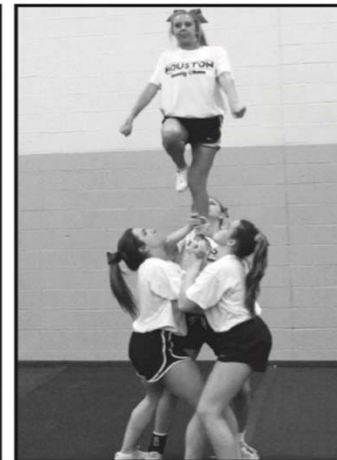
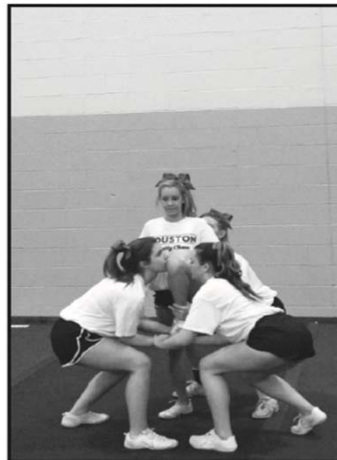
Rationale: The exception for a switch liberty does not create undue risk.

Illustrations

2016-17 NFHS Spirit Rules

Page 70

**Rule 3-5-4
RELEASE STUNTS/TOSSES
SWITCH LIBERTY**



LEGAL





3-5-5 b

Release transitions are permitted provided all of the following conditions are met throughout the transition:

- b. The top person maintains hand-to-hand/arm contact with at least one bracer except for the following:
 1. A non-braced top person in a vertical position at prep level may be released to a stunt at any level provided the top person remains vertical.
 2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to a loading position or stunt prep level or below.

Rationale: With the advancement of cheerleading skill, allowing lower level non-braced transitions do not create undue risk.





3-5-5 C

-
- c. The top person and each bracer (**who is at shoulder level or below**) have a separate spotter with the exception of bracers in shoulder sits and thigh stands.



3-6-2 A, C

Non-braced suspended splits that originate from or pass through prep level are permitted provided

- a. At least three bases slow the momentum of the top person.
- c. At least two of the bases support under the top person's legs and the third base may support under the legs or be in contact with the top person's hands.

Rationale: Reducing the number of required bases for suspended splits does not significantly increase risk.





3-7-3

Dismounts to the performing surface from prep level or above that involve a skill require two bases or a base and a spotter. Assistance is required from at least one base or spotter.

Rationale: Requiring just one base/spotter to assist the top person to the floor does not cause undue risk.





SECTION 10 (NEW)

CHEERING ON PROPS AS BASES

ART. 1 . . . The height of the prop must not exceed 3 feet.

ART. 2 . . . Jumps and/or stunts are not permitted on props.

Rationale: Specifically clarifies that cheerleaders have limitations when cheering on props.





4-1-5 B

- b. Footwear that covers the entire foot/feet and has non-slip soles must be worn for:
1. Stunts/lifts at prep level in which the top person's foot/feet are in the hands of a base(s).
 2. Airborne tumbling with the exception of front and side aerials.

Rationale: Additional restrictions will minimize risk to dance/drill/pom participants.



Rule 4-1-5b

- B. Footwear that covers the entire foot/feet and have non-slip soles must be worn for:
1. Stunts/lifts at prep level or above in which the top person's foot/feet are in the hand(s) of a base(s)
 2. Airborne tumbling with the exception of front and side aerials.



BOTH ARE LEGAL



BOTH ARE ILLEGAL



4-2-7 F

A spotter is required for stunts in which the supporting hands of the base(s) is(are) above the head, except for the following:

- f. Triple-base stunts in which the top person is horizontal.

Rationale: Removing spotting requirements for such stunts does not increase risk to participants.



Rule Change



Triple-base Swedish Fall





4-3-5

Braced flips are not permitted in Dance/Drill/Pom.

Rationale: Minimizes risk for high school dancers who are generally not properly trained to execute higher level stunts that require lead-up skills and progressions.



1

Made a comment

Susan Knoblauch, 6/15/2016

BRACED FLIP





4-3-6

In all other inversions:

- b. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.
- c. Release transitions from an inverted position are not permitted in Dance/Drill/Pom.
- f. When the stunt begins in an inversion and transitions to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.





4-4-2

Stunts/lifts in which base(s) support an extended top person under the foot/feet are not permitted in Dance/Drill/Pom.

Rationale: Minimizes risk for high school dancers who are generally not properly trained to execute higher level stunts that require lead-up skills and progressions.





4-4-4 A

A top person may be moved from a vertical position to a horizontal or cradle position provided:

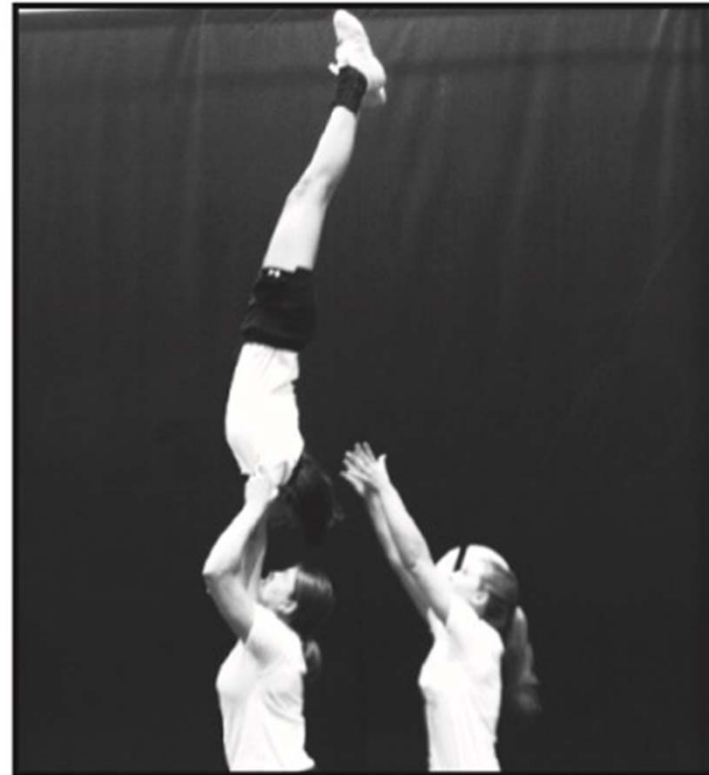
- a. The top person begins at or below prep level and does not pass through an extended position.

Rationale: Minimizes risk for high school dancers who are generally not properly trained to execute higher level stunts that require lead-up skills and progressions.



4-3-6 B

Rules 3-3-6b and 4-3-6b



ALL ARE LEGAL



4-4-2

Stunts/lifts in which base(s) support an extended top person under the foot/feet are not permitted in Dance/Drill/Pom.

Rationale: Minimizes risk for high school dancers who are generally not properly trained to execute higher level stunts that require lead-up skills and progressions.





4-4-4 A

A top person may be moved from a vertical position to a horizontal or cradle position provided:

- a. The top person begins at or below prep level and does not pass through an extended position.

Rationale: Minimizes risk for high school dancers who are generally not properly trained to execute higher level stunts that require lead-up skills and progressions.





4-4-6

A participant must not jump unassisted onto the back of a base who is in a horizontal position.

Rationale: Minimizes risk of injury to participants.





4-4-11

In pyramids where one static extended stunt braces another static extended stunt the connection must be hand/arm to hand/arm.

Rationale: Removing the requirement for bracers of static stunts to be at shoulder height or below does not create undue risk.



4-4-11

Rule 4-4-11

In pyramids where one static extended stunt braces another static extended stunt, the connection must be hand/arm to hand/arm.



LEGAL

4-4-13, 4-4-14

ART 13. Single-base stunts in which the base is the primary support for two extended top persons are not permitted in Dance/Drill/Pom.

ART 14. Single base stunts in which the base uses only one arm to support an extended top person are not permitted in Dance/Drill/Pom.

Rationale: Minimizes risk for high school dancers who are usually inadequately prepared to execute stunts/lifts that require lead up skills and progressions.





4-5-2

The following release stunts are not permitted in Dance/Drill/Pom:

- a. Tosses
- b. Braced release stunts and braced release transitions.
- c. Swan Dives
- d. Switch Liberties

Rationale: Minimizes risk for high school dancers who are usually inadequately prepared to execute tosses and higher level braced and non-braced releases.





4-5-3 A,B

Non-braced release stunts are permitted:

- a. The top person must begin and end at prep level or below.
- b. The top person must not begin or end in an inverted position.

Rationale: Allows lower level release stunts for dance/drill/pom participants.



4-6-2 A,C

Non-braced suspended splits that originate from or pass through prep level are permitted provided

- a. At least three bases slow the momentum of the top person.
- c. At least two of the bases support under the top person's legs and the third base may support under the legs or be in contact with the top person's hands.

Rationale: Reducing the number of required bases for suspended splits does not significantly increase risk.





4-6-4

The top person in braced suspended splits must not be released by the bases in Dance/Drill/Pom.

Rationale: Reinforces Rule 4-5-2 which prohibits braced releases in Dance/Drill/Pom.





4-7-3

Dismounts to the performing surface from prep level or above that involve a skill (e.g. toe touch, twist, etc.) require two bases or a base and a spotter. Assistance is required from at least one base or spotter.

Rationale: Requiring just one base/spotter to assist the top person to the floor does not cause undue risk.






2016-2017 NFHS Spirit Rules

POINTS OF EMPHASIS





POINTS OF EMPHASIS - NAVIGATING THE SPIRIT RULES BOOK

To facilitate the navigation of the NFHS Spirit Rules Book, the following guidance is offered:

- Cheer related sections include Rules 1, 2, and 3.
- Dance related sections include Rules 1, 2, and 4.

When seeking information regarding a specific skill, it is helpful to identify the section in which it is located.

- For further assistance in understanding rules and/or skills, go to **spiritrules.com**. This website is a valuable resource that offers video footage illustrating skills and supporting the explanation of spirit rules.



POINTS OF EMPHASIS – NAVIGATING THE SPIRIT RULES BOOK – RULE 3

CHEER

- Sec 1 Apparel/Accessories
- Sec 2 Stunting Personnel
- Sec 3 Inversions
- Sec 4 Non-release Stunts
- Sec 5 Release Stunts
- Sec 6 Suspended Stunts
- Sec 7 Dismounts
- Sec 8 Tumbling
- Sec 9 Drops
- Sec 10 Props as Bases





POINTS OF EMPHASIS - NAVIGATING THE SPIRIT RULES BOOK - RULE 4

DANCE/DRILL/POM

- Sec 1 Apparel/Accessories
- Sec 2 Stunting Personnel
- Sec 3 Inversions
- Sec 4 Non Release Stunt/Lifts
- Sec 5 Release Stunts
- Sec 6 Suspended Stunts
- Sec 7 Dismounts
- Sec 8 Tumbling
- Sec 9 Drops
- Sec 10 Props as Bases
- Sec 11 Spotting Props
- Sec 12 Dismounting Props



POINTS OF EMPHASIS - SURFACES

Consideration of practice/performance surfaces are a vital component of risk minimization. The following skills are only allowed on a mat, grass, or rubberized track surface:

- a. Basket tosses, elevator/sponge tosses and other similar multi-base tosses.
- b. Partner stunts in which the base uses only one arm to support the top person.
- c. Twisting tumbling skills (Arabians, full twisting layouts, etc.). EXCEPTION: Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.





POINTS OF EMPHASIS – APPLICATION OF NFHS SPIRIT RULES BOOK

Application of NFHS Spirit Rules Book – The spirit rules book provides rules and safety limitations that should be followed by all cheerleading/dance/drill/pom and other spirit teams that stunt, tumble or use props as a base. The spirit rules should be followed while participants are in a supporting role at an interscholastic contest and during competition. Dance/drill/pom and other spirit teams that stunt, tumble or use props as a base must follow the appropriate safety limitations in Rule 2 and Rule 3. Cheerleading or other spirit teams that use props as a base must follow the appropriate safety limitations in Rule 3. It is important to note that cheerleaders must follow Rule 2-3 and dancers must follow Rule 3-1 regarding apparel/accessories. Situations and photos are provided as examples only, and do not cover all circumstances in which the rules apply.

Education-based Athletic/Activity Programs – Interscholastic athletics/activities shall supplement the educational environment and provide students with educational experiences. Participation in education-based activity programs promotes student academic achievement. Spirit teams are very visible and in a position of great influence and therefore high standards for appearance and conduct are essential. Coaches should ensure uniforms, costumes, music and materials are age-appropriate and suitable for the educational environment. In addition, coaches are expected to be advocates and models of good sportsmanship and follow all rules as written.





POINTS OF EMPHASIS – CONCUSSIONS

Concussions – The understanding of sports-related concussions has evolved dramatically in recent years. We have learned that young athletes are particularly vulnerable to the effects of concussion. The majority of concussions for spirit participants are acquired during partner stunts. An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness or balance problems) shall be immediately removed from participation and shall not resume participation until cleared by an appropriate health-care professional. Look to your state high school association and the NFHS for education regarding prevention and treatment of concussions.



NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

National Federation of State
High School Associations



Suggested Guidelines for Management of Concussion in Sports

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at www.nfhs.org.

Revised and Approved October 2013

In the Appendix of the 2016-17 NFHS Rules Book





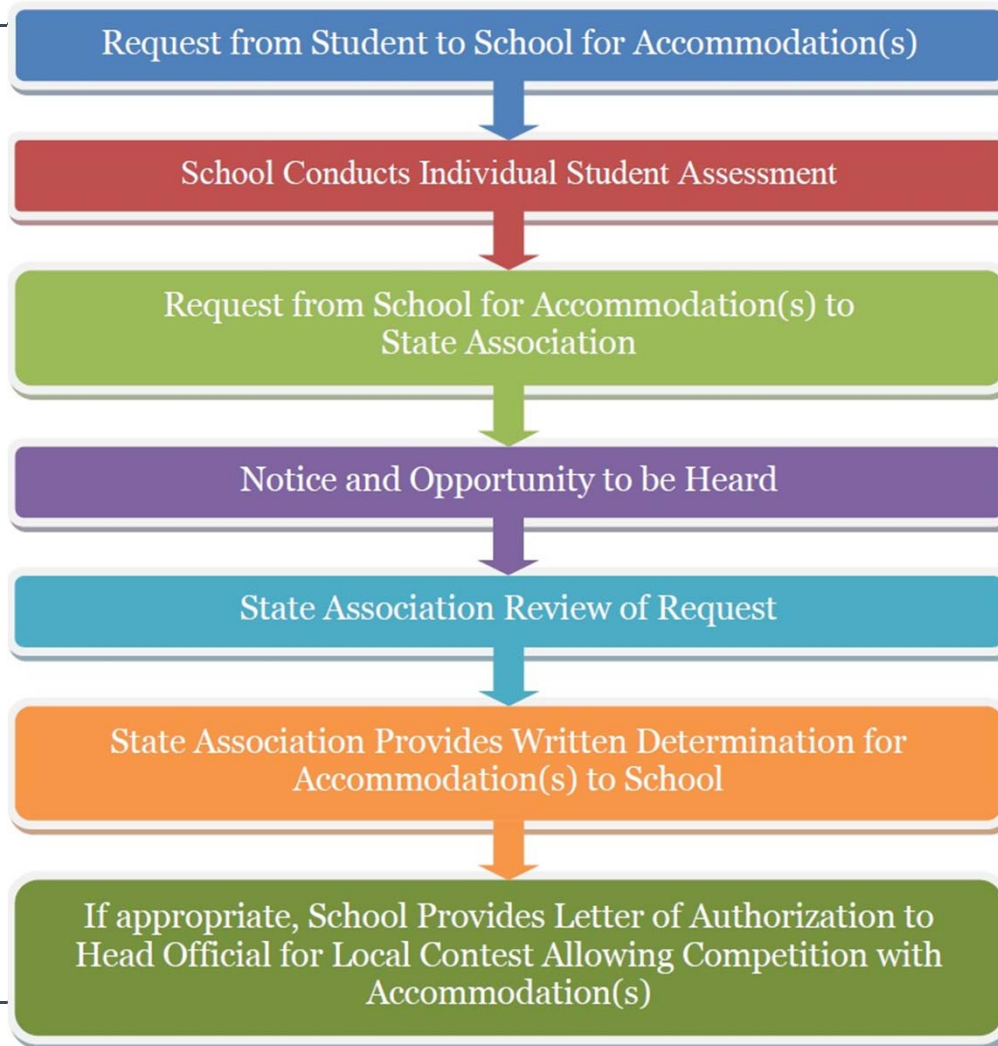
POINTS OF EMPHASIS – COACHES RESPONSIBILITY

Coaches' Responsibility: Education – Coaches have a professional responsibility to read and fully comprehend the entire NFHS Spirit Rules Book. It is important for coaches to read the entire rules book to fully understand all rules to correctly teach the appropriate skills to their athletes. It is also the coaches' responsibility to educate their student-athletes so they are aware of the rules changes.

Coaches' Responsibility: Minimizing Risk – Risk minimization for participants must be the primary objective for all spirit coaches. Protecting the head, neck and shoulders of participants during stunting must be a top priority. Participants should be placed under the direction of a qualified and knowledgeable coach who can recognize a squad's particular ability level and limit their activities accordingly. Partner stunts and other gymnastics-related activities should be taught in natural progressions from easy to hard and low to high. Practice should focus on risk minimization for all stunting personnel. During practices, coaches should ensure that athletes are thoroughly trained in proper spotting techniques and receive appropriate training before attempting any form of stunting and tumbling. Only those skills mastered in practice and consistently executed safely should be performed. Coaches should also provide a comprehensive conditioning and strength-building program to ensure optimum fitness for their athletes. Overuse injuries are a common problem characterized by irritation to a body part. Cutting back on the intensity, duration and frequency of specific activities/skills will help to minimize the potential for overuse injuries to athletes. A coach should be mindful of other athletic activities in which their participants are involved and should educate parents and participants regarding overuse injuries and over-training.



INCLUSION OF STUDENTS WITH DISABILITIES GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





NFHS INFORMATION

- Rule Change Proposal Form – *February 1, 2017*
- Spirit Rules Committee Meeting *March 4-6, 2017*
- Rules Online Interpreters Meeting *July 17, 2017*



National Federation of State High School Associations
Spirit Rule Change Proposal Form

Deadline for Proposal: February []
E-mail to: ahays@nfhs.org

Proposal submitted by <Click gray boxes to add text>

E-mail

Phone Cell

Address

City State Zip

Directions:

1. Request all proposals be submitted as a Word document to the NFHS.
2. **Only one proposal per page.**
3. Proposals must be stated **clearly and concisely.**
4. Word the proposal **exactly as you want it to appear in the rules book.**
5. Provide a short rationale stating the problem, why the rule should be changed/added, etc.
6. If not on state association staff, e-mail this form **directly to your state high school association office.**

Page Rule Section Article Penalty

Suggested Change (Underlining shows additions; ~~strikethrough~~ shows deletions)

Rationale (Be clear and concise in your rationale to support rule change)

Other Rules Affected						
Page	Rule	Section	Article	Penalty		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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For State Association use only

State Association

Submitted by

Executive Director Sport Administrator
 Rules Committee Member

NFHS SPORT QUESTIONNAIRE



Sports Questionnaire Counts by State

Rules Questionnaire

State	Coach Count	Official Count	State Count	% of Responses
Alabama	4	20	0	1.85%
California	5	12	1	1.39%
Colorado	10	25	0	2.69%
Connecticut	53	81	1	10.39%
Delaware	10	20	1	2.39%
Florida	51	49	1	7.78%
Georgia	12	13	2	2.08%
Idaho	0	1	0	0.08%
Illinois	13	45	0	4.46%
Indiana	0	24	0	1.85%
Kansas	0	3	0	0.23%
Kentucky	1	5	0	0.46%
Louisiana	0	3	0	0.23%
Maine	1	5	1	0.54%
Maryland	4	18	2	1.85%
Massachusetts	0	11	1	0.92%
Michigan	61	67	1	9.93%
Minnesota	13	15	0	2.16%
Mississippi	0	1	0	0.08%
Missouri	2	4	0	0.46%
Montana	0	10	0	0.77%
Nevada	1	1	0	0.15%
New Hampshire	1	2	1	0.31%
New Jersey	4	182	0	14.32%
New Mexico	2	1	0	0.23%
New York	64	58	0	9.39%

NFHS Sport Questionnaires

By on April 18, : [redacted]

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Click on a link below to take one of the 2014 NFHS sport questionnaires.

Sport	Opens	Closes
Baseball	April 20, 2015	May 18, 2015
Boys Lacrosse	April 20, 2015	May 18, 2015
Girls Gymnastics	April 20, 2015	May 18, 2015
Softball	April 20, 2015	May 18, 2015
Track and Field	April 20, 2015	May 18, 2015



Sports Questionnaire Results

Page 1 of 1

2015 NFHS Boys Lacrosse Rules Questionnaire

	Coach		Official		State	
	#	%	#	%	#	%
PART I - Checkup on present 2015 Rules - Were the following rule changes satisfactory?						
Adding an additional stick check procedure to ensure that the ball will roll out of the top end of the head.						
Yes	281	84%	775	67%	14	100%
No	53	16%	111	13%	0	0%
Clarifying that an illegal stick will result in a penalty for not meeting specifications, even if unaltered.						
Yes	294	89%	837	95%	13	93%
No	38	11%	42	5%	1	7%
Revising the duties of the Chief Bench Official (CBO).						
Yes	248	77%	674	78%	12	86%
No	76	23%	195	22%	2	14%
Revising the restart procedure to specify that the ball may be restarted in the goal area or in the crease on a turnover to the defense. However, no restart shall take place with any player within 2 yards of the ball center.						
Yes	277	84%	824	93%	14	100%
No	54	16%	60	7%	0	0%
Specifying that a minimum of four game balls should be placed at the scorer's table on the bench side of the field.						
Yes	245	73%	792	90%	14	100%
No	90	27%	90	10%	0	0%
Specifying that any hanging strings or leathers cannot be more than 2 inches in length and, beginning in 2016, that shooting strings and V channels must be within 4 inches of the top of the crosse.						
Yes	245	74%	761	86%	14	100%
No	88	26%	125	14%	0	0%
Specifying that if a player leaves the penalty area before authorized to do so and if a goal is scored by the opposing team, that player will not be required to serve the 30-second penalty for illegal entry into the game.						
Yes	249	75%	769	87%	12	86%
No	81	25%	115	13%	2	14%
Stipulating that a game cannot continue if a team has fewer than seven on-field players.						
Yes	304	91%	839	95%	13	93%



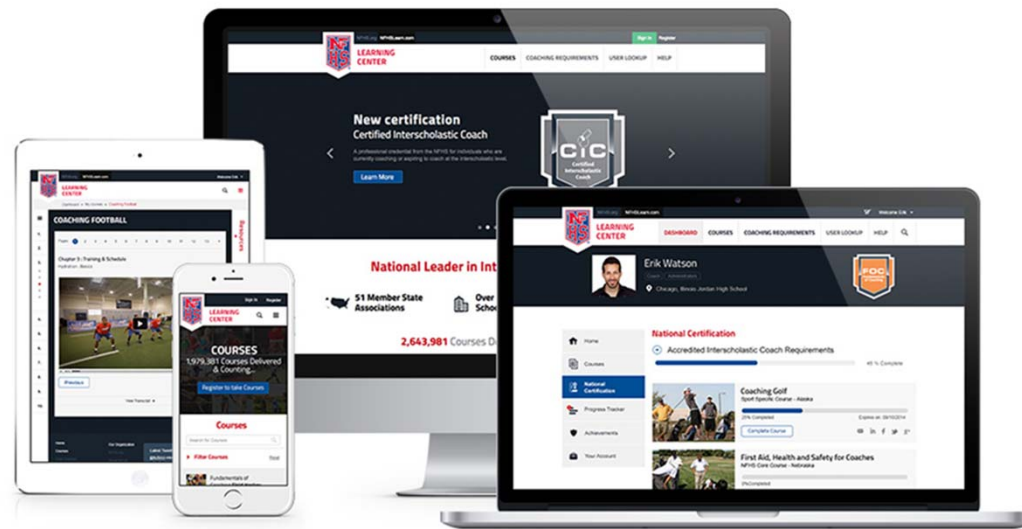


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THE NFHS LEARNING CENTER

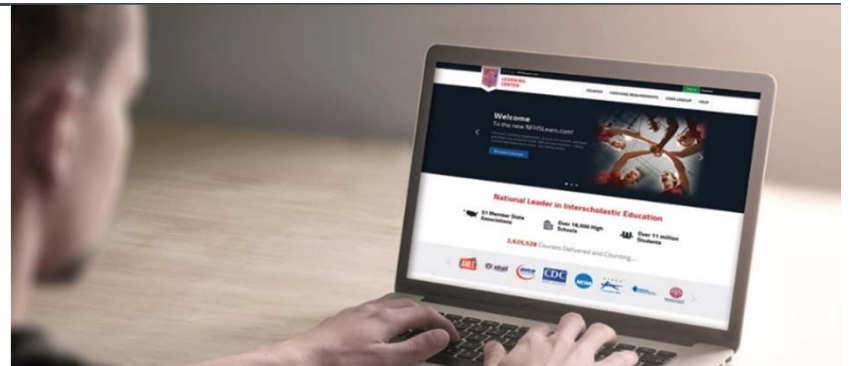
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- Access completion certificates 24/7/365



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- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



National Coach Certification Program





Coaching Cheer and Dance

Course Objectives

- Learn how to match your coaching philosophy to the role of the spirit team in the school setting
- Create a fair tryout system where you make the final decisions
- Understand the difference between game day/sideline responsibilities and competitions
- Recognize a team member's physical performance readiness
- Work with safe spotting techniques and motion techniques
- Teach appropriate and safe jumping techniques
- Understand the legal liability and responsibilities of a cheer or dance coach
- Use the rule situations in the NFHS Spirit Rules Book to effectively interpret the spirit rules

Units

- Coaches
 - Performance
 - Responsibilities
- Coaches
 - Administrative
 - Responsibilities
- Fundamental
 - Technique
- Risk Management

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Photo: Good Haven High School Lady Bucs - 2012 Girls AAA Championships



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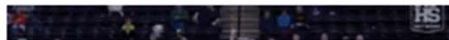


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NFHS INFORMATION

- **Contact Information:**

NFHS

Director of Performing Arts & Sports
National Federation of State High School Associations
P.O. Box 690 | Indianapolis, IN 46206
(317) 972-6900
www.nfhs.org

Assistant – Angela Hays ahays@nfhs.org





THANK YOU!

www.nfhs.org

