

2026-27 Spirit Rules Changes

Definitions in Rules 2 and 3:

Revised definition of loading position/load.

Revised definition of tumbling.

2-3-5a and (new) k: New language added to allow a flip inversion when the top person and bracer have a hand-to-foot connection. Additionally, when a hand-to-foot connection is the only connection, new restrictions have been added.

2-3-5d: New language added to allow a bracer to release the top person or move to a load position during a flip inversion when the top person is descending and goes to a cradle, a horizontal position or the performance surface.

2-4-2c and 3-4-3c: New language added to clarify criteria for new catchers during releases from a vertical to horizontal position.

2-5-5g (new): New language added to codify that a top person is prohibited from passing over another top person or bracer during stunts.

2-5-6c: New language added to allow a single twist during a vertical release from an extended position to an extended position.

2-5-6e: New language added to clarify that two catchers are required for releases from a vertical to a horizontal position.

2-7-8d and 3-7-8d: New language added to allow a $\frac{1}{4}$ twist during a cradle dismount to new catchers.

3-1-3a: New language clarifies that when footwear is required, it must be worn on both feet.