

For: Dance Team Coaches and Athletic Directors

Spirit Bulletin #1

Welcome & Spirit Safety Reminders

Dec 2025

Welcome Dance Team Coaches, Athletic Directors and Dancers–

As the season moves forward after the first 2 weekends of Competition, below are definitions and rule reminders that may impact Dance/Drill teams with General, Apparel and Accessories, Inversions and Props and Bases

The below rule reminders are not meant to be inclusive of all performance dynamics, rather a tool to look at your costuming, stunt/lift/tumbling skill elements to ensure safety and rule compliance. Red Headers provide a look into what the Tech judges have observed so far this season and the other situations are questions that have been asked by others.

I want to encourage all of you to submit stunts/lifts/costumes to the [Google Form](#) even if you don't have questions at the moment. While at this time we don't have pre-approvals, this will allow The SRI and Technical Director to address any potential safety issues ahead of time, and can help inform the NFHS rules in the future. I also will be sending this out to all the technical judges so that we all have the exact same communication and that the tech judges will be using these interpretations in competitions as soon as this week.

Thank you for all the hard work you do and please reach out if you need anything. My email is below, and the attachment will help with Basha and I to answer all your Questions. I'm super excited to see where all your hard work shows at the end of this season. My hope is to send a few Bulletins out throughout the year until state season. Thanks to you all!

General Risk Management

1.5 SITUATION: Dancers are performing stunts, lifts and tricks while wearing hair in a (a) Long ponytail (b) loose/down, (c) pigtails, (d) bun, (e) braids of some kind. **RULING:** (a), (b) and (c) illegal, (d) and (e) legal

Section 1 - Apparel and Accessories

3.1.2 Situation E: (Participants wear eye masks): A dance team member wears an eyemask that covers the entire eyes and executes: (a) a side aerial (b) prep level flatback (c) ground choreography **RULING:** (a), (b), illegal, (c) legal

3.1.2 Situation F: (Participants wear Flowing Dresses/Skirts): A dance team while performing executes (a) Walk over (b) a Flatback (c) forward roll (d) a cartwheel **Ruling:** (a), (b), illegal, (c), (d) legal

3.1.3 Situation D: (Footwear) Dance team member wears footwear that does not cover the entire foot: (a) executes an assisted walkover RULING: legal

Section 3 - Inversions

3.3.7 Situation A (b): (Headspring on supporting dancers back) An inverted executing dancer executes a headspring on the back of a supporting dancer on all fours. RULING: Legal.

3.3.2. Situation A: (Stop in an inverted position) Participants stop in a below prep level partner inversion RULING: Legal

Section 10 - Props/Bases

3.10.7. Situation A: (Props limited to two levels high) A prop is used in a routine that: (a) is a bed and mattress that are permanently affixed RULING: Legal.

3.10.3 SITUATION: (Performer steps on a prop) A performer steps on a prop (hard or soft) in a routine that has been accidentally dropped. RULING: Legal, provided there is no stunting, jumping, tumbling, or slipping.

3.10.3 SITUATION: (Performer steps on a pom) A performer accidentally drops a pom during their routine and steps on or kicks it while in place. RULING: Legal, provided there is no stunting, jumping, tumbling, or slipping.

3.10.4: (Hands-free poms) In a Pom routine hands-free poms are attached at the wrist or hand by a band or strap while (a.) doing a back walkover (b.) one handed cartwheel (c.) pushing up to standing position (d) doing a lift where the base of support is in the hands. RULING: (a.), (b.) (d.) illegal, (c.) legal

Please reach out with questions to: [2025-26 Spirit Safety Contact Form](#)

Please reach out to your State Rules Interpreter (SRI) if you have any questions:

Casie Hanson

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Best Wishes,

Casie Hanson

Dance/Drill SRI