

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### Clarification Issued in High School Spirit Rules

**FOR IMMEDIATE RELEASE**

**Contact: Susan Loomis**

INDIANAPOLIS, IN (April 18, 2011) — A clarification of the high school spirit rules dealing with allowable stunts on a basketball court or track approved earlier this year by the National Federation of State High School Associations (NFHS) Spirit Rules Committee has been issued.

In addition to basket tosses, elevator tosses or similar multi-base tosses that must take place only on grass (real or artificial) or a mat, **airborne twisting tumbling skills** can only be performed on grass or a mat as well.

“The original release distributed earlier this year had a comma between twisting and tumbling, making it appear that all tumbling was prohibited on hard surfaces,” said Susan Loomis, NFHS spirit consultant and liaison to the Spirit Rules Committee. “That, of course, is not the correct interpretation. What has been relegated to grass or a mat from a risk minimization concern are twisting tumbling skills while airborne.”

The revised press release and a listing of the 2011–12 NFHS high school spirit rules changes are available on the NFHS Web site at [www.nfhs.org/spirit](http://www.nfhs.org/spirit).

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### **About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and Rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing Rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

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