

Points of Emphasis

1. Sportsmanship
2. Copyright Compliance
3. Risk Minimization



PLAY.
PERFORM.
COMPETE.
TOGETHER.

Rules Revisions

1. **Rule 2 – Cheer**
Braced flips are now permitted with only a hand-to-foot connection between the top person and bracer. Restrictions have been added in those cases where this is the only connection.
2. Bracers may release a 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.
3. During a release stunt/toss, a top person may not pass over the torso of another top person or bracer.
4. A single twist is allowed during a vertical release from an extended position to an extended position.
5. Two catchers are required for all release stunts/tosses from a vertical position to a horizontal position.

1. **Rule 3 – Dance**
When footwear is required, it must be worn on both feet.
1. **Rules 2 and 3 – Cheer and Dance**
Definitions for “loading position/load” and “tumbling” have been revised.
2. During releases from a vertical to horizontal position, new catchers are permitted so long as they are not involved with any other skill when the transition is initiated.
3. A ¼ twist during a dismount to new catchers is allowed.

2026-27 SPIRIT

Sport image provided by South Dakota Public Broadcasting.



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