

Definitions taken from the 2025- 26 NFHS Spirit Rules Book – Rule 2 Definitions – Page 14

Base - A person with direct weight-bearing contact with the performing surface who provides primary support for another person. A prop that provides primary support for a person(s) is also considered a base.

Base of Support - Weight-bearing point or points between the top person and the base(s)

Braced Flip - A pyramid in which a braced top person performs a hip-over-head rotation while being released from all persons on the performing surface.

Braced Inversion - A pyramid in which a braced top person is in an inverted position.

Braced Roll - A pyramid in which a braced top person performs a hip-over-head rotation while remaining in contact with a person on the performing surface.

Bracer - A top person who is connected to another top person

Chorus-Line Flip - A stunt in which a participant on the performing surface performs a backward flip while being supported by the connected arms of other participants.

Cradle - A dismount from a partner stunt, pyramid or toss in which the catch is completed below the shoulder height by a base or bases with the top person in a face-up open-pike position.

Cradle Position - A face-up open-pike position.

Cupie/Awesome - A stunt in which both feet of a top person are in one hand of a base.

Dismount - Ending a stunt by releasing a top person from all stunt personnel to the performing surface or to a cradle.

Dive Roll - An airborne forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.

Drop - Landing on the performing surface from an airborne position.

Elevator/Sponge Toss - A person loads into a prep/elevator loading position and is tossed by multiple bases.

Extended Stunt/Position - The supporting hand(s) of the base(s) is/are above the head.

Extension - An extended stunt in which the top person has both feet in the hands of a base(s).

Flatback - A stunt in which a top person is in a face-up or face-down, horizontal position, with hips and shoulders in alignment.

Flip - An airborne skill involving hip-over-head rotation in a tuck, pike or layout position.

Foldover Stunt - An inverted stunt in which the top person bends at the waist and is caught by the catchers while one or both of the top person's ankles/feet remain in the grip on the base(s) (e.g. yo-yo, pancake, etc.)

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Handstand - A skill in which a person balances on one's hand(s) on the performing surface.

Hanging Stunt - A stunt in which a top person(s) is suspended by another top person who is in a shoulder stand.

Headspin - A skill in which a person balances on one's head while rotating on the performing surface.

Headspring - A tumbling skill in which a person places both hands and head on the performing surface, pushes off with the hands while flipping the legs overhead and landing on the feet. It is non-airborne in approach but airborne in descent following the inversion.

Headstand - A skill in which a person balances on one's head on the performing surface.

Helicopter - A top person in a horizontal position is popped then rotates around a central axis in a horizontal plane before being caught by the original bases.

Inverted Position - Shoulders are below the waist.

Jewelry - Any personal adornment worn on the body.

Kip Up - An airborne skill where the participant begins in a supine position, rolls back onto the shoulders and thrusts the body into an upright position on their feet.

Layout Position - A straight-body position.

Leapfrog - A stunt in which the top person moves over a front or back post while maintaining hands-to-hands contact with the post; or, a skill in which a participant on the floor places hands on the back of another person on the floor, vaults over the person's back in a straddle and returns to the floor.

Liberty - A one-leg stunt (usually extended) that may include variations such as a hitch, a torch, a heel stretch, an arabesque, a scorpion, etc.

Loading Position/Load - Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

Log Roll - A top person in a horizontal position is popped then rotates around a central axis in a vertical plane before being caught by the original base(s) in a horizontal position or a cradle.

Non-release Stunt - A stunt in which contact is maintained between a top person and a person on the performing surface.

Non-release Transition - A top person is moved from one stunt to another while maintaining physical contact with original base(s), new base(s) or a post.

Nugget - A tucked position, bent at the hips and knees with the torso and head drawn toward the knees

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Open-Pike Position - Legs are straight and hips are bent approximately halfway between a full pike position and a full layout position.

Pike Position - Bent at the hips with legs straight and together.

Pop - A controlled upward release by the base(s) to initiate a dismount or a release transition.

Post - A person in direct weight-bearing contact with the performing surface who temporarily supports a top person during the execution of a stunt.

Prep - A stunt in which the top person is standing on both feet, with weight equally distributed at approximately shoulder level.

Prep Level - A top person's base of support is at approximately shoulder height.

Primary Support - Bearing the majority of a top person's weight during the execution of a partner stunt, pyramid, cradle dismount or the initiation of a toss.

Prop - Any item that is manipulated (e.g. poms, signs, megaphones, etc.)

Prop as Base - Any object that primarily supports a performer's weight. A single unfolded mat on the performing surface is not considered to be a base.

Pyramid - Connected partner stunts.

Quick Toss - A release that begins with the top person having both feet in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.

Release Stunt - Any stunt in which the top person becomes free of contact from all personnel on the performing surface.

Release Transition/ Release Pyramid Transition - A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with all personnel on the performing surface.

Roll - A hip-over-head rotation that is executed either on the performing surface or in a partner stunt in which the top person is in contact with a person on the ground.

Shoulder Stand - A top person stands on a base's shoulders.

Side T-lift - A stunt in which the base(s) extend(s) a top person overhead in a forward-facing, horizontal straight-body position.

Splits Position - Legs extended in opposite directions at right angles to the trunk.

Spotter - A person in direct, weight-bearing contact with the performing surface whose primary function is to protect a top person's head, neck and shoulders.

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Straddle Position - Bent at the hips with legs straight and apart.

Stunt/Partner Stunt/Lift - One or more bases support one or more top persons off the performing surface.

Suspended Roll - A stunt in which base(s) or post(s) hold a top person's hands(s)/arm(s) while the top person performs continuous hip-over-head rotation.

Suspended Splits - A top person is supported in a split position between multiple bases.

Swedish Fall - A stunt in which the top person in a prone position supports that upper body by placing hands on the shoulders of a base while the lower body is supported by another base's extended arms.

Swing Roll Down - A stunt in which the top person's hands/arms and legs/feet are held while swinging forward and facedown into a roll where the head passes under the hips.

Swinging Stunt - A top person is suspended and swung between multiple bases.

Switch Up - A top person starts with one foot in a load, is released and lands in a vertical stunt on one foot or both feet.

Tick-tock - A release stunt in which a top person switches from one support leg to the other.

Toe/Leg Pitch - A toss in which the base(s) push upward on a single foot or leg of the top person.

Top Person - A person who is being supported by another person(s) while off the performing surface, who has been tossed in the air or who is in weight-bearing contact with a prop.

Toss - A release stunt in which the base(s) begin underneath the top person's foot/feet and execute a throwing motion from below shoulder level to increase the height of the top person. The top person becomes free from all bases, spotters or bracers.

Tuck Position - Bent at the hips and knees with knees drawn toward the torso.

Tumbling - Skills that emphasize acrobatic or gymnastic ability. Such skills begin and end on the performing surface and are executed by an individual participant without contact, assistance or support.

Note: jumps, leaps and side-rolls on the performing surface are not considered to be tumbling.

Twist - An airborne skill involving rotation perpendicular or parallel to the performing surface in a straight body position.