

# Points of Emphasis

1. Sportsmanship
2. Coaches Professional Development
3. Copyright Compliance
4. Risk Minimization
5. Performing Surfaces



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## Rules Revisions

1. A definition of jewelry was added for clarification.
2. A top person in a T-lift is now permitted to move over a participant in a nugget position.
3. A bracer may release the top person or move to a load position during a flip inversion when the top is descending and goes to a cradle.
4. An inverted top person is permitted to be moved to the performing surface.
5. Stunts are permitted to be released to or from a vertical piked/seated position to a stunt at any level.
6. Spotter no longer required on dismounts to the performing surface from prep level or above.
7. Soft props are permitted to be held during airborne tumbling.
8. Hands-free poms are allowed as props.
9. Expanded exceptions for footwear during airborne tumbling to allow for kip-ups and headsprings.
10. Non-braced release skills are prohibited.

# 2024-25 SPIRIT

Sport image provided by South Dakota Public Broadcasting.

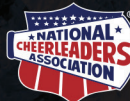


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