

Date: January 13, 2020  
To: National Federation of State High School Associations  
From: James Healey, Canby High School  
Subject: Proposal to amend the NFHS Spirit Rule 4, Section 10, Article 1.

**Proposal Title: Amend NFHS Spirit Rule 4, Section 10, Article 1**

**ITEM**

NFHS Spirit Rule 4, Section 10, Article 1 reads:

The weight-bearing surface of props used as bases must not exceed 5 feet in height.

Proposed amendment(s) :

- **Option A)** A performer may hang, via hands, from a prop that is more than 5 feet in height, provided the performers feet are less than 3 feet from the floor. The performer would not be able to dismount from the prop by swinging their feet forward or back.
- **Option B)** A performer may hang or swing from a prop that is 7 feet or less in height. Based on the average height of a high school performer, their feet would be less than 2-3 feet from the ground.
- **Option C)** A combination of the above requests that allow for a version that is the safest scenario for the dancer, but still allowing for the creativity of hanging or swinging from a stable prop.

Possible Situations:

- Performer hangs, via their hands, from the top edge a 6-7 foot tall wall. The performer's feet are still less than 2-3 feet from the floor, which would be less than standing on top of a 5 foot prop.
- Performer hangs, via their hands, from a monkey-bar that is 6-7 feet tall. The performer's feet are still less than 3 feet from the floor, which would be less than standing on top of a 5 foot prop.

***Please note: This IS NOT a request to change the rule about performing ON TOP of a prop that exceeds 5 feet in height.***

## **REASONS**

- REASON 1: Currently, the general rule for standing/dancing on a prop is that the prop must be no taller than 5 feet, accompanied with appropriate rules about stunts/movement upon that prop. This is generally a clear rule for safety and should not be changed; however, included in this rule is the idea of *HANGING FROM* a prop over 5 feet high (which is not specifically addressed in the rule book). The average performer would be able to extend their legs and touch the ground if they are hanging from a prop that is 5 feet in height. The reason for this proposal is to adjust the rule to include logical and safe options for hanging from a prop that is greater than 5 height in height.

This rule would rarely apply to anywhere other than Oregon show teams & general novelty-type routines.

- REASON 2: To allow for more creative options when using props, while still maintaining logical safety of the performers involved.

## **RAMIFICATIONS:**

- Ramification 1: Oregon is quite progressive with the use of props and atypical within the Dance/Drill world. The process of requesting this change could result in more restrictive rulings, perhaps leading to unintended changes rules about current height and stunt rules when dancing ON TOP of props. This restriction may include the possibility of reducing the height a dancer can stand/dance upon a prop.
- Ramification 2: Show teams could abuse the new rulings and push the boundaries too far leading to injuries and unnecessary risks.
- Ramification 3: Adding or changing a current basic rule about prop height might make the possibilities of violating other stunting, prop, spotting, etc. rules more confusing.

**Contact Information for person(s) submitting the proposal:**

James Healey (Canby High School)

healeyjamesr@gmail.com

**Other schools and/or coaches in support of this proposal:**

Breanna Williams, GRANT

Alexis Woolsey, CLACKAMAS

Danielle Schneider, PARKROSE

Jennifer Chaffee, CANBY