

2018 Safety Quick Reference Guide

Minor Infractions-2 points				
GHSA Cheerleading Guide	Rule	Page	Sit Page	Pic
Flyer should have one foot on the floor ready to begin the stunt	Guide	Sect.4; p.4-5		
No tumbling on/off the mat outside of routine	Guide	Sect.4; p.4-5		
Dressed in adopted school uniform displaying school ID; all must have the same uniform	Guide	Sect.4; p.4-5	p.1-3	
Rule 2: Section - 1 General	Rule	Page	Sit Page	Pic
Unsafe performing surface (loss of shoes, bows, etc. that fall on floor) (<i>GHSA Guide, Sect.4; p.4-5</i>)	2.1.5a	12	13-14	
Artificial Noisemakers	2.1.11	13		
Rule 3: Section 1 - Cheerleader Apparel/Accessories	Rule	Page	Sit Page	Pic
Jewelry/Rhinestones – hair tie on wrist (<i>GHSA Guide, Sect.1 p. 1-3, Sect.4; p.4-5</i>)	3.1.1	15	16	
Fingernails/Hair/hair devices secure (<i>GHSA Guide, Sect.4; p.4-6</i>)	3.1.2/3	15	16	
Improper uniform including loss of shoe, illegal uniform, Untied shoe laces (<i>GHSA Guide, Sect.4; p.4-5</i>)	3.1.4	15	16	
Uniform covers midriff – no mesh/sheer	3.1.6	15	16	
Glitter in hair/makeup/uniform fabric (<i>GHSA Guide, Sect.1 p. 1-3, Sect.4; p.4-5</i>)	3.1.7	15	16	
Brace or cast improperly covered; participant in plaster cast/walking boot not involved in PS/PY/tosses	3.1.8	15	17	
Inattentive spotter – proper position/location and visually focused	3.2.5a-b	17	18	53
Major Infractions-5 points				
Rule 3: Section 2 – Stunting Personnel	Rule	Page	Sit Page	Pic
Bases cannot perform back-bend/headstand/handstand; base hold objects	3.2.1a-b	17	18	52
Bases of extended stunts must have both feet in direct contact w/performing surface	3.2.2	17		
Bracer/Spotter cannot provide primary support	3.2.3/4	17		53
Spotter's hand grasp sole of flyer's foot, base's hand under top person's foot, torso under stunt	3.2.6a-c	17		54
Spotter's hands behind his/her back	3.2.6e	17		
Spotter required for extended stunts or transitions that stops in an extended position (w/exception)	3.2.7	17	18	55-56
Spotter required for single base shoulder/prep level stunts which foot/feet of top person is in hands of base	3.2.8	17	18	57
Rule 3: Section 3 – Inversions	Rule	Page	Sit Page	Pic
Shoulders below waist of top person – tosses or bracers reaching down	3.3.1	18	20	
Inverted top pass through extended position – not begin, end, pause, or stop in extended inverted position	3.3.2	18		
Braced inversions in a PY w/ no flip or roll: top person must have 2 bases or base and spotter	3.3.3a	18		
Braced inversions in a PY w/ no flip or roll: released top person, each bracer is at prep lvl or below	3.3.3b2	18	20	58
Braced inversions in a PY w/ no flip or roll: released top person, top person does not land inverted	3.3.3b6	19		
Braced roll: Inverted top person has 2 bases or a base and spotter w/ 2 bracers (no spotter required) or base w/ spotter	3.3.4	19	20	59
Braced forward/backward flip: Top person maintains hand-to-hand/arm contact w/ 2 bracers in multi-base prep with spotters . Top person is not behind the bracers	3.3.5a	19		60
Braced forward/backward flip: At least 3 people involved in toss and catch, either as a base or spotter	3.3.5b	19	20 (C)	60
Top person ends in a non-inverted position once a braced forward/backward flip is complete	3.3.5d	19	20 (A)	
Bases/catchers remain stationary when catching a forward or backward braced flip	3.3.5f	19	20 (B)	
Catchers are not original bases, new catchers are in place when flip is initiated, remain close and not part of any other stunt	3.3.5g	19		61
Release Transition: Top person in inverted position can be released to dismounts or loading position w/ no more than ½ turn and stunt below prep level	3.3.6a	19	22 (J)	62-63
Base of support begins and remains below prep level: one person maintains contact w/top person until no longer inverted or top person's hand are on the performing surface	3.3.6b	19	21(B,C,D,G, E)	64
Base of support begins or passes through prep level: requires 2 people on the performing surface protect head/neck/shoulder w/ 1 maintaining contact with upper body w/ exception	3.3.6c1	19	21 (F)	
Foldover stunt begins at prep level or below that does not stop in extended position	3.3.6c1	19	21 (H)	
Downward inversion: Flyer not go to an inverted position on the performance surface from prep or higher	3.3.6c2	20	22 (I, K)	65
Dismounts from inverted stunts to cradle, load, or stunt to new catchers who are not involved in other skills	3.3.6c3	20	21 (A)	
Swing roll down is not permitted	3.3.8	20	22	67
Rule 3: Section 4 – Non-Release Stunts, <i>continued</i>	Rule	Page	Sit Page	Pic
Participants must not move over or under a PS or PY except when building, stabilize or dismount	3.4.2	22	24	68
Extended stunts bracing each other – connection cannot be hand/arm-to-foot/leg	3.4.3	22	24	68
Vertical-to-horizontal: face-up/face-down moved between bases w/ 2 catchers/bases for upper body ; if not original bases, must remain close, in position prior to movement to horizontal position (base holds ankle)	3.4.4b, d	22-23	24 (A)	69
3 catchers required when catchers are not original bases and top person begins or passes through an extended overhead position	3.4.4e	23	24 (B)	

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Major Infractions-5 points				
Rule 3: Section 4 – Non-Release Stunts, <i>continued</i>	Rule	Page	Sit Page	Pic
Hanging pyramid rules	3.4.5a-d	23		
Non-release transitional stunt- changing bases (Leapfrog - backward to prone position)	3.4.8	23		
Non-release transitional stunt- not changing bases	3.4.9	23		70
Rule 3: Section 5 – Release Stunts/Tosses	Rule	Page	Sit Page	Pic
Release stunts must be directed vertically & caught by original bases, not land in inverted position	3.5.2a, b	25	26	
Tossers, catchers and spotters must remain in original location (3-5-5 reference)	3.5.2d	25	26	
Basket/multi-base tosses cannot involve more than 4-tossers; must be cradled	3.5.3b	25	26	
Top person maintains hand-to-hand/arm contact with at least 1 bracer w/ exception	3.5.5b	25	26 (D)	71-73
Release transitions: Each bracer is a prep level or below. If at prep level or shoulder stand, bracer(s) must have 2 bases or base & spotter.	3.5.5c	25	26 (C)	
Bracers do not provide primary support	3.5.5d	25		
Top person and bases make no more than a ¼ turn around the bracer; top remains vertical over bases with release in continuous up and down movement	3.5.5e	25	26 (A, B)	
Catches are not the original bases, new catches in place when transition initiated	3.5.5f	25	26 (C)	
Helicopter rules: flyer is in face-up position with 4-catchers - not greater than 180 degrees	3.5.6a-e	25-26		
Log roll rules	3.5.7a-b	26	26-27	
Toe/leg pitches to jump or tumbling skill are illegal	3.5.8	26		
Rule 3: Section 6 – Suspended Stunts	Rule	Page	Sit Page	Pic
Non-braced suspended split rules, maintain hand contact w/ 1 brace/spot below shoulder height	3.6.1	27		73
Non-braced dropping suspended split from prep level or above - 3 bases slow momentum w/ exception	3.6.2a-c	27		74
Braced suspended split rules	3.6.3a-d	27	27	
Braced suspended split released by bases - loss of contact (3-5-5 reference)	3.6.4	27		
Swinging stunt – downward movement below prep lvl; top is face up ; top person begins below prep	3.6.5	27	28	75
Top person not face-down position between bases where top person’s torso is suspended below arms & legs	3.6.6	27	28	
Rule 3: Section 7 – Dismounts	Rule	Page	Sit Page	Pic
Base or catchers must not move during dismounts except for safety	3.7.1	28		
Dismounts to performing surface from prep level or above must be assisted	3.7.2a	28		76
Dismounts from prep lvl or above involving a skill require 2 bases or base & spotter; to slow momentum	3.7.2b	28	29	
Multi-based stunt dismount cradle requires 2 catchers and a head & shoulder spot	3.7.4	28	29	77
Single based stunt dismount cradle requires a head & shoulder spot	3.7.5	28	29	
Twist to cradle or performing surface no more than 1¼ rotations	3.7.7	28	30	78
Dismounts to catchers who are not original bases need 3 catchers/head/neck - top person performs no skill	3.7.8a-d	28-29		
Top person maintains hand-to-hand/arm contact with at least 1 bracer until descending	3.7.9b	29	30	
Each flyer & bracer has a separate spotter except bracers in shoulder sits & thigh stands	3.7.9c	29		
Bases and bracers remain in place during dismount	3.7.9g	29		
Rule 3: Section 8 – Tumbling	Rule	Page	Sit Page	Pic
Tumbling or rebounding over or under a stunt, person is illegal with exception	3.8.1	30	30-31	79
Dive forward rolls are illegal	3.8.3	30		
Flip that lands into a partner stunt or cradle is illegal	3.8.4	30		
Flip in tumbling passes limited to only 1 complete twist/foot-over-head	3.8.5	30	31	
Headstands, headspins and headsprings where hands not used for support are prohibited	3.8.8	30	31	
Rule 3: Section 9 – Drops	Rule	Page	Sit Page	Pic
No splits, knee, seat, thigh drops from jump, stand, inverted; drops must be controlled	3.9.1	31	31	81
Airborne drops to pushup position are not permitted	3.9.2	31	32	81
Falling directly to the floor to stomach or back to mat is illegal without bearing weight on hands	3.9.3	31		
Major Infractions-10 points				
Rule 2: Section 2 - Sportsmanship	Rule	Page	Sit Page	Pic
Unsporting to officials; profane language, music, gestures (<i>GHSA Guide, Sect.2 p. 2-6, Sect.3; p.3-8; Sect 4 p.4-7</i>)	2.2.1a-c	14		
Disqualifications				
GHSA Cheerleading	Rule	Page	Sit Page	Pic
Too many team members	Guide	Sect.4 p. 4-5		
Unauthorized Prop - No part of uniform as sign	Guide	Sect.4 p. 4-5		