

## 2019 Safety Quick Reference Guide

Minor Infractions-2 points				
GHS A Cheerleading Guide	Rule	Page	Sit Page	Pic
Flyer should have <b>one</b> foot on the floor ready to begin the stunt	Guide	Sect.4; p.4-5		
<b>No</b> tumbling on/off the mat outside of routine	Guide	Sect.4; p.4-5		
Dressed in adopted school uniform <b>displaying</b> school ID; all must have the same uniform	Guide	Sect.1; 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>GHS A Guide, Sect.4; p.4-5</i> )	2.1.7a	14	17	
Artificial Noisemakers	2.1.15	15		
Rule 3: Section 1 - Cheerleader Apparel/Accessories	Rule	Page	Sit Page	Pic
Jewelry/Rhinestones – hair tie on wrist ( <i>GHS A Guide, Sect.1 p. 1-3, Sect.4; p.4-5</i> )	3.1.1	18	19	
Fingernails/Hair/hair devices secure ( <i>GHS A Guide, Sect.4; p.4-6</i> )	2.1.4/5	14		
Improper uniform including <b>loss of shoe, illegal uniform, Untied shoelaces</b> ( <i>GHS A Guide, Sect.4; p.4-5</i> )	3.1.2	18		
Uniform covers midriff – <b>no</b> mesh/sheer ( <i>GHS A Guide, Sect.1; p.1-3</i> )	3.1.4	18	19	
<b>Glitter</b> in hair/makeup/uniform fabric ( <i>GHS A Guide, Sect.1 p. 1-3, Sect.4; p.4-5</i> )	3.1.5	18	19	
<b>Brace or cast</b> improperly covered; participant in plaster cast/walking boot not involved in PS/PY/tosses	2.1.11	15	17	
<b>Inattentive</b> spotter – proper position/location and visually focused	3.2.5a-b	19	20	5
Major Infractions-5 points				
Rule 3: Section 2 – Stunting Personnel	Rule	Page	Sit Page	Pic
Bases <b>cannot</b> perform back-bend/headstand/handstand; base hold <b>objects</b>	3.2.1a-b	19	20	52
Bases of extended stunts must have <b>both</b> feet in direct contact w/performing surface	3.2.2	19		
Bracer/Spotter <b>cannot</b> provide primary support	3.2.3/4	19		53
Spotter's <b>hand</b> grasp sole of flyer's foot, base's <b>hand</b> under top person's foot, <b>torso</b> under stunt	3.2.6a-c	19		54
Spotter's hands behind his/her back	3.2.6e	19		
Spotter <b>required</b> for extended stunts or transitions that <b>stops</b> in an extended position	3.2.7	19-20	20	55
Spotter <b>required</b> for <b>single-base</b> prep-level stunts which foot/feet of top person is in hands of base; tosses to single base shoulder stands	3.2.8	20	20	56
Rule 3: Section 3 – Inversions	Rule	Page	Sit Page	Pic
Shoulders below waist of top person – <b>bracers reaching down</b>	3.3.1	21	22	
Inverted top pass <b>through</b> extended position – <b>not</b> begin, end, pause, or stop in extended inverted position	3.3.2	21		
Braced inversions in a PY w/ <b>no</b> flip or roll: top person must have <b>2</b> bases or base and spotter	3.3.3a	21	22	
Braced inversions in a PY w/ <b>no</b> flip or roll: <b>released top</b> person, each bracer is at prep lvl or below	3.3.3b2	21		57
Braced inversions: catchers not original–in place, remain close to original bases, <b>not</b> part of any other skill	3.3.3b5	21		
Braced inversions in a PY w/ <b>no</b> flip or roll: <b>released top</b> person, top person does not land inverted	3.3.3b6	21		57
<b>Braced roll:</b> Inverted top person has <b>2</b> bases or a base and spotter: bracers have 2 bases ( <i>no spotter required</i> ) or base with spotter	3.3.4	21	22	58
Braced <b>forward/backward flip:</b> <b>Both hands</b> of top person maintains hand/arm contact with a bracer	3.3.5a	21	23(A)	59, 60
Braced <b>forward/backward flip:</b> Must be <b>3</b> people involved in toss and catch, either as a base or spotter	3.3.5b	21	23(C)	59
Braced <b>forward/backward flip:</b> Bracers must be in multi-base with spotter	3.3.5d	21		
Braced <b>forward/backward flip:</b> Top person must be to the side or in front of the bracers.	3.3.5e	21		
Top person ends in a <b>non-inverted position</b> once a braced forward/backward flip is complete	3.3.5f	21		
Catchers are <b>not</b> original bases, new catchers are in place when flip is initiated, remain close and not part of any other stunt	3.3.5h	21	23(B, C)	
<b>Release inversion/transition:</b> Spotter required – inverted top person can be released to dismounts or loading position w/ no more than ½ turn or stunt <b>at any level with no twist</b>	3.3.6a1-3	21	24(E,F,J)	61-62
Base of support <b>begins &amp; remains below</b> prep level: one person maintains contact w/top person until no longer inverted or top person's hand on the performing surface ( <i>back-to-back; legs over shldr to shldr sit</i> )	3.3.6b	22	23(B,C,D) 24(G)	63
Base of support <b>begins or passes through</b> prep level - requires <b>2</b> people on the performing surface protect head/neck/shoulder w/ <b>1</b> maintaining contact with upper body w/ exception of foldover	3.3.6c1-2	22	24(H)	64
<b>Foldover stunt</b> begins at prep level or below that does not stop in extended position (exception)	3.3.6c1	22	23(A) 24(H)	
<b>Downward inversion:</b> Flyer not go to an inverted position on the performance surface from prep or higher	3.3.6c3	22	23(I)	
<b>Dismounts</b> from inverted stunts to cradle, load, or stunt to new catchers who are not involved in other skills	3.3.6c4	22		
Rule 3: Section 4 – Non-Release Stunts, continued	Rule	Page	Sit Page	Pic
Participants must <b>not</b> move over/under a PS/PY <b>except</b> when build, stabilize or dismount ( <i>walk-over-back</i> )	3.4.2	24	25	67
<b>Extended stunts</b> bracing each other – connection <b>cannot</b> be hand/arm-to-foot/leg ( <i>paper dolls</i> )	3.4.3	25	25-26	67
<b>Vertical-to-horizontal:</b> top person maintains contact with 1 original base, post or spotter ( <i>base holds ankle-loss of contact</i> )	3.4.4a	24-25	26(A)	68
<b>Vertical-to-horizontal:</b> face-up/face-down moved between bases w/ <b>2</b> catchers/bases for <b>upper body</b> ; if not original bases, must remain close, in position prior to movement to horizontal position ( <i>leapfrog</i> )	3.4.4b-d	25	26(B,C)	69
<b>3</b> catchers required when catchers are not original bases and top person begins or passes through an extended overhead position	3.4.4d	25	26(D)	

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Major Infractions-5 points				
			Sit Page	Pic
Hanging pyramid rules	3.4.5a-d	25		
Double cupie permitted with conditions	3.4.8	25		
Participant must not jump unassisted onto back of a base who is horizontal	3.4.10	25	26	
Rule 3: Section 5 – Release Stunts/Tosses				
Release stunts must be directed <b>vertically</b> & caught by original bases, not land in inverted position	3.5.2a, b	27		
Tossers, catchers and spotters must remain in <b>original location</b> (3-5-5 reference)	3.5.2d	27	28	
Basket/multi-base tosses <b>cannot</b> involve more than 4-tossers; <b>must be cradled</b>	3.5.3b/d	27	28	
Top person maintains hand-to-hand/arm contact with at least 1 bracer w/ exception; top person cannot change bases; releases extended to extended ( <i>non-braced tick-tock</i> ) may not perform more than ¼ twist	3.5.5b1-2	27	28(A) 29(D)	70,72
<b>Release transitions:</b> 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	27	28(B)	71
Bracers do <b>not</b> provide <b>primary</b> support	3.5.5d	27		
Released top person and bases make no more than a ¼ turn around the bracer; top remains <b>vertical</b> over bases with release in continuous up and down movement	3.5.5e	27	28(C)	
Catches are <b>not</b> the original bases, new catches in place when transition initiated	3.5.5f	27	28(C)	
<b>Helicopter</b> rules: flyer is in <b>face-up</b> position with 4-catchers - <b>not greater than 180</b> degrees	3.5.6a-e	27-28		
Log roll rules	3.5.7a-b	28	29	
<b>Toe/leg</b> pitches to jump or tumbling skill are illegal	3.5.8	28		
Rule 3: Section 6 – Suspended Stunts				
Non-braced <b>suspended splits</b> , originate below prep must have 2 bases & top person both hands in contact w/ 1 base post	3.6.1	29		72
Non-braced dropping <b>suspended split</b> from prep level or above - 3 bases slow momentum; both hands of top person in contact when reach full split; 2 bases support legs - w/ <b>exception</b>	3.6.2a-c	29		73
Braced <b>suspended split</b> – top person has 2 bases; top person maintains hand-to-hand/arm contact	3.6.3a-b	29	29	
Braced <b>suspended split</b> released by bases - loss of contact (3-5-5 reference)	3.6.4	29		
<b>Swinging</b> stunt – downward movement below prep lvl; top is <b>face up</b> ; top person begins below prep	3.6.5a-c	29	30	74
Top person <b>not face-down</b> position between bases where top person’s torso is suspended below arms & legs	3.6.6	29	30	
Rule 3: Section 7 – Dismounts				
Base or catchers <b>must not move</b> during dismounts except for safety	3.7.1	30		
Dismounts to performing surface from prep level or above <b>must be assisted</b>	3.7.2a	30	31	
Dismounts from prep lvl or above involving a skill require 2 bases or base & spotter; <b>to slow momentum</b>	3.7.2b	30	31	75
<b>Multi-based</b> stunt dismount cradle requires 2 catchers <b>and</b> a head & shoulder spot	3.7.4	30	31	76
<b>Single based</b> stunt dismount cradle <b>requires</b> a head & shoulder spot	3.7.5	30	31-32	76
Twist to cradle or performing surface no more than 1¼ rotations	3.7.7	30	32	77
Dismounts to catchers who are <b>not original bases</b> need 3 catchers/head/neck; top person performs <b>no skill</b> ; bases not involved in any other skill when release initiated	3.7.8a-d	30-31		77
Top person maintains hand-to-hand/arm contact with at least 1 bracer until <b>descending</b>	3.7.9b	31	32	
Each flyer & bracer has a <b>separate spotter</b> except bracers double-base preps, shoulder sits & thigh stands	3.7.9c	31		
Bases and bracers remain in place during dismount and not part of any other skill	3.7.9f	31		
Rule 3: Section 8 – Tumbling				
Tumbling or rebounding <b>over</b> or <b>under</b> a stunt, person is illegal with exception	3.8.1	32	32-33	78
<b>Dive</b> forward rolls are illegal – feet must remain below waist	3.8.3	32		
<b>Flip</b> that lands into a partner stunt or cradle is illegal	3.8.4	32		
<b>Flip</b> in tumbling passes limited to <b>only 1</b> complete twist/foot-over-head	3.8.5	32	33	
Headstands, headspins and headsprings where hands not used for support are prohibited	3.8.8	32	33	79
Rule 3: Section 9 – Drops				
<b>No</b> splits, knee, seat, thigh drops from jump, stand, inverted; drops must be controlled	3.9.1	33	33-34	80
<b>Airborne drops</b> to pushup position are not permitted	3.9.2	33	34	80
<b>Falling</b> directly to the floor to stomach or back to mat is illegal without bearing weight on hands	3.9.3	33		
Major Infractions-10 points				
Rule 2: Section 2 - Sportsmanship				
Unsporting to officials; profane language, music, gestures ( <i>GHSA Guide, Sect. 1 p1-5; Sect.2 p. 2-5 (music), 2-8, Sect.3; p.4-7</i> )	2.2.1a-c	17-18	18	
Disqualifications				
GHSA Cheerleading				
Too many team members	Guide	Sect.4 p. 4-7		
Unauthorized Prop - No part of uniform as sign	Guide	Sect.4 p. 4-7		