

Safety Quick Reference 2011

Minor Infractions-5 points				
GHSA Officials Guide	Rule	Page	Sit Page	Pic Page
Flyer should have one foot on the floor ready to begin the stunt	White Book	60		
<i>No</i> tumbling on/off the mat outside of routine	White Book	60(G2)		
Dressed in adopted school uniform displaying school ID	White Book	60(E3)		
Section 1 General	Rule	Page	Sit Page	Pic Page
Unsafe performing surface (shoes, bows, poms, etc. fall on floor)	2.1.5	16	25-26	
Gum or Candy	2.1.7	16		
Blood (on person and/or uniform)	2.1.13	17		
Section 3 Participant Apparel/Accessories	Rule	Page	Sit Page	Pic Page
Jewelry/Fingernails	2.3.1/2	18	27	
Hair and hair devices secure	2.3.3	18	27	
Shoes, Shoe Laces	2.3.4	18	27	
Uniform covers midriff - <i>no</i> mesh	2.3.6	18		
Glitter and uniform fabric (<i>White Book, Page 52, No Glitter in Georgia</i>)	2.3.7	18	28	
Brace or cast must be covered with 1/2 inch thick foam (improperly covered or in stunt)	2.3.8	18	28	
Major Infractions-10 points				
Section 2 Sportsmanship	Rule	Page	Sit Page	Pic Page
Unsporting to officials; profane language, music, gestures	2.2.1a-b	17	26	
Section 4 Stunting Personnel	Rule	Page	Sit Page	Pic Page
Bases <i>cannot</i> perform back-bend/headstand/handstand	2.4.1	18	28	
Bases of ext. stunts need both feet in contact w/perf surface	2.4.2	18		
Bracer/Spotter providing primary support	2.4.3/4	18	28	43
Spotter in proper position/location during stunt	2.4.6	18	28	
Inattentive spotter - visually focused	2.4.7	18-19	28	44
Spotter's arm and hand in ' ready ' position	2.4.8	19	28	44
Spotter's hand grasp sole of flyer's foot	2.4.9a	19		45
Spotter's hand grasp base's hand under flyers foot	2.4.9b	19		45
Spotter's torso under stunt	2.4.9c	19		45
Spotter required w/extended flyer (w/exception)	2.4.10	19	28	46-48
Section 5 Non-Release Stunts	Rule	Page	Sit Page	Pic Page
<i>No</i> 3 high and bases maintain direct contact with floor	2.5.1	19	29	49
Mount of inverted flyer must go to shldr height/below & have head/neck/shoulder spot	2.5.2b	19	29	50-51
Moving over or under a stunt or prop	2.5.3	19		
Bracer at or below shoulder height - at least 1 bracer (*exceptions)	2.5.4	19-20	30	52
Pendulum rules - at least 3 catchers - bases visual contact with catchers	2.5.5a-g	20	30	53
Pendulum must have designated spotter facing top person	2.5.7	20	30	54
Vertical to face-up/face-down moved between bases with 2 catchers (<i>Flatback</i>)	2.5.8	20	31	55
Hanging pyramid rules	2.5.9	20		56
Side-T roll down must have a head-shoulders spot	2.5.12	20		
Non-release transitional stunt- changing bases (Leapfrog - bkwrtd to prone position)	2.5.13	20-21	31	57
Non-release transitional stunt- <i>not</i> changing bases	2.5.14	21	31	
Section 6 Release Stunts/Tosses	Rule	Page	Sit Page	Pic Page
Release stunts and tosses top person must <i>not</i> become inverted	2.6.1a	21	31	
Release stunts must be directed vertically & caught by original bases	2.6.1b	21	31	
Participants <i>cannot</i> pass over/under other participants	2.6.1c	21	31	
Tossers/catchers and spotters must remain in original location	2.6.1d	21	31	
Basket/multi-base tosses <i>cannot</i> involve more than 4 tossers	2.6.3	21		58
Top persons must <i>not</i> hold objects except load-in tosses/tosses to partner stunts/hands	2.6.3c	21	31	58
Load-in tosses to stunts: Flyer is <i>not</i> tossed without dismounting to a cradle or performing surface; toss to split shldr ht or above illegal	2.6.4a-d	21-22	32	

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Major Infractions-10 points				
Section 6 Release Stunts/Tosses, <i>continued</i>	Rule	Page	Sit Page	Pic Page
Helicopter rules: flyer is in face-up position with 4 catchers - <i>not</i> > 180 degrees	2.6.5a-e	22	32	59
Log roll rules	2.6.6a-c	22		
Top person has at least 2 bases exception: single base tick-tock flyer remains vertical	2.6.7a	22	32	60
Top person maintains hand-to-hand/arm contact with at least 1 bracer	2.6.7c	22	32	60
Top person & each bracer has separate spotter except bracers in shldr sits/thigh stands	2.6.7d	22	32	60
Bracers do <i>not</i> provide primary support	2.6.7e	22	32	60
Top person remains vertical over bases with release in continuous up and dn movement	2.6.7f	22	32	60
Top person is <i>not</i> released to a toss or to separate bases	2.6.7g	22	32	60
Toe/leg pitches to jump or tumbling skill are illegal	2.6.8	22		61
Release top person above shldr height to a catch or layout position is illegal	2.6.10	22		
Section 7 Suspended Stunts	Rule	Page	Sit Page	Pic Page
Top person not inverted except forward suspended rolls	2.7.1	22		
Forward suspended roll rules	2.7.2	23	33	62
Forward suspended roll rules must begin from perf. surface or shoulder ht or below	2.7.2b	23	33	62
Backward suspended rolls are illegal	2.7.3	23	33	
Non-braced suspended split rules, maintain hand contact (shoulder height or below)	2.7.4	23	33	62
Non-braced dropping suspended split rules - 4 bases slow momentum (above shlder ht)	2.7.5	23		63
Braced suspended split rules	2.7.6a-e	23	33	64
Braces suspended split - loss of contact	2.7.6f	23	33	64
Swinging stunt swings upward and face up	2.7.7	24	33	64
Section 8 Dismounts	Rule	Page	Sit Page	Pic Page
Dismounts passing through an inverted position	2.8.1	24		
Base nor catchers <i>cannot</i> move during dismounts except for safety	2.8.2	24		
Dismounts to performing surface from shldr ht must be assisted	2.8.3	24	34	65
<i>No</i> skill can be performed to performing surface w/o hand-to-hand contact	2.8.4	24		66
Multi -based stunt dismount cradle requires 2 catchers and a spot	2.8.6	24	34	66
Single based stunt dismount cradle require a head & shoulder spot	2.8.7	24	34	67
Dismounts to unoriginal bases need 3 catchers - top person performs <i>no</i> skill	2.8.10	24	34	67
Dismounts w/bracer involved after release of flyer	2.8.11	24		
Top person maintains hand-to-hand/arm contact with at least 1 bracer	2.8.11b	24		
Each flyer & bracer has a separate spotter except bracers in shlder sits & thigh stands	2.8.11c	25		
Section 9 Tumbling	Rule	Page	Sit Page	Pic Page
<i>No</i> tumbling over/under person or stunt	2.9.1	25	34	
Dive forward rolls are illegal	2.9.2	25		
Flip into a partner stunt or cradle	2.9.3	25	35	
Tumbling passes limited to <i>only</i> 1 complete twist/foot-over-head	2.9.4	25		
Section 10 Twists	Rule	Page	Sit Page	Pic Page
Twist to cradle limited to 2 rotations	2.10.2	25		
Twist during tumbling pass limited to 1 rotation	2.10.3	25		
Twist on performing surface limited to 2 rotations	2.10.4	25		
Section 11 Drops	Rule	Page	Sit Page	Pic Page
<i>No</i> knee, seat, thigh drops from jump, stand, inverted; drops must be controlled	2.11.1-3	25	35	
Front drops from airborne are illegal	2.11.2	25	35	
Handspring/flip over is illegal	2.11.3	25		
Disqualification				
Too many team members	White Book	61(J3c)		
Unauthorized Prop - <i>No</i> part of uniform as sign	White Book	61(J3d)		