

2026 Safety Quick Reference Guide

Minor Infractions-2 points				
GHS A Cheerleading Guide	Rule	Page	Sit Page	Pic
Flyer should have one foot on the floor ready to begin the stunt (<i>Sect. 4</i>)	Guide	4-5		
No tumbling on/off the mat outside of routine (<i>Sect/ 4</i>)	Guide	4-5		
No chanting or cheering in an organized fashion when coming onto the floor (<i>Sect. 3</i>)	Guide	3-7		
Dressed in adopted school uniform displaying school ID; leggings or tights cannot be worn as a uniform; shirts must not be unsafe-may need tucked in; no tank tops; bows are school colors; hair above waist (<i>Sect. 1</i>)	Guide	1-3	Special Rules Mod	
Rule 1: Section - 1 General	Rule	Page	Sit Page	Pic
Fingernails/Hair/hair devices secure; long unsecured hair during skill (<i>GHS A Guide, Sect.4; p.4-5/6</i>)	1.1.4/5	7	9-10	
Unsafe performing surface: performing a skill on bow, pom, shoe, toss, etc. (<i>GHS A Guide, Sect.4; p.4-5</i>)	1.1.7a	8		
Brace or cast improperly covered/padded; not in plaster cast/walking boot, not involved in a skill	1.1.11	8	10	
Rule 2: Section 1 - Cheerleader Apparel/Accessories; Section 2 – Stunting Personnel	Rule	Page	Sit Page	Pic
Jewelry/rhinestones – hair tie on wrist, wrist bands (<i>GHS A Guide, Sect.1 p. 1-3, Sect.4; p.4-5</i>)	2.1.1	15	15-16	
Improper uniform including loss of shoe, illegal uniform, wristbands (<i>GHS A Guide, Sect.4; p.4-5</i>)	2.1.2	15	16	
Uniform covers midriff when standing at attention – no mesh/sheer (<i>GHS A Guide, Sect.1; p.1-3</i>)	2.1.4	15	16	
Glitter in hair/makeup/uniform fabric (<i>GHS A Guide, Sect.1 p. 1-3, Sect.4; p.4-5</i>)	2.1.5	15	16	
Inattentive spotter – proper position/location and visually focused	2.2.5a-b	16	17-18	59
Major Infractions-5 points				
Rule 2: Section 2 – Stunting Personnel	Rule	Page	Sit Page	Pic
Bases cannot perform back-bend/headstand/handstand; base hold objects while supporting	2.2.1a-c	16	17	58
Bases of extended stunts must have both feet in direct contact w/performing surface	2.2.2	16		
Bracer/Spotter cannot provide primary support	2.2.3/4	16		59
Spotter's hands grasp sole of flyer's foot, under top person's foot, behind his/her back; torso under stunt	2.2.6a-e	16		60
Spotter required for extended stunts or transitions that stops in an extended position; with exceptions	2.2.7	16-17	18	61
Spotter required for single-base prep-level stunts which foot/feet of top person is in hands of base; tosses to single base shoulder stands	2.2.8	17	18	62
Must not move over/under a PS/PY except when building, stabilizing or dismounting (<i>walk-over-back</i>)	2.2.10	17	18	63
Rule 2: Section 3 – Inversions	Rule	Page	Sit Page	Pic
Shoulders below waist of top person – does not apply to a bracer reaching down to assist top person	2.3.1	18	20	
Inverted top pass through extended position – not begin, end, pause, or stop in extended inverted position	2.3.2	19		
Braced inversions in a PY w/ no flip or roll: top person must have 2 bases <i>or</i> base and spotter	2.3.3a	19		
Braced inversions in a PY w/ no flip or roll: released top person, each bracer is at prep lvl or below	2.3.3b2	19	21	64
Braced inversions: catchers not original–in place, remain close to original bases, not part of any other skill	2.3.3b5	19		
Braced inversions in a PY w/ no flip or roll: released top person, top person does not land inverted	2.3.3b6	19		
Braced roll: Inverted top person has 2 bases or a base and spotter: bracers have 2 bases (<i>no spotter required</i>) or base with spotter	2.3.4a-b	19	21	65
Braced forward/backward flip: Bracer hand to hand/arm or hand to foot/feet connection w/ released top person	2.3.5a	19	21 (A, B)	66
Braced forward/backward flip: Must be 3 people involved in toss and catch, either as a base or spotter	2.3.5b	19	21 (A)	
Braced forward/backward flip: Flip ends in a cradle, horizontal position at prep lvl or below, or on performing surface, bracers may release the top person or move to a loading position once top person begins to descend	2.3.5d	19	21 (B)	
Non-arm bracer(s) must be prep level or below. Bracer(s) in prep/shldr stand are 2 bases or base/spotter	2.3.5e	19		
Released top person and base(s) makes no more than ¼ turn around bracer	2.3.5i	19	21 (C)	
Catchers not original bases, new catchers in place when flip initiated, remain close & not part any other skill	2.3.5j	19	21 (B, C, D)	
Only connection is bracer's hand to top person's foot/feet: top cannot perform any twists and must be caught by original bases, bracer in double base prep w/ spotter	2.3.5k	19	21–22 (A, F, G)	67
Release inversion/transition at any level: Must release to original bases & spotter required; non-inverted top person released to dismounts/loading position/stunt w/no more than 1 twist	2.3.6a1-3	20	22-23 (E, F, I, J, K)	68
Base of support begins & remains below 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 shldrs to shldr sit</i>)	2.3.6b	20	22 (B, C)	70
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 to stabilize control w/ exception of foldover	2.3.6c1-2	20	23 (H)	
Foldover must initiate at prep level or below that does not stop in extended position and top person must be caught on back by multiple catchers; may go to new catchers that are in place (<i>exception</i>)	2.3.6c2	20	23 (G)	
Downward inversion: Flyer not go to an inverted position on the performance surface from prep or higher	2.3.6c3	20	23 (H)	
Dismounts from inverted stunts to cradle, load, or stunt to new catchers who are not involved in other skills	2.3.6c4	20	22 (A)	
Top person may not leave the floor unassisted with the intent to land or caught in an inverted body position	2.3.9	20	23-24	
Rule 2: Section 4 – Non-Release Stunts	Rule	Page	Sit Page	Pic
Extended stunts bracing each other – connection cannot be hand/arm-to-foot/leg (<i>paper dolls</i>)	2.4.1	24	24-25	74
Vertical-to-horizontal: top person maintains contact with 1 original base, post or spotter (<i>base holds ankle-loss of contact</i>)	2.4.2a	24	25 (C)	
Vertical-to-horizontal/cradle: 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 (<i>leapfrog</i>)	2.4.2a-d	24	25	75

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Major Infractions-5 points				
Rule 2: Section 4 – Non-Release Stunts, <i>continued</i>	Rule	Page	Sit Page	Pic
Hanging pyramid: base remains stationary, contact w/ top, top person does not rotate on the dismount	2.4.3a-c	24	25	
Double cupie permitted with conditions	2.4.6	24		
Participant must not jump unassisted onto back of a base who is horizontal	2.4.8	24	25	
Rule 2: 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	2.5.2 a-b	26	27	
Participants must not pass over or under other participants	2.5.2c	26		
Tossers, catchers and spotters must remain in original location (2-5-5 reference)	2.5.2d	26		
Top person must not be in contact with another released top person	2.5.2f	26		
Basket/multi-base tosses cannot involve more than 4-tossers ; cradled by 2 original tossers & spotter	2.5.3 b,d,f	26	27-28	
Tosses caught in a non-inverted stunt by original bases. Ball-up is only allowed body position.	2.5.4a-b	26	28 (A-C)	77
Braced release transitions : Each bracer is at prep level or below. If at prep level or shoulder stand, bracer(s) must have 2 bases or base & spotter	2.5.5b	26	28 (A, D)	77
Bracers do not provide primary support and remain stationary	2.5.5c	26	28 (B, C)	
Released top person and bases make no more than a ¼ turn around the bracer	2.5.5d	26	28 (C)	
Catchers are not the original bases, new catchers in place when transition initiated; not in contact with another released top person	2.5.5e	26		
Brace release: Top person may not pass over the torso of another top person or bracer	2.5.5g	26		
Non-braced release transitions : releases to original bases; vertical position to extended no more than 1 twist ; prep position or below upper body must be vertical; seated/pike no twist; cradle to load permitted	2.5.6a-g	27	28-29 (A-D)	78
Non-braced release top person may land in a position - upper body is vertical or horizontal, high limit	2.5.6e	27	29 (C)	
Helicopter rules: flyer is in face-up position with 3-catchers - not greater than 180 degrees	2.5.7	27		
Rule 2: Section 6 – Suspended Stunts	Rule	Page	Sit Page	Pic
Non-braced suspended splits , originate below prep must have 2 bases & top person both hands in contact with at least 1 base or post	2.6.1	29		78
Non-braced dropping suspended split 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/ exception	2.6.2a-c	29		79
Braced suspended split – top person has 2 bases; top person maintains hand-to-hand/arm contact	2.6.3a-b	29	30	
Braced suspended split released by bases - loss of contact (2-5-5 reference)	2.6.4	29		
Swinging stunt – downward movement below prep lvl; top is face up ; top person begins below prep	2.6.5a-c	29	30	80
Top person not face-down position between bases where top person's torso is suspended below arms & legs	2.6.6	30	30	83
Rule 2: Section 7 – Dismounts	Rule	Page	Sit Page	Pic
Base or catchers must not move during dismounts except for safety	2.7.1	30		
Dismounts to performing surface from prep level or above assisted from base or spotter to slow momentum	2.7.2	30	31	81
Multi-based stunt dismount cradle requires 2 catchers and a head & shoulder spot	2.7.4	30	31	82
Single based stunt dismount cradle requires a head & shoulder spot	2.7.5	31	31	82
Twist to cradle or performing surface no more than 1¼ rotations	2.7.7	31	32	83
Dismounts to catchers who are not original bases need 3 catchers/head/neck; top person performs no skill; bases not involved in any other skill when release initiated. ¼ twist is allowed, not full twist	2.7.8a-d	31	32	
Rule 2: Section 8 – Tumbling	Rule	Page	Sit Page	Pic
Tumbling or rebounding over or under a stunt, person is illegal with exception	2.8.1	32	32-33	84
Dive forward rolls are illegal – feet must remain below waist	2.8.3	32		
Flip that lands into a partner stunt or cradle is illegal	2.8.4	32		
Flip in tumbling passes limited to only 1 complete twist or 1 rotation hip-over-head	2.8.5	32	33	
No kip-up/rubber band skills.	2.8.7	32	33	
Headstands, head spins and headsprings where hands not used for support are prohibited	2.8.8	32	33	85
Airborne skills with hip-over-head rotation may not connect to another athlete while executing skill	2.8.9	32		
Rule 2: Section 9 – Drops	Rule	Page	Sit Page	Pic Pe
No splits, knee, seat, thigh drops from jump, stand, inverted; drops must be controlled	2.9.1	33	34	86
Airborne drops to pushup position are not permitted	2.9.2	33	34	86
Falling directly to the floor to stomach or back to mat is illegal without bearing weight on hands	2.9.3	33		
Rule 1: Section 2 - Sportsmanship	Rule	Page	Sit Page	Pic
Unsporting to officials; profane language, music, gestures; baiting or taunting. (GHSA Guide, Sect. 1 p1-5; Sect. 3 p.3-7; Sect. 4 p.4-7)	1.2.1a-c	11		
GHSA Cheerleading	Rule	Page	Sit Page	Pic
Too many team members (Section 4)	Guide	4-7		
Unauthorized Prop - No part of uniform as sign, must do routine full out (Section 4)	Guide	4-7		