



## **Festival in the Hills Court Competition**

February 29 – March 1, 2008

### **2007 – 2008 Safety Guidelines**

#### **General Safety**

1. Use of mini-tramps, spring boards or any apparatus used to propel a participant is not permitted.
2. When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant shall stop performing to receive proper treatment.
3. When a participant is rendered unconscious or apparently unconscious, the participant shall not be permitted to resume participation without written authorization from a physician.
4. All mounts and/or pyramids are limited to two persons high. “Two high” is defined as the base (bottom person) have at least one foot on the ground.
5. A base cannot assume a back bend position.
6. Participants are not permitted to move under or over a stunt or pyramid.

#### **Spotting**

1. An inattentive person is not considered a spotter.
2. A spotter must be in the proper position to prevent injuries. A spotter’s torso cannot be under a stunt.
3. A spotter is required for the following stunts:
  - Bird (the top person is in a superman position and the base has a fully extended arms)
  - Double or Triple Base Straddle Lift (the top person is in a 2<sup>nd</sup> position, bases arms are in the fully extended position)
  - Torch (top person is in a standing passé position, bases arm is fully extended while the other arm is waist level)

#### **Drops**

1. Knee, seat, thigh and split drops are not permitted unless most of the weight is first borne on the hands/feet or is controlled to break the impact of the drop.
2. Front or back handspring/flip over to the seat is not permitted.
3. Landing for all jumps must bear weight on at least one foot. (ex. a toe touch to a push-up position or to the seat or knees is prohibited)
4. Front drops from an airborne position to a horizontal face-down position are not permitted.

#### **Rolls/Tumbling**

1. A dive roll is not permitted
2. Tumbling over or under a stunt is not permitted.
3. Tumbling over an individual or over/under a prop is not permitted.
4. A forward roll is not permitted from the following positions:
  - a. An upright stand (support leg/legs extended)
  - b. Handstand
  - c. Jump
5. A flip into a mount or cradle is not permitted

6. A flip/twist performed on the floor shall not exceed 2 rotations.

### **Tosses**

1. Tosses through a prop are not allowed.
2. Toe and thigh pitches to a jump, flip or tumbling skill, including a suspended roll, are not permitted.
3. Tosses into a split or straddle position are not permitted.
4. Tosses over, under or through any apparatus/prop, pyramid, stunt or individual are not allowed.

### **Props**

1. Props used as a base shall be limited to 5 feet in height.
2. A spotter may touch or grasp the prop provided he/she continues to watch the person he/she is spotting.
3. A spotter is required when a participant is dancing or moving on a prop higher than 3 feet and the performing surface is less than 1 foot wide/long.

### **Props as Bases**

1. Tumbling (except a legal forward roll) onto a prop is not permitted.
2. A participant shall not mount a prop from a pullover or hang from a prop in an inverted position (head below waist).
3. When props used as a base are stacked, the pieces shall be securely affixed to each other. If stacked props are not securely affixed to each other, a participant shall not be on or lean into the second level or above.
4. After mounting a prop that is more than 3 feet high, a participant shall maintain contact with the prop at all times until dismounting.
5. A spotter is required when a prop used as a base is on wheels or has rounded surfaces (i.e. balls, barrels, etc.) in the following instances:
  - a. A participant is standing on the moving prop.  
Exceptions: scooters, skateboard, roller skates, etc., when the participant is close to the ground or is holding onto the prop.
  - b. Participants brace one another on a moving prop; a spotter is required for each participant.
  - c. A participant is dancing or moving her feet on the prop. The prop must be stabilized and a spotter is required for the participant except when she is close to the ground and can act as her own stabilizer.
6. Dismounts to the performing surface from a prop higher than 3 feet shall have an assisted landing.

### **Definitions**

**Stunt:** Any tumbling, mount, pyramid or toss.

**Base:** Defined as having direct weight-bearing contact with the surface at all times. The base provides primary support for a mount.

**Toss:** Defined as the top person being free of continuous contact from the base(s).

**Spotter:** The person primarily responsible for protecting the head-and-shoulders area of the person being spotted. Spotters may help control, but may not provide primary support for a pyramid or stunt. Spotters must maintain visual contact with the person being spotted.