ROOKIE GRIP & ON-SET HARDWARE POCKET CARD

Norms Studio Equipment
Hollywood, California, USA · Est. 1962
Full A–Z Glossary: /gripedia/glossary

1. FIVE LAWS OF THE C-STAND

1. **The Big Leg Rule:** Longest leg ALWAYS points straight beneath the load / extended arm.
2. **Clockwise Right-Hand Rule:** Face the T-handle; point the arm right so gravity twists it **clockwise (tightens)**.
3. **Sandbags Off the Floor:** Drape across upper thigh of big leg; zero floor contact.
4. **Snug Hand-Tight Only:** Never use wrenches or C-47s on knuckle T-handles (≤ 45 N·m).
5. **Never Sit on Apple Boxes:** Working tools only — keep clear for camera/grip crew.

2. HOLLYWOOD PINS, RECEIVERS & PIPE

- **Baby Pin / Receiver: 5/8" (16 mm)** — C-Stand tops, baby stands, Cardellinis, lightweight lamps.
- **Junior Pin / Receiver: 1-1/8" (28 mm)** — Combo stands, High Rollers, turtle bases, heavy heads.
- **Speed-Rail® (Schedule 40 NPS): 1-1/4"** (1.66" OD) & **1-1/2"** (1.90" OD) 6061-T6 aluminum pipe.
- **Grip Heads: 2-1/2"** (standard C-Stand gobo head) & **4-1/2"** ("Lollipop" with 1-1/8" Junior pin).
- **2025 Lifetime Warranty:** Covers all new Norms Grip Stands manufactured in 2025 and afterwards.

3. MANDATORY ON-SET VOCAL SAFETY CALLOUTS

"POINTS!" / "HOT POINTS!"	Carrying long stands, arms, or Speed-Rail pipe (front end tilted low toward floor).
"STRIKING!"	Wait 1.5s before switching on any bright HMI, Tungsten, or LED head.
"HEADS UP!"	Falling or slipping overhead object — tuck chin, look DOWN, cover head with arms.
"CROSSING!"	Stepping briefly across camera lens sightline during staging/rehearsal.
"CABLE / STINGER DOWN!"	Dropping coiled cable from grid, condor, or ladder.

4. STANDARD WALKIE CHANNELS

Ch 1	Production / 1st AD / Floor
Ch 2	Open / Rollover (1-on-1 talks)
Ch 3	Transportation / Vans
Ch 4	SFX / Stunts
Ch 5	Camera / Video Assist / DIT
Ch 6	Grip Dept (Key Grip / BBG / Dolly)
Ch 7	Electric Dept (Gaffer / BBE / Genny)
Ch 8	Sound / Boom
Ch 9	Locations
Ch 10	Hair / Makeup / Wardrobe

5. IMPERIAL APPLE BOX MATRIX (20" × 12" BALTIC BIRCH)

BOX	SIZE	HEIGHTS	PRIMARY USE
Full Apple Box	20" × 12" × 8"	20" / 12" / 8"	Seating, camera riser, heavy blocking
Half Apple Box	20" × 12" × 4"	20" / 12" / 4"	Mid-step elevation, C-Stand leg bridging
Quarter Apple Box	20" × 12" × 2"	20" / 12" / 2"	Fine tripod & dolly track increments
Eighth (Pancake)	20" × 12" × 1"	Flat 1"	Micro-leveling under sleepers & actor marks

Track Wedges (9.46°): Always install wedges in opposing head-to-toe pairs so 1,200 lb dollies cannot slip laterally.