

GAME DAY CATEGORY GUIDELINES & SKILLS RESTRICTIONS

GAME DAY BAND CHANT – BUILDING

- Teams should use traditional school chant/yell words that are game applicable, crowd effective, and easy to follow. The emphasis should be on crowd involvement and practicality.
- Teams are highly encouraged to utilize all areas of their crowd-leading strengths by incorporating signs, and/or poms, and/or megs, and/or flags, etc. The more, the better!
- Recorded band music is required.
- Switch up stunts are permitted.
- No baskets, sponge, elevator, or similar type tosses are permitted.
- Basic cradles and pop-downs are permitted.
- No inversions are permitted.
- No twisting dismounts from stunts are permitted. **Exception:** Dismount cork screws to the performance floor.
- No single leg stunts. **Exception:** liberties and hitches are permitted.
- No running tumbling is permitted.
- All standing tumbling is limited to the highest skill level allowed being a back tuck.
- Jumps are permitted to be connected to standing tumbling.

GAME DAY SIDELINE/CHANT - BUILDING

- Teams should use traditional school chant/yell words that are game applicable, crowd effective, and easy to follow. The emphasis should be on crowd involvement and practicality.
- Teams are highly encouraged to utilize all areas of their crowd-leading strengths by incorporating signs, and/or poms, and/or megs, and/or flags, etc. The more, the better!
- No music is permitted, including drums and/or drum cadences.
- Switch up stunts are permitted.
- No baskets, sponge, elevator, or similar type tosses are permitted.
- Basic cradles and pop-downs are permitted.
- No inversions are permitted.
- No twisting dismounts from stunts are permitted. **Exception:** Dismount cork screws to the performance floor.
- No single leg stunts. **Exception:** Liberties and hitches are permitted.
- No running tumbling is permitted.
- All standing tumbling is limited to the highest skill level allowed being a back tuck.
- Jumps are permitted to be connected to standing tumbling.

GAME DAY CROWD LEADING CHEER - BUILDING

- Teams should use traditional school chant/yell words that are game applicable, crowd effective, and easy to follow. The emphasis should be on crowd involvement and practicality.
- Teams are highly encouraged to utilize all areas of their crowd-leading strengths by incorporating signs, and/or poms, and/or megas, and/or flags, etc. The more, the better!
- No music is permitted, including drums and/or drum cadences.
- Switch up stunts are permitted.
- No baskets, sponge, elevator, or similar type tosses are permitted.
- Basic cradles and pop-downs are permitted.
- No inversions are permitted.
- No twisting dismounts from stunts are permitted. **Exception:** Dismount cork screws to the performance floor.
- No single leg stunts. **Exception:** Liberties and hitches are permitted.
- No running tumbling is permitted.
- All standing tumbling is limited to the highest skill level allowed being a back tuck.
- Jumps are permitted to be connected to standing tumbling.

GAME DAY FIGHT SONG - BUILDING

- Teams are encouraged to use their traditional fight song but is not required. Teams may use another fight song of their choice.
- Emphasis is on practicality with visual elements, kicks, etc.
- Timing ends with the last organized movement, voice or note of music, whichever comes first.
- The only props permitted are poms and megas.
- Switch up stunts are permitted.
- No baskets, sponge, elevator, or similar type tosses are permitted.
- Basic cradles and pop-downs are permitted.
- No inversions are permitted.
- No twisting dismounts from stunts are permitted. **Exception:** Dismount cork screws to the performance floor.
- No single leg stunts. **Exception:** Liberties and hitches are permitted.
- No running tumbling is permitted.
- All standing tumbling is limited to the highest skill level allowed being a back tuck.
- Jumps are permitted to be connected to standing tumbling.