

## **GAME DAY CATEGORY GUIDELINES & SKILLS RESTRICTIONS**

### **GAME DAY BAND CHANT – NON-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.
- No stunts/building skills 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 – NON-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.
- No stunts/building skills 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 – NON-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.
- No stunts/building skills 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 – NON-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 megs.
- No stunts/building 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.