



Game Day Rules

- All division team size: 5-30 members
- 3 ½ minute routine limit
- Basket tosses or elevator sponge tosses are not permitted.
- Single leg stunts are limited to liberties or liberty hitch stunts.
- Inversions and twisting dismounts are not permitted.
- Running tumbling is not permitted.
- Standing tumbling is limited to single back handsprings or standing tucks.

Game Time Cheer and Chant Description: Cheer/Chant with crowd involvement. In addition to general rules listed above

- Props encouraged.
- Music is not permitted.

Fight Song Description: Perform school fight song and show your school spirit. In addition to general rules listed above

- One (1) minute time limit.
- Props encouraged.
- Stunts, jumps, and standing tumbling incorporation is encouraged.

Game Time Dance Description: Dance that focus on crowd entertainment. In addition to general rules listed above

- One (1) minute time limit.
- Traditional game day uniforms are required.
- No stunting or tumbling is permitted.
- Emphasis on crowd entertainment.

*****It is the responsibility of the school/organization to follow any additional rules set forth by their governing authority, state, district, school, etc.*****