

GAME DAY DIVISION REQUIREMENTS:

- Each team will perform a routine not to exceed 3:00
- Timing will begin with the first organized movement, voice or note of music, whichever comes first and end with the last beat of music or organized movement.
- Teams may not set up props in advance of any category.
- Mascots are not counted towards the total number of participants in your division. Mascots are not permitted to stunt and/or tumble.
- Performances will consist of 2 sections: any combination of Cheer and/or Chant and Fight Song and/or Band Dance.

1. Cheer and/or Chant

The Cheer and/or Chant portion of the routine should be relevant for a Game Day environment. Teams are encouraged to use signs, poms, flags and mascots to enhance crowd effectiveness, as well as incorporate skills.

2. Fight Song and/or Band Dance

Your Fight Song and/or Band Dance should represent any traditional Fight Song and/or Band Dance that could be performed at games. Your team may incorporate up to 3 consecutive 8-counts of crowd effective stunts, tumbling, and/or jumps to your band's recorded music.

SPECIFIC SKILL RESTRICTIONS FOR OVERALL GAME DAY ROUTINE

- No baskets, sponge, elevator, or similar type tosses permitted.
- No inversions from stunts.
- No twisting dismounts from stunts.
- Single leg extended stunts are limited to liberties and liberty hitches.
- No running tumbling.
- Standing tumbling is limited to forward/backward rolls, cartwheels, round offs, front/back walkovers, standing back handsprings and standing back tucks.

Penalty for out of category skills will be a 2.5 deduction per occurrence.