

GAME DAY RULES:

- Teams should demonstrate spirit and enthusiasm while entering the performance Floor and before the music begins.
- The use of crowd leading tools such as signs, poms, flags and/or megaphones is required.
- Each section should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, this would include the team's entry to the floor and any time prior to starting the performance.
- The incorporation of stunts and or tumbling are limited to the Situational Chant, Cheer and Fight Song portions of the Game Day routine.
- Teams may add up to 1 (one) mascot in their Game Day Routine. The mascot must meet all the eligibility requirements as the athletes. The mascot must enter the floor with the team and should be used to raise crowd energy and participation. The mascot is not allowed to be involved in any stunts / technical skills and or tumbling and should position themselves away from skills being performed. The mascot will not count towards the total gender number.

GAME DAY SKILL RESTRICTIONS:

- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed. No twisting released dismounts are allowed.
- No running tumbling is allowed.
- Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.
- Examples: Rippled single back handsprings would be allowed. Jump tumble (single skill) would be allowed.
- Standing full is not allowed.
- In between elements, teams must always return to the performance surface.
- Teams may kick, jump or tumble but may NOT stunt. During the Band Chant, only kicks and jumps are permitted.

THE GAME DAY CATEGORY MUST FOLLOW THIS ORDER:

1. BAND CHANT: should have an emphasis on crowd appeal and practicality. Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples, execution of the material and encouraging the crowd

to participate. – No stunting or tumbling is permitted, however jumps and kicks are allowed.

2. SITUATIONAL SIDELINE: Following the band chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.

3. CHEER: Following the Sideline, Crowd leading can include a cheer reactive of a timeout, general sideline / spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. Teams are required to incorporate spirit props and practical skills (stunts and/or tumbling, if the division allows).

4. FIGHT SONG: The final element should reflect your school's traditional Fight Song. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same).

SITUATIONAL CUE PROCESS FOR STATE:

- Teams should utilize spirit raising props and add creative movements such as level changes or ripples as well.
- For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music.
- Teams will not have advance notice of their cues. The list provided by WSCCA (above) will be used.
- The announcer will announce a team's cue following their Band Dance. A prepared schedule with a script will be provided for the announcer.