

School Game Time Rules and Restrictions

- All division team size: 5-30 members
- 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.
- Must have at least two (2) of the following: cheers, chants, or drum cadence.
- Running tumbling is not permitted.
- Standing tumbling is limited to single back handsprings or standing tucks.

Game Time Cheer

Description: Cheer with crowd involvement.

In addition to general rules listed above

- The routine will not be completed until the buzzer sounds.
 - The buzzer will sound at the one (1) minute mark.
- 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.

