



2017 - 2018

# RULES BOOK FOR SCHOOL GAME DAY ROUTINES

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**Bring Your Best**  
AmeriCheer Family of Brands



# GENERAL INFORMATION FOR SCHOOL GAME DAY DIVISIONS

## School Definition

**School** - To be considered a school organization, one or all of the following must apply:

- School is governed by associated school's administration.
- The team's main purpose is to cheer for associated school's athletic teams (i.e. football, basketball, soccer, etc.).

## General Competition Policies/Procedures

**Review of Placements** - In order to fairly serve all of our customers, it is the policy of The AmeriCheer Family of Brands that no performances be reviewed for placement discrepancies, etc. at the competition venue. You may call our offices the Wednesday after the competition to receive information regarding an analysis of a routine; however, all decisions by the judges will be deemed final and an analysis of a routine will be for clarification purposes only.

**Music** - One representative may run the music, press play and must remain at the sound table throughout the entire performance. Please bring/supply two/three high-quality CDs and/or MP3 player and personal adaptor. Have with you several music back-ups. All CDs/MP3 players/adaptors should be marked with the team name and division. Review the content of the music for any inappropriate language/sounds (spoken/implied) and/or poor quality. Also, music time should be recorded (three to four seconds) under the maximum time allotted due to variations in music system speeds.

### Interruption of Performance -

**Music Interruption:** If your routine is interrupted due to failure of competition equipment, you will be allowed to perform again, going later in your division (if at all possible). Please check your music prior to competing. If interruption is due to failure of your equipment or supplies (i.e. scratched or burned CDs/MP3 player, etc.), you will have two options:

- Your team may perform again, using your own player or the back-up copy of your music; however, routine scoring will begin at the point where the interruption occurred.
- Your team may use the original performance.

**Interruption Due To Injury:** If a participant is visibly injured/ill and/or demonstrates he/she can not continue executing the routine and/or it appears the injured/ill person becomes a safety hazard to oneself or his/her teammates, the routine must/will be stopped! The only person(s) permitted to stop the routine are competition officials, the coach/advisor of team performing and an injured/ill athlete. The team will be allowed to perform later in the division (if at all possible). Routine scoring will begin at the point where the injury/illness occurred. Under no circumstances will the injured/ill team member be allowed to compete at a later time without official medical authorization. The AmeriCheer Family of Brands reserve the right to stop any performance due to injury/illness.

**Eligibility of Participants** - Any team or participant proven to be in violation of the age/grade requirements for any AmeriCheer Family of Brands competition may result in disqualification from the competition. Requirements are as follows:

- All School competitors must be officially involved/participating in an accredited school.
- All School competitors must have not received a diploma for graduation from the 12th grade.
- All School competitors must be currently receiving credit for his/her schoolwork at the time of the competition. (i.e. If a competitor will not be permitted to receive credit for his/her schoolwork that semester, the competitor is not eligible to compete at The AmeriCheer Family of Brands competition.)
- Competitors in divisions **based upon age** must meet the age requirements as of **August 31, 2017**.
- Competitors in divisions **based upon grade** must meet the grade requirements during the **2017-2018 school year**.

Note: The AmeriCheer Family of Brands reserve the right to disqualify a team/performance that does not adhere to the above Eligibility of Participants guidelines.

**Spotter Policies** - The AmeriCheer Family of Brands will not provide spotters at any competitive events; however, programs may provide their own spotters provided the following guidelines are met:

- Program spotters should be at least 18 years of age and be very familiar with all aspects of the routine.
- Program spotters should present themselves in a professional manner to include, but not limited to: appropriate mode of dress, acting in a manner that does not distract from the performance and distinguishing themselves as a separate group from the performers by not wearing any apparel that is similar to the performers' uniforms.
- Program spotters should be readily available to only spot building sections.
- Program spotters may not verbally/manually coach performing competitors in any way.
- Program spotters should stay to the back of the performance floor/mat when not spotting the building skills of their program's routines, as well as to be careful to not block the pathways of any performing competitors.

**Choreography, Music, Outfitting and Image/Appearance** - All choreography, music, outfitting and overall team image/appearance should be suitable for family viewing and always be in good taste. Therefore, point deductions may be assessed for inappropriate music/words/profanity (in music spoken/implied), inappropriate moves and/or body positioning, appropriateness of uniform and overall appearance of each individual on or off the competition floor.

**Legality Verification** - For questions regarding the legality of a specific skill(s), etc. you must adhere to the following guidelines:

- Provide a DVD/video of the specific skill(s), etc. in question, shown from the front, side and back views.
- DVD/video will not be returned. It will become the property of The AmeriCheer Family of Brands and will be kept on file.
- Include with the DVD/video the team name, team division, coach name, address, cell phone number, email, name and date of the competition to be attended. Please submit DVD/video at least two weeks in advance of the competition to be attended. If DVD/video is received less than two weeks prior to the determined competition, The AmeriCheer Family of Brands will not guarantee a response.
- Mail DVD to The AmeriCheer Family of Brands - Legality Verification, 20 Collegeview Road,

Westerville, OH 43081. Because of differences in terminology and interpretation, we reserve the right to not administer phone verifications!

**Procedural Questions** - All questions relating to any procedures of the competition are to be handled only by the coach/advisor and are to be directed to the competition director only. All questions must be made **prior** to the team competing.

**Music Compliance Challenges** - All questions regarding the validity of whether another performing team's music is compliant, must be directed to the competition director immediately following the team in question's performance. The competition director will in turn provide an official Grievance form to be completed and submitted while at the competition. The team in question will have twenty-four hours to provide proof of compliance. If the team in question cannot provide proof or it is determined that the team in question's music is/was not compliant, that team will forfeit all awards for that event.

## **Penalties/Rule Violations**

### **Inappropriate or Un-Sportsmanlike Behavior - 1.0 point penalty**

Any inappropriate or un-sportsmanlike behavior from anyone including, but not limited to: coaches, athletes, parents, supporters, etc. (per occurrence) will result in a penalty. Because The AmeriCheer Family of Brands believe sportsmanship at any of our events is of the utmost importance and value, any un-sportsmanlike conduct will include, but is not limited to: approaching the competition judges (on or off the judges' riser/table) or any competition official with inappropriate comments, outbursts or gestures. Additionally, such behavior may result in a squad's disbarment from any future AmeriCheer Family of Brands events!

### **Out of Division Violation(s) – 1.5 point penalty**

Performing in the wrong or the incorrect division.

### **Performance Guidelines Violation(s), etc. - .25 point penalty**

Violating any specific performance guidelines (per occurrence) **except** routine time limits (see below).

### **Safety Rule Violation(s) - .50 point penalty**

Any violation (per occurrence) of a safety rule.

### **Execution Error(s) - .25 point penalty**

Execution error may be assessed (per occurrence) if it appears to the Safety Judge(s) that the intent to perform the skill legally was clearly evident.

## **Routine Time Limits - .25 point penalty**

Routines that exceed the time run the risk of being assessed a penalty. Judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a penalty until their stopwatch/clock shows a time that exceeds 2:33 and/or 1:33 respectively.

## **Spotters Role - .50 point penalty**

Violating the conditions of a program spotter's role (per occurrence) during a performance.

## **Props - .25 point penalty**

All unapproved props must be placed outside the white boundary line. Placing an unapproved prop inside the white boundary line will constitute a penalty. Unapproved props include, but are not limited to: stuffed animals, dolls, jackets, bags, etc.

## **Boundary Violation(s) - .25 point penalty**

The performance surface is defined as the 54'x 42' or 42' x 42' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety boarder. A penalty will be assessed (per occurrence) for an athlete that makes contact with both feet outside the competition boundary. Stepping on or just past the white tape is not a boundary violation.

## **Jewelry Violation(s) - .50 point penalty**

All jewelry must be removed when performing on the competition floor. Jewelry includes, but is not limited to: ear, lip, eyebrow, nose, tongue and belly button rings, facial rings, clear/plastic jewelry, bracelets (of any type) including hair ties on wrists and silly bands, corsages, spacers, fishing line, necklaces and pins on uniforms. Jewelry may not be taped over, it must be removed! Exceptions are medical ID tags/bracelets (must be taped to the body) and rhinestones on uniforms.

# **Execution Deductions**

## **Athlete Falls - .25 point deduction per occurrence**

Examples:

- Hand(s)/head down in tumbling or jumps.
- Knee(s) down in tumbling or jumps.
- Drops to the floor during individual skills (tumbling, jumps, etc.).

## **Building Falls - .75 point deduction per occurrence**

Examples:

- Uncontrolled cradling, dismounting or lowering a building skill (not timing issues).
- Base or spotter falling to the floor during a building skill.

## **Major Building Falls - 1.25 point deduction per occurrence**

Examples:

- Falls from an individual stunt, pyramid, or toss to the floor (top person lands on floor or multiple bases/spotters land on floor).

## **Maximum Collapse - 1.75 point deduction per occurrence**

When multiple deductions should be assessed during an individual stunt or toss (by a single group) or during a pyramid collapse, then the sum of those deductions will not be greater than 1.75.



# 2017-18 Division Information

***The grade of the competitor for the 2017-2018 academic year will be the grade used for competition purposes throughout the 2017-2018 season for all divisions.***

## Junior High Divisions

Division	Female/Male	# on Team	Grade
Game Day - Mount Crowd Leading Cheer	Female/Male	5-36 Members	9 & Below
Game Day - Non Mount Crowd Leading Cheer	Female/Male	5-36 Members	9 & Below
Game Day - Non Tumbling Crowd Leading Cheer	Female/Male	5-36 Members	9 & Below
Game Day - Non Mount & Non Tumbling – Crowd Leading Cheer	Female/Male	5-36 Members	9 & Below
Game Day - Sideline	Female/Male	5-36 Members	9 & Below
Game Day - Band Cheer	Female/Male	5-36 Members	9 & Below
Game Day - Fight Song	Female/Male	5-36 Members	9 & Below

## Freshman/JV Divisions

Division	Female/Male	# on Team	Grade
Game Day - Mount Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Non Mount Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Non Tumbling Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Non Mount & Non Tumbling – Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Sideline	Female/Male	5-36 Members	12 & Below
Game Day - Band Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Fight Song	Female/Male	5-36 Members	12 & Below

## Varsity Divisions

Division	Female/Male	# on Team	Grade
Game Day - Mount Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Non Mount Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Non Tumbling Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Non Mount & Non Tumbling – Crowd Leading Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Sideline	Female/Male	5-36 Members	12 & Below
Game Day - Band Cheer	Female/Male	5-36 Members	12 & Below
Game Day - Fight Song	Female/Male	5-36 Members	12 & Below

# School Routine Safety Rules Information

The AmeriCheer Family of Brands will follow the **2017-2018 NFHS Spirit Safety Rules** to include all **General, Tumbling, Stunts, Mounts/Pyramids and Tosses**. To order a copy of the 2017-2018 NFHS Spirit Rules Book, visit [NFHS.org](http://NFHS.org) or call 317-972-6900.

# GAME DAY PERFORMANCE GUIDELINES

## GAME DAY – MOUNT CROWD LEADING CHEER

**Total Routine Time: Maximum 1:00** (no minimum time)

- Cheer should contain all elements reflected on the official Game Day – Crowd Leading Cheer score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty/themed uniforms are permitted.
- Cheer should reflect a crowd leading style cheer with emphasis on crowd participation and should contain call-backs that would solicit crowd involvement in a game/time-out situation.
- Building/mounting skills are permitted. *See specific skill limitations below.*
- Standing tumbling skills are permitted. *See specific skill limitations below.*
- No music and/or drum cadences are permitted.
- Props permitted are poms, signs (including flags with words/letters) and megaphones. These items are highly encouraged to better enhance the cheer's overall effect. *Hint: The more props incorporated the better for effective crowd leading.*
- Props must be physically used if placed within the performance boundaries.
- No "gimmicks" (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their Game Day – Mount Crowd Leading Cheer.
- Timing will begin with the first organized word or movement, whichever comes first.
- NEW! No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

### SPECIFIC SKILL LIMITATIONS:

- *Basket, sponge, elevator or similar type tosses are not permitted.*
  - *Inversions into, during or out of stunts/pyramids, etc. are not permitted.*
  - *Twisting into, during or out of out of stunts/pyramids are not permitted.*
  - *Single leg extended stunts/pyramids are limited to liberties and/or liberty hitches.*
  - *No running tumbling is permitted*
  - *Standing tumbling is limited to:*
    - \* *Standing back handsprings*
    - \* *Standing back tucks*
- Note: Only single jumps connected to standing back handsprings/standing back tucks are permitted. No double, triple, quad jumps are permitted to be connected to standing tumbling. No standing tumbling series are permitted.*

*Hint: All incorporated skills should be technically clean, simple and applicable for GAME situations.*

## GAME DAY – NON MOUNT CROWD LEADING CHEER

**Total Routine Time: Maximum 1:00** (no minimum time)

- Cheer should contain all elements reflected on the official Game Day – Crowd Leading Cheer score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty/themed uniforms are permitted.



- Cheer should reflect a crowd leading style cheer with emphasis on crowd participation and should contain call-backs that would solicit crowd involvement in a game/time-out situation.
- Building/mounting skills are not permitted.
- Standing tumbling skills are permitted. *See specific skill limitations below.*
- No music and/or drum cadences are permitted.
- Props permitted are poms, signs (including flags with words/letters) and megaphones. These items are highly encouraged to better enhance the cheer's overall effect. *Hint: The more props incorporated the better for effective crowd leading.*
- Props must be physically used if placed within the performance boundaries.
- No "gimmicks" (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their Game Day – Non Mount Crowd Leading Cheer.
- Timing will begin with the first organized word or movement, whichever comes first.
- NEW! No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

### **SPECIFIC SKILL LIMITATIONS:**

- *No running tumbling is permitted*
  - *Standing tumbling is limited to:*
    - \* *Standing back handsprings*
    - \* *Standing back tucks*
- Note: Only single jumps connected to standing back handsprings/standing back tucks are permitted. No double, triple, quad jumps are permitted to be connected to standing tumbling. No standing tumbling series are permitted.*

*Hint: All incorporated skills should be technically clean, simple and applicable for GAME situations.*

## **GAME DAY – NON TUMBLING CROWD LEADING CHEER**

**Total Routine Time: Maximum 1:00** (no minimum time)

- Cheer should contain all elements reflected on the official Game Day – Crowd Leading Cheer score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty/themed uniforms are permitted.
- Cheer should reflect a crowd leading style cheer with emphasis on crowd participation and should contain call-backs that would solicit crowd involvement in a game/time-out situation.
- Building/mounting skills are permitted.
- Tumbling skills are not permitted.
- No music and/or drum cadences are permitted.
- Props permitted are poms, signs (including flags with words/letters) and megaphones. These items are highly encouraged to better enhance the cheer's overall effect. *Hint: The more props incorporated the better for effective crowd leading.*
- Props must be physically used if placed within the performance boundaries.
- No "gimmicks" (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately

prepare to begin their Game Day – Non Tumbling Crowd Leading Cheer.

- Timing will begin with the first organized word or movement, whichever comes first.
- NEW! No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

#### **SPECIFIC SKILL LIMITATIONS:**

- *Basket, sponge, elevator or similar type tosses are not permitted.*
- *Inversions into, during or out of stunts/pyramids, etc. are not permitted.*
- *Twisting into, during or out of out of stunts/pyramids are not permitted.*
- *Single leg extended stunts/pyramids are limited to liberties and/or liberty hitches.*

*Hint: All incorporated skills should be technically clean, simple and applicable for GAME situations.*

## **GAME DAY – NON MOUNT/NON TUMBLING CROWD LEADING CHEER**

**Total Routine Time: Maximum 1:00** (no minimum time)

- Cheer should contain all elements reflected on the official Game Day – Crowd Leading Cheer score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty/themed uniforms are permitted.
- Cheer should reflect a crowd leading style cheer with emphasis on crowd participation and should contain call-backs that would solicit crowd involvement in a game/time-out situation.
- Building/mounting skills are not permitted.
- Tumbling is not permitted. (not even rolls, etc)
- No music and/or drum cadences are permitted.
- Props permitted are poms, signs (including flags with words/letters) and megaphones. These items are highly encouraged to better enhance the cheer's overall effect. *Hint: The more props incorporated the better for effective crowd leading*
- Props must be physically used if placed within the performance boundaries.
- No "gimmicks" (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their Game Day – Non Mount/Non Tumbling Crowd Leading Cheer.
- Timing will begin with the first organized word or movement, whichever comes first.
- NEW! No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

## **GAME DAY – SIDELINE**

**Total Routine Time: Maximum 1:00** (no minimum time)

- Cheer should contain all elements reflected on the official Game Day – Sideline score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty/themed uniforms are permitted.

- **Sideline should be Offense, Defense or General in nature/applicable** with emphasis on crowd involvement.
- No building/mounting skills are permitted.
- No tumbling skills are permitted.
- Recorded drum cadences/rhythms are permitted as part of the sideline/chant.
- Props permitted are poms, signs (including flags with words/letters) and megaphones. *Hint: The more props incorporated the better for effective crowd leading.*
- Props must be physically used if placed within the performance boundaries.
- No “gimmicks” (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their sideline.
- Timing will begin with the first organized word or movement, whichever comes first.
- NEW! No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

## **GAME DAY – BAND CHANT**

**Total Routine Time: Maximum 1:00** (no minimum time)

- Routine should contain all elements reflected on the official Game Day – Band Cheer score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty uniforms are permitted.
- Routine should be performed to your team’s recorded band version/music used at your games.
- Props permitted are poms, signs (including flags with words/letters) and megaphones.
- No building/mounting skills are permitted.
- No tumbling skills are permitted.
- Props permitted are poms, signs (including flags with words/letters) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- No “gimmicks” (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their Game Day – Band Chant.
- Timing will begin with the first organized word, movement or note of music, whichever comes first.
- NEW! No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.

## **GAME DAY – FIGHT SONG**

**Total Routine Time: Maximum 1:00** (no minimum time)

- Routine should contain all elements reflected on the official Game Day – Fight Song score sheet. (See sample score sheet).
- Traditional cheer uniforms are required. No costumes and/or specialty uniforms are permitted.
- Routine should be performed to the team’s/school recorded fight song.
- Poms are required and must be used in entirety.
- Poms are the only approved props.
- No building/mounting skills are permitted.
- No tumbling skills are permitted.
- No “gimmicks” (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during or after the performance.

- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their Game Day – Fight Song.
- Timing will begin with the first organized movement or note of music, whichever comes first.
- Timing will begin with the first organized word, movement or note of music, whichever comes first.
- **NEW!** No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches, etc.