



# GAME TIME

## 2017-18 GAME TIME RULES & GUIDELINES

Please read through all Rules & Guidelines carefully as significant changes have been made from the 2016-17 season.

*Revised 10/27/2017*

### I. GENERAL RULES

*All permitted cheerleading specialty skills, including tumbling, partner stunts, pyramids and jumps for the Game Time Divisions must follow the 2017-18 AACCA High School Cheerleading Safety Rules. Please see additional specific skill restrictions below for each category. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.*

#### A. DIVISIONS:

- High School
- Junior High / Middle School

#### B. SCHOOL REPRESENTATION:

- All members of the performing squad must be current members of the official school spirit squad and/or song/pom/dance team, and must attend the school they are representing. These must be individuals who cheered and/or performed on the sidelines/halftime for games during the appropriate season. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad.)
- All Game Time divisions [with the exception of the Band Dance/Time-Out Dance (Song/Pom Squads and Dance Teams)] are required to be comprised of at least 50% cheerleaders. Game Time division routine(s) are encouraged to include other sideline spirit groups (i.e. dance team, song/pom, mascot, pep/short flag, etc.), and will be judged as one unified routine. Additional performance-based and/or spirit groups may not enter the division without their cheerleaders [with the exception of the Band Dance/Time-Out Dance (Song/Pom Squads and Dance Teams)].
- Band Dance/Time-Out Dance (Song/Pom Squads and Dance Teams) may not have any members of the cheerleading squad in their routine.
- Mascots are limited to the same props as cheerleaders (poms, signs, flags, megaphones and/or banners) and are **NOT** allowed to stunt in any Game Time division.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music will result in a score deduction.
- The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience. Teams should refrain from

any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.

- We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

**C. UNIFORM RULES:**

- All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however fringe would not count as a cover.
- No tear-away uniforms and/or removal of clothing are permitted.

**D. COMPETITION AREA:**

- Participants may stand or enter outside the competition area.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Competitions comply with the NFHS & AACCA surface ruling that school based programs may not compete on a spring floor. Approximate floor size will be a traditional mat of 54 feet wide by 42 feet deep (9 strips). Performance floor for the Band Dance/Time-Out Dance divisions will depend upon event location.
- Objects cannot be thrown outside the competition floor.
- Poms, signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member.

**E. MUSIC GUIDELINES/RESTRICTIONS:**

- Music guidelines are being followed at all USA and Varsity Brands events. Competition music must be properly licensed and a team must be able to provide proof of licensing (upon request) at any event where the music is used. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For further details visit [www.varsity.com/music](http://www.varsity.com/music).
- In order for a team's routine music to be featured in a television broadcast, should this be an option, teams must do the following:
  - Use an original composition created or commissioned by you (i.e. an original song and recording to which you own or license the rights by written agreement)
  - Additionally secure the synchronization rights. Not all original music providers can/will provide these rights.
  - Submit proof of licensing, as well as synchronization rights, when requested after the event.

- Music is defined as any recorded sound amplified through the competition sound system.
- A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisor/director/coach is asked to hold onto their own music until the time of performance and to take music back following the performance.
- All teams must provide their own MP3 device or smart phone for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a head phone jack. One or several selections of music may be used, as long as they follow the music licensing rules.

#### **F. TIME LIMITATIONS/ENTRANCE/EXIT:**

- Each team will perform a routine not to exceed 1 minute and 15 seconds.
- Teams may not set up props in advance of any category.
- See specific category for details on the start and stop of each type of routine.
- All team breaks, rituals and traditions need to take place prior to the team being called to the performance floor
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand shakes, etc.
- All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation may receive a "sportsmanship" penalty.
- There should not be any organized exits or other activities after the official ending of the routine.

#### **G. VIDEO MEDIA POLICY**

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any

live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

## **H. LOGO USAGE**

Teams will not be allowed to use any Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office. The use of the brand letters will be allowed.

## **II. BAND DANCE/TIME-OUT DANCE CATEGORY**

### **A. ROUTINE AND JUDGING REQUIREMENTS:**

- Each team will perform a routine not to exceed 1 minute and 15 seconds.
- Band Dance/Time-Out Dance (Spirit Teams) must be made up of at least 50% cheerleaders. Non-cheer teams may participate (i.e. song/pom or dance), but may not comprise more than 50% of the total team numbers.
- Band Dance/Time-Out Dance (Song/Pom Squads and Dance Teams) may not have any members of the cheerleading squad in their routine.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- Any dance style that is appropriate for a time-out situation within a sideline cheer setting is acceptable (i.e. jazz, pom, hip hop, etc.).
- Camp material may easily be adapted to fit this category.
- Sideline/traditional school uniforms are required.
- Poms are the only props permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
  - Creativity and musicality, variety and the execution of transitions and formations.
  - Placement, synchronization and strength of motions/movement.
  - Visual effect and spacing.
  - Overall impression and crowd appeal.
  - Emphasis will be on audience appropriateness and appeal. This is a performance-based division. Crowd leading components will not be judged.
  - Thematic routines and/or specialized costuming is not encouraged.

### **B. SPECIFIC SKILL RESTRICTIONS – BAND DANCE/TIME-OUT DANCE CATEGORY**

- Tumbling and/or stunting of any kind is prohibited, including during entrances and exits.
- Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.

### **III. GAME SITUATION/TIME-OUT CHEER CATEGORY (2 elements to this routine)**

#### **A. ROUTINE AND JUDGING REQUIREMENTS:**

- Each team will respond to a game situation (presented by the announcer), followed by a second element of a crowd-oriented time out cheer/chant/traditional yell/drum cadence, etc. not to exceed 1 minute and 15 seconds in total routine length for the two elements that are required.
- Game Situation/Time-Out Cheer will begin with the presentation of a game situation.
- Timing starts once the situation has been presented and ends at the conclusion of the second element of the routine -- the time-out cheer section of the routine. (this is the overall end of the routine)
- The team must start their routine off the mat for the reading of their game situation. Once the situation is read, timing begins as the team takes the floor to respond to the situation.
- No music may be used during the performance. Live drummer and/or drum track is allowed. All specialty skills (i.e. jumps, stunts and/or tumbling) must be performed within a safe distance of all drummers. Drummers cannot be involved in any type of specialty skill and must be positioned off the cheerleading mat.
- Each team's time-out cheer presentation (the second element of the overall routine) must include at least one component required from the following: cheers, chants, traditional yells, and/or drum cadences.
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is required.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
  - Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
  - Placement, synchronization and strength of motions.
  - Overall impression and crowd appeal.
  - Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

#### **B. SPECIFIC SKILL RESTRICTIONS – GAME SITUATION/TIME-OUT CHEER CATEGORY**

- No baskets, sponge, elevator, or similar type tosses permitted.
- No stunt/pyramid inversions are allowed.
- No twisting dismounts are allowed.
- Single leg extended stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed.
- Standing tumbling is limited to standing back handspring(s) and/or standing back tuck(s).

#### **IV. FIGHT SONG CATEGORY**

##### **A. ROUTINE AND JUDGING REQUIREMENTS:**

- Each team will perform a routine not to exceed 1 minute and 15 seconds.
- Teams are encouraged to use their traditional school fight song.
- Timing will begin with the first organized movement, voice or note music, whichever comes first. Timing will end with the last beat of music or organized movement.
- Props (poms, signs, flags, megaphones and/or banners) are permitted in this category.
- Performances can incorporate up to three (3) eight counts of skills (stunts, tumbling and/or jumps). The three (3) eight counts must be consecutive and the same three (3) eight counts can be repeated if the fight song is repeated. The three (3) eight counts of skills includes loading into and dismounting from stunts (unless the routine finishes in a stunt/pyramid).
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
  - Crowd oriented material, fit to music, using effective spacing and formations, and incorporating visual effects.
  - Placement, synchronization and strength of motions.
  - Overall impression and crowd appeal.
  - Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or pep rally.

##### **B. SPECIFIC SKILL RESTRICTIONS – FIGHT SONG CATEGORY**

- No baskets, sponge, elevator, or similar type tosses permitted
- No stunt/pyramid inversions are allowed
- No twisting dismounts are allowed
- Single leg extended stunts are limited to liberties and liberty hitches.
- A jump is considered a skill and can only be performed in the three (3) eight count segment
- A kick will not be considered as a skill and can be performed at any time during the routine
- No running tumbling is allowed.
- Standing tumbling is limited to standing back handspring(s) and/or standing back tuck(s).

Rev. 10/27/17