

General Rules and Restrictions for all Sections:

- All 3 sections will be performed together. Order will be Game Time Dance, Game Time Cheer, and then Fight Song.
- Basket tosses or elevator sponge tosses are not permitted.
- Single leg stunts are limited to liberties and/or liberty hitch stunts.
- Inversions are not permitted
- Twisting dismounts are not permitted.
- Running tumbling is not permitted.
- Standing tumbling is limited to single back handspring or standing back tuck.

Game Time Dance:

- Focus on entertainment and crowd involvement.
- One minute time limit and starts with first beat of music or organized movement.
- No stunting or tumbling is permitted. Jumps and kicks are allowed.

Game Time Cheer:

- Focus on crowd involvement.
- One minute time limit.
- Use of props are highly encouraged.

Fight Song:

- Focus on Traditional Fight Song and incorporation.
- One minute time limit.
- Stunts, jumps, and standing tumbling are allowed in the incorporation. Allowed up to three 8-counts of incorporation and must be performed the same if repeated.