

2019-20 SONG/POM GAME DAY RULES & GUIDELINES

Rev. 6-5-19

I. GENERAL RULES

Please see specific skill restrictions below for each category. These restrictions must be followed whether a song/pom competitor is in a Song/Pom Game Day category or a combined routine under one of the Cheer Game Day categories. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.

A. DIVISIONS

- Junior High / Middle School – 5-23 Members
- High School – 5-23 Members

B. SCHOOL REPRESENTATION

- All members of the performing squad must be current members of the official school song/pom team. These must be individuals who performed 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 Song/Pom Game Day routines are required to be comprised entirely of members of the school's song/pom team. Other performance-based and/or spirit groups **may not** enter the song/pom only divisions.
- 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 regard 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 regard to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

C. UNIFORM RULES

- Teams are required to wear a traditional uniform typically worn when representing your school. These should be in school colors.
- Tear-away uniforms and/or removal of clothing is not permitted.
- Props (other than poms) and/or costuming are not permitted.
- If an accessory (i.e. hair bows) or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming."

D. COMPETITION AREA

- Participants may enter from outside the competition area for their performance.
- Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
- Teams may use poms, but they are not required in the Performance Routine category. Poms are required for all female team members for the Fight Song and Band Chant categories.
- No other props or signs are allowed

E. MUSIC RULES/RESTRICTIONS

- Music rules are being followed at all USA and/or Varsity Brands events. Competition music must be properly licensed, and a team must provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing, the team may be disqualified from the event. For further details visit 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.
- Teams may not set up poms 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 USA and/or 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 without permission; however, not the licensed logo.

SONG/POM GAME DAY CATEGORIES

II. FIGHT SONG CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office.
- 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.
- The use of poms is required for all female members
- Choreography should represent a traditional Fight Song that your team performs at games or community events.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on practicality and crowd involvement. 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

- Tumbling, stunting, lifts of any kind are prohibited
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

III. BAND CHANT CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- 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.
- The use of poms is required for all female members.
- The Band Chant must be one traditionally played by a school sideline/jazz band. The performance should have an emphasis on crowd appeal and encourage crowd interaction and involvement (i.e. yell backs, spell outs, school colors, etc.)
- Camp material may easily be adapted to fit this category. For example, any band chant learned at a 2019 Varsity Brands camp could be used for this routine. Examples might include “Party in the USA”, “Rock ‘N Roll Part II”, “Land of A Thousand Dances,” etc.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.

B. SPECIFIC SKILL RESTRICTIONS – BAND CHANT CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

IV. PERFORMANCE ROUTINE CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- 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.
- The use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- The Performance Routine must be in the style of pom, jazz, hip hop, kick or combination of any of these styles.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on crowd entertainment.

B. SPECIFIC SKILL RESTRICTIONS – PERFORMANCE ROUTINE CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

V. GAME DAY “ALL-IN-ONE” PERFORMANCE

A. ROUTINE AND JUDGING REQUIREMENTS:

- This category combines all 3 divisions from above into one performance.
- Teams will perform the following routines in the below order to fulfill the “All-In-One” category:
 - *Fight Song
 - *Band Chant
 - *Performance Routine
- Time limitations: 1:00 minute for each routine. Timing will begin with the first organized movement, voice or note of music, whichever comes first. Timing will end with the last beat of music or organized movement. Timing will be recorded for each routine.
- Each routine will have a beginning and an end. Teams are encouraged to show spirit to the crowd between each routine.
- The use of poms is required for all female members during the Fight Song and Band Chant. For the Performance Routine, the use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- For each routine, see category description above for routine/judging requirements and specialty skill restrictions.
- It is encouraged that teams use the same routines performed in the individual categories for the Game Day “All-In-One” performance.

For specific Song/Pom Game Day questions, please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail CCLendenin@varsity.com.