

# ACYS Cheer Squad Rules

ACYS Cheer Squad is opportunity for character-building, athletic development, and the formation of deep relationships between teammates and coaches. Squads will learn creative cheers and basic routines throughout the season, all while providing excitement and energy on game day!

## All Teams:

- No basket or elevator tosses
- No tension rolls
- Tumbling is acceptable, but not required
- NO twisting tumbling (Arabians or full twists)
- No released twist (no helicopter, log rolls or twist cradles)
- Only straight cradles allowed
- One Spot minimum required on all building
- No inversions allowed in stunts

## Additional Age Rules

### Pre K - 2nd Grade

- No building above the waist (such as pyramids, modified, etc.)
- Thigh stands are acceptable
- One foot must be in contact with the base at all times

### Show Case - December 17, 2016 9:30a.m. to 12:00 pm

The End of Season Squad Showcase is a great opportunity for families to enjoy watching what the girls have learned this season. The showcase will begin at 9:30a.m followed by squad awards. Each squad will have 5 mins of stage time. You do not have to use all 5 mins; the time is there if needed. The showcase can be a combination of cheer and dance and you may use music but all music **MUST** be pre-approved by Janice prior to use. If music is being used, you will need to have a member from your squad responsible to run the music during the showcase.

**Suggested Squad Awards-** Each squad member will receive recognition of their participation this season with a specific award. Depending on the amount of girls in your squad, you may need to use the same recognition award more than once. This is okay!

- |                     |                    |  |                   |
|---------------------|--------------------|--|-------------------|
| *Spirit of Cheer    | *Awesome Attitude  | *Team Spirit                                 | *Most Encouraging |
| *Outstanding Leader | *Cheer Showmanship | *Most Improved                               | *Best Technique   |
| *Most Animated      | *Golden Pompom     | *Gold Megaphone (award for voice projection) |                   |

# SAMPLE CHEERS

## Short Spelling Cheers

Getting the crowd going is easy with short spelling cheers. Give one of these cheers a try.

### **B-E-S-T!**

Give me a B! Give me an E!  
Give me an S! Give me a T!  
What's that spell? Best! Best!  
Put us to the test!  
We'll beat the Hornets!  
We won't give 'em a rest!

### **S-P-I-R-I-T**

S-P-I-R-I-T, spirit!  
Hey, let us hear it!  
Gonna high gear it!  
'Cause we've got spirit!

### **Lions Go!**

Cheerleaders: When we say Lions, you say Go!  
Cheerleaders: Lions  
Crowd: Go!  
Cheerleaders: Lions!  
Crowd: Go!  
Everyone: Gooo Lions!

## Defense and Offense Cheers

Defense and offense cheers can really fire up an already enthusiastic crowd. They can also give additional support when the team is down.

defense (clap, clap) get tough  
defense (clap, clap) get tough