

## **GAME RULES**

### **FOOTBALL:**

- Can stunt and cheer at all times during the game except for an injury on either team.
- If there is an injury on either team all cheerleaders must take a knee with their hands on their hips. NO stunting or cheering is aloud when a player is injured.
- Poms will be used for EVERY cheer, unless told differently by the coaches.
- While no cheers or stunts are going on cheerleaders must face the game with feet apart and arms behind their back with their poms in their hands.
- Captains are in charge of calling all cheers and stunts during the game.
- Minimum of 10 different cheers, 2 group stunts, and 2 Cheer incorps per quarter.
- Cheerleaders are to only interact with the crowd during cheers, talking to friends and classmates during the game is not acceptable.
- Cheerleaders are responsible for getting to all away games on their own.
- When you arrive at the field you must be ON TIME, dressed, and ready to go! You must be at the field 1 hour before the start of every home and away game.
- NO eating or drinking (unless water) is allowed during the game. You are allowed to eat at half time but all food and drinks must be put away before the game starts again.
- Cell phone use is NOT allowed during the game. If a coach sees your phone it will be taken away until the game is over.

### **BASKETBALL:**

- Stunting is only allowed during time outs and half-time – NO stunting is allowed while the ball is in play.
- If there is an injury on either team all cheerleaders must take a knee with their hands on their hips. NO stunting or cheering is aloud when a player is injured.
- We will perform a cheer/stunt at every time-out unless the opposing team brings their cheerleaders.
- Poms will be used for EVERY cheer, unless told differently by the coaches.
- During the game cheerleaders are to face the court with arms behind their back with their poms in their hands.
- Captains are in charge of calling all cheers and stunts during the game.
- Minimum of 15 different cheers per half and a stunt incorps at every time out.
- Cheerleaders are to only interact with the crowd during cheers, talking to friends and classmates during the game is not acceptable.

- When you arrive at the court you must be **ON TIME**, dressed and ready to go! You must be at the court 1 hour before the start on the game.
- **NO** eating or drinking (unless water) is allowed during the game. You are allowed to eat at half time but all food and drinks must be put away before the game starts again.
- Cell phone use is **NOT** allowed during the game. If a coach sees your phone it will be taken away until the game is over.

**CHEERS:** When to use and for what sport

**Offense** (all sports)-

- SCORE (Suzy's)
- S-C-O-R-E
- Let's Go Jaguars (Both)
- Go Jaguars Go (Both)
- Score Jaguars Score
- J-A-G-S, Let's Go Jags

**Defense** (all sports)-

- We Want the Ball
- Defense, Get Tough
- Defense
- Defense, Defense
- Fight, Jaguars, Fight
- Let's Go Defense
- Jaguars, Defense
- Jaguars Get Tough
- Take It
- Knock 'Em Down 1 & 2

**Anytime-**

- Fire It Up
- Jaguars, Jaguars
- Explode
- Jumping Jacks

- Arms
- Tick, Tick
- Dyno
- Sheri Cool
- Fire Up
- Peter Pan
- Spirit
- Rowdy
- Boxes
- Hey, Hey Here We Go
- Poms
- Burn ‘Em Down
- Tough, Tough, Tough
- Let’s Go
- Let’s Go Right In
- Keep It Up
- Jaguars, Yell It
- Go Blue, Go White
- TEAM
- **Stomp & Shake**

#### **Football Specific-**

- Touchdown- Score 6 More
- Let’s Get A Touchdown
- We, We Want (a touchdown)
- Flug

#### **Basketball Specific-**

- Put It In
- Flug
- The hoop Is Open

- Jump, Jump
- Shot It
- We, We Want (a basket)
- **Set It Up- Shoot for 2**
- **Top of the Key**

#### **Crowd Involvement-**

- Alligator
- We Say Jefferson
- Color Shout
- Jaguar Chain
- Stop & Shake It
- Move & Groove
- **1, We Are the Jaguars**