

# DING-DING



## GAMEDAY EVENTS

**CLUB STUNT**  
**2023-2024 RULE BOOK**

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## REGISTRATION

### AGE GRID

<https://dingdinggameday.com/wp-content/uploads/2023/07/2023-24-Athlete-Age-Chart-pdf.pdf>

- Age as of June 1, 2023= LEAGUE AGE
  - 6U: 4-6 years old
  - 8U: 5-8 years old
  - 11U: 8-11 years old
  - 14U: 11-14 years old
  - 18U: 14-18 years old
    - Any athlete 18 years old as of June 1<sup>st</sup> is allowed to play on an 18U STUNT team regardless of high school graduation status.

### CLUB REGISTRATION

<https://dingdinggameday.com/club-registration/>

All gyms must be registered to receive the Ding-Ding Gameday Events material and to participate in games and tournaments.

Club Registration Fee: \$200

### ATHLETE REGISTRATION

<https://dingdinggameday.com/athlete-registration/>

All athletes must be registered with Ding-Ding Gameday Events to participate.

- Athletes must upload a government issued ID such as birth certificate, passport, or driver's license.
- Athletes must be on one team roster per tournament weekend. Crossovers are not allowed.
- Additional athletes may be added anytime during the season if the roster does not exceed the maximum number of participants.

Athlete Registration Fee: \$12

### TOURNAMENT REGISTRATION

<https://dingdinggameday.com/tournament-registration/>

Each team needs to be registered before the registration deadline.

Late Fee Policy: A \$50 late fee will be applied to registrations submitted after the registration deadline has passed. Acceptance of late entries is at the discretion of the event producer.

Team rosters must be turned in 24hrs prior to tournament with complete names and jersey numbers.

# CLUB STUNT INFORMATION

## FIELD OF PLAY

- Each team plays on the dimensions of four (4) standard 6'x42' cheer mats.
- From the spectator's perspective, the HOME TEAM is on the LEFT SIDE. The AWAY TEAM is on the RIGHT SIDE.
- SPACING- 12-inch white tape strips will be placed 10-ft apart starting from the front of the mat.
- STARTING FORMATIONS- Determined by age division in the "Materials" section on dingdingameday.com.

## TEAM ZONE

- The space between each team's field of play and the team bench area, to extend to the wall.

## RESTRICTED ZONES

- In FRONT of the field of play – This area is defined as the area directly in front of the main floor.
- NEUTRAL ZONE – This area is defined as the center mat.
- BEHIND the field of play – This area is defined as the area directly behind the main floor mats. Athletes ONLY may use this area during 4<sup>th</sup> quarter transitions.

## TEAM ZONE VIOLATION

- A TEAM ZONE VIOLATION will be applied in the event a coach, athlete, and other team personnel leaves the designated team zone at any time after the completion of the coin toss.
- This applies to all timeouts, quarter breaks, and halftime.
- The following exceptions apply: Coaches, athletes, or other team personnel may exit the team zone if seeking treatment or attention from an athletic trainer stationed outside of the team zone. Coaches, athletes, or other team personnel may exit the team zone to use the facility's bathroom.

## GAME OUTLINE

- 15-minute Warm Up.
- National Anthem and Announcements at 1<sup>st</sup> game of the day.
- Roster, Jewelry & Nail Check
- Rule Reminders and Coin Toss (if applicable)
- Quarter 1- Partner Stunts
  - 2-minute quarter break
- Quarter 2- Pyramids & Tosses
  - 8-minute Half Time (may be shortened with approval from both teams)
- Quarter 3- Jumps and Tumbling
  - 2-minute quarter break
- Quarter 4- Team Performance

# DIVISIONS

## 6U DIVISION

Developmental division. PERFORMANCE ONLY. Teams are not scored by officials.

No minimum or maximum number of athletes needed to participate.

One (1) head coach and two (2) assistant coaches ONLY on the sideline.

No coin toss or possession.

Visual and Verbal cues are allowed from one coach in front of the field of play. Coaches may also provide these cues from the sideline or as a spotter during partner stunts and pyramids.

Routines 1-3 will be called in order by the referee.

Both teams will be recognized for a great performance at the end of the game.

Tournament awards are not guaranteed in this division.

## GAME OVERVIEW

### **Quarter 1-** 3 rounds

Routine 1: As many athlete pairs as the team can form.

Routine 2: As many athlete trios as the team can form.

Routine 3: 1 group of 4 athletes.

### **Quarter 2-** 3 rounds

Routine 1: As many athlete pairs as the team can form.

Routine 2: As many athlete trios as the team can form.

Routine 3: Two groups of 4 athletes.

### **Quarter 3-** 3 rounds

Routine 1 & 2: Any number of athletes.

Routine 3: Total of 7 athletes.

### **Quarter 4-** 2 rounds: Partner Stunts → Tumbling → Pyramids.

## 8U DIVISION

A minimum of 8 athletes are needed to participate. Maximum of 16 athletes on roster.

One (1) head coach and two (2) assistant coaches ONLY on the sideline.

There is no coin toss or possession.

Routines 1-4 will be called in order by the referee.

Visual and Verbal cues are allowed from one coach in front of the field of play. Coaches may also provide these cues from the sideline or as a spotter during partner stunts and pyramids.

No overtime in regular season play. Championship games will use overtime to determine a winner. *(Please see overtime rules for details).*

Each team gets three 1-minute timeouts to use throughout the game.

## GAME OVERVIEW

### **Quarter 1-** 4 rounds

Routine 1 & 2: (2) groups of 4 athletes

Routine 3 & 4: (1) group of 4 athletes

### **Quarter 2-** 4 rounds

8 athletes for all routines

### **Quarter 3-** 4 rounds

7 athletes for all routines

### **Quarter 4-** 3 rounds

Combination of quarters 1-3

Routine 1: Partner Stunt 1 → Jumps 1 → Pyramid 1

Routine 2: Partner Stunt 2 → Jumps 2 → Pyramid 2

Routine 3: Partner Stunt 3 → Jumps 3 → Pyramid 3

## 11U DIVISION

A minimum of 8 athletes are needed to participate. A maximum of 16 athletes on the team roster.

One (1) head coach and two (2) assistant coaches ONLY in the *Team Zone*.

The COIN TOSS will determine possession at the beginning of the 1st and 3<sup>rd</sup> quarters. The home team will decide heads or tails, and the winner of the coin toss will choose to keep possession in Quarter 1 or defer until Quarter 3.

All other possessions are determined by routine wins and team forfeits. (*Please see possession section for details*).

Coaches will show their routine choice to the referee from the FRONT of the *Team Zone*.

Verbal cues and counting are ONLY allowed from the team zone. Visual cues are not allowed.

Spotters may not talk or count while in the field of play.

If the game ends in a tie, teams will go into overtime. (*Please see overtime rules for details*).

Each team gets three 1-minute timeouts to use throughout the game.

## GAME OVERVIEW

### **Quarter 1-** 4 rounds

Routines 1-3: 2 groups of 4 athletes

Routines 4-6: 1 group of 4 athletes

### **Quarter 2-** 4 rounds

8 athletes for all routines

### **Quarter 3-** 4 rounds

7 athletes for all routines

### **Quarter 4-** 3 rounds

Combination of quarters 1-3

Must perform the same level routine 1-6 for all sections. Ex. 1-1-1.

Routine 1-6: Partner Stunt 1-6 → Jumps 1-6 → Pyramid 1-6

## 14U DIVISION

A minimum of 8 athletes are needed to participate. A maximum of 16 athletes on the team roster.

One (1) head coach and two (2) assistant coaches ONLY in the *Team Zone*.

The COIN TOSS will determine possession in the beginning of the 1st and 3<sup>rd</sup> quarters. The home team will decide heads or tails, and the winner of the coin toss will choose to keep possession in Quarter 1 or defer until Quarter 3.

All other possessions are determined by wins and forfeits. (*Please see possession section for details*).

Coaches will show their routine choice to the referee from the FRONT of the *Team Zone*.

Visual and Verbal cues are not allowed. Teams may count from the *Team Zone*.

Spotters may not talk or count while in the field of play.

If the game ends in a tie, teams will go into overtime. (*Please see overtime rules for details*).

Each team gets three 1-minute timeouts to use throughout the game.

## GAME OVERVIEW

### **Quarter 1-** 4 rounds

Routines 1-3: 2 groups of 4 athletes

Routines 4-6: 1 group of 4 athletes

### **Quarter 2-** 4 rounds

8 athletes for all routines

### **Quarter 3-** 4 rounds

7 athletes for all routines

### **Quarter 4-** 3 rounds

Combination of quarters 1-3

Must perform the same level routine 1-6 for all sections. Ex. 1-1-1.

Routine 1-6: Partner Stunt 1-6 → Jumps 1-6 → Pyramid 1-6



## 18U DIVISION

A minimum of 12 athletes are needed to participate. A maximum of 24 athletes on the team roster.

One (1) head coach and two (2) assistant coaches ONLY in the *Team Zone*.

The COIN TOSS will determine possession at the beginning of the 1st and 3<sup>rd</sup> quarters. The home team will decide heads or tails, and the winner of the coin toss will choose to keep possession in Quarter 1 or defer until Quarter 3.

All other possessions are determined by wins and forfeits. (*Please see possession section for details*).

Coaches will show their routine choice to the referee from the FRONT of the *Team Zone*.

Visual and Verbal cues are not allowed. Teams may count from the *Team Zone*.

Spotters may not talk or count while in the field of play.

If the game ends in a tie, teams will go into overtime. (*Please see overtime rules for details*).

Each team gets three 1-minute timeouts to use throughout the game.

## GAME OVERVIEW

### **Quarter 1-** 4 rounds

Routines 1-2: 3 groups of 4 athletes

Routines 3-4: 2 groups of 4 athletes

Routines 5-6: 1 group of 4 athletes

### **Quarter 2-** 4 rounds: 12 athletes for all routines

### **Quarter 3-** 4 rounds: 7 athletes for all routines

### **Quarter 4-** 3 rounds

Combination of quarters 1-3

Must perform the same level routine 1-6 for all sections. Ex. 1-1-1.

Routine 1-6: Partner Stunt 1-6 → Jumps 1-6 → Pyramid 1-6

## D2 DIVISIONS

### **Available in 8U and 11U Divisions only.**

This division is provided to support new STUNT teams and athletes.

The goal is to give teams a starting place where they will be able to learn and grow. As they advance throughout the season, teams are encouraged to move out of D2 into the standard divisions.

Once teams have participated in the standard divisions, they will NOT be able to move down to the D2 division for the rest of the season.

The D2 Division is not guaranteed at all tournaments. It is the discretion of Ding-Ding Gameday Events to provide these options if tournament enrollment supports it.

## DIVISION 2 GAME OVERVIEW

- There is no coin toss, possession, or overtime.
- No rankings will be provided for teams participating in D2.
- Quarters 1-3: Three (3) rounds will be played.
  - Routines 1-3 will be played in order of difficulty.
- Quarter 4: Two (2) rounds will be played.
  - Routines 1 and 2 will be played in order of difficulty.
- Partner Stunt Routines:
  - Routine 1 requires two (2) stunt groups.
  - Routines 2 and 3 require one (1) stunt group.
- All Pyramid & Toss Routines require eight (8) athletes.
- All Jumps & Tumbling Routines require seven (7) athletes.

# SCORING

Scoring officials may use recording devices to aid in scoring when they deem necessary. Coaches will NOT be notified beforehand. Please respect that the officials want to ensure a fair game and this process will help see errors that may be missed in real time.

## PARTNER STUNTS, PYRAMIDS, AND TOSSES

### Minor 1 – 1 deduction point

- Stunt bobbles – per athlete
- Steps under stunts – per group
- Missed or wrong motions – per athlete
- Incorrect opening formation – overall
- Pyramid connections and spacing – overall
- Incorrect target vs. extension – per group
- Synchronization – overall
- Incorrect counts – overall
- Out of bounds – each athlete
- Poor technique – each athlete

### Minor 2 – 2 deduction points

- Poor Execution AND Technique – each athlete
  - Ex. A Baja with bent legs AND a low cradle catch.

### Major 1 – 4 deduction points

- Modifying a skill outlined in 8-count sheets
- Omitting a skill from the routine
- A fall or level drop
- Use of spotter support or catch during routine

### Major 2 – 6 deduction points

- A fall that hits the ground or deemed unsafe by the scoring officials

## QUARTER 1 AND QUARTER 2 POINTS

The team with the least number of deduction points will be awarded one (1) point after each round.

If each team receives the same number of deductions points, the round will end in a tie. Both teams will be awarded one (1) point.

## JUMPS AND TUMBLING

### Minor 1 – 1 deduction point

- Missed or wrong motion – each athlete
- Synchronization – overall
- Counts do not match 8-count sheets – overall
- Skill technique – each athlete
- Steps out of tumbling – each athlete
- Bobbles in landing – each athlete
- Incorrect starting formation – overall
- Out of bounds – each athlete
- Landing skills with feet apart – each athlete

### Minor 2 – 2 deduction points

- Poor Execution AND Technique - each athlete
  - Ex. Standing Back Handspring with froggy legs AND a slow snap down.
  - Ex. Toe Touch with chest down AND landing with feet apart.

### Major 1 – 4 deduction points

- Modifying a skill from the 8-count sheet
- Omitting a skill from the 8-count sheet
- Hands touch down
- Knees on the ground out of skill
- Step or scooch into standing tumbling skill

### Major 2 – 6 deduction points

- Unsafe fall (head/neck in danger)

## QUARTER 3 POINTS

**The team with the least number of deduction points will be awarded one (1) point after each round.**

If each team receives the same number of deductions points, the round will end in a tie. Both teams will be awarded one (1) point.

## 4<sup>TH</sup> QUARTER

Each section of the 4<sup>th</sup> quarter will be scored individually.

Deduction points will be accumulated from minors and majors based on the same scoring procedures as quarters 1, 2, and 3.

### 4<sup>th</sup> Quarter specific Minor 1 – 1 deduction point overall

- Starting formation is scored at the beginning of each section.
- At the end of partner stunts, athletes must initiate the Pop Off dip on 3 of 10<sup>th</sup> 8-count.
  - Exception: 6U, 8U, & 11U may bump down rather than pop off.
- Jumps & tumbling transition to/from *field of play* starts on "5" of the 10<sup>th</sup> 8-count.
- At the end of Jumps and Tumbling, athletes must stand clean on 3 of 21<sup>st</sup> 8-count.
- Pyramid & Tosses transition to/from the *field of play* starts on "5" of the 21<sup>st</sup> 8-count.
- Athletes may ONLY enter from the *team zone* or behind the *field of play*.

## QUARTER 4 POINTS

**The team with the least number of deduction points will be awarded one (1) point per section of the 4<sup>th</sup> quarter.**

If each team receives the same number of deductions points, the section will end in a tie. Both teams will be awarded one (1) point for that section.

Example:	Partner Stunts	Jumps and Tumbling	Pyramid and Tosses
Team A	1 point	tie	1 point
Team B	0 points	tie	0 points

Team A will receive a total of 3 points. Team B will receive a total of 1 point.

## OVERTIME

In the event of a tie at the end of regulation, the Referee will call the coaches to the center of the mat to review overtime procedures. There is NO possession or coin toss in overtime. Routine 1 from Quarter 4 will be performed by both teams. The team that wins the round is declared the winner of the game. If the round results in a tie, the routine level will advance to Quarter 4 Routine 2. This process will repeat until a winner is determined. If overtime extends past the highest routine level without a winner, the process will start over with Routine 1 until there is a winner. Overtime rounds are performed and scored the same as Quarter 4 regulation play. Each team has one (1) 60-second timeout during overtime. Unused timeouts from regulation do NOT carry over into overtime.

If Quarter 4 Routine 1 was played in the last round of the game, teams will automatically begin overtime with Quarter 4 Routine 2.

## BOUNDARY VIOLATIONS

An athlete that touches any portion of the area outside of their team's designated *Field of Play* while a routine is in progress is OUT OF BOUNDS.

Touching the white lines connecting the Neutral Zone to the Field of play is NOT considered Out of Bounds. Stepping into the Neutral Zone or off the mat space IS Out of Bounds.

Boundary Violations can only be applied by Scoring Officials. Referees may not notify scoring officials when they see an athlete perform Out of Bounds.

Each violation will be given a Minor 1 deduction for that round.

## SPOTTERS

Coaches or athletes may enter the *Field of Play* during a partner stunt or pyramid routine to spot.

Spotters must be in opposing colors from their team uniform. Officials must be able to recognize spotters as non-performers. If they do not stand out, a verbal warning will be given.

Spotter may NOT count or give verbal cues while they are in the *Field of Play* for 11U, 14U, and 18U. If an official observes a spotter talking, they will be given a verbal warning. If it continues, the team will be issued a Technical Foul by the referee and the opposing team will receive (1) point.

If a spotter assists with a stunt or touches the group during a dismount or fall, the team will be scored with a Major 1 (4-point) deduction.

## COIN TOSS

The referee will call coaches and captains to the *Neutral Zone* following the end of warm up.

The Referee will review game basics with each team at this time:

Number of timeouts (3); Sportsmanship; No technology in the *Team Zone*; No Counting at a distracting volume; whistle will START and STOP the music.

The referee will toss the coin, and the HOME TEAM will announce heads or tails.

The winner of the coin toss has the option to keep possession for Quarter 1 round 1 or defer until Quarter 3 round 1.

The loser of the coin toss will automatically be given possession for the 1<sup>st</sup> or 3<sup>rd</sup> quarter that was not selected by the winner.

Example: Home team wins coin toss and chooses to defer until 3<sup>rd</sup> quarter. The away team will assume possession for the 1<sup>st</sup> quarter round 1.

# POSSESSION

Possession in the first round of the 1<sup>st</sup> and 3<sup>rd</sup> quarter is determined by the coin toss at the beginning of the game.

Possession after the first round is given to the team that earns the point from the completed round.

If the round results in a tie, possession will alternate to the team that did not call the last round.

Possession for the first round of the 2<sup>nd</sup> and 4<sup>th</sup> quarter will go to the team with the least number of points after the 1<sup>st</sup> and 3<sup>rd</sup> quarter.

If the score is tied entering the 2<sup>nd</sup> or 4<sup>th</sup> quarter, possession will be given to the team that did not call the last round.

When a team forfeits, they will receive possession for the next round. If the team forfeits again, possession will alternate to the team that did not call the forfeit. Possession will continue to alternate until the forfeiting or quarter end.

# FORFEIT

A team may forfeit a round if they do not have the routine, or to force the opposing team perform under harder scoring standards.

**Quarter 1** - Partner stunt routines must be executed with less than eight (8) deduction points for the performing team to receive a point.

**Quarter 2** – Pyramid and Toss routines must be executed with less than eight (8) deduction points for the performing team to receive a point.

7 or less deduction points = 1 point awarded

8 or more deduction points = NO SCORE

**Quarter 3** – Jumps and Tumbling routines must be executed with less than twelve (12) deduction points for the performing team to receive a point.

11 or less deduction points = 1 point award

12 or more deduction points = NO SCORE

**Quarter 4** – Each round will be scored individually per the standards of that section.

Teams may choose to forfeit one or two sections of the 4<sup>th</sup> quarter. If this is done, they will not enter the floor for the forfeited section(s).

Transitions to/from the *field of play* are scored to the same as regulation 4<sup>th</sup> quarter play.

A team **MUST** Forfeit all 3 sections of a 4<sup>th</sup> Quarter round to receive possession for the next round. If a team plays one section of a 4<sup>th</sup> quarter round, they will be officiated for that section and possession will go to the team who scored the most points.

**SELF FORFEIT:** The team with possession will call a routine and immediately forfeit the routine. The opposing team may take the floor and perform under forfeit standards to earn the point, OR

**DOUBLE FORFEIT:** Forfeit the round and not take the floor. In a double forfeit, the round is over, and possession will alternate for the next routine to be called.

## INJURY PROTOCOL

### QUARTERS 1-3 INJURY PROTOCOL

An athlete, coach, or official may stop the routine at any point to assess a suspected injury.

Officials will continue to score until the referee blows the whistle or the music ends.

If the routine is stopped, the round is done and will not be played again.

After the injury is assessed, a 2-minute time out will begin. Teams may also use their 1-minute timeouts, if needed.

A Major 1 is given to the team with the injury regardless of how many athletes are hurt.

Officials will calculate what they scored leading up to the injury, in addition to the injury deduction, then award the points.

If the injured athlete cannot be replaced for future rounds, teams can choose to forfeit the rounds.



## QUARTER 4 INJURY PROTOCOL

Officials will continue to score until the whistle is blown.

The injury will be assessed, and officials will give a Major 1 to the injured team.

If the injury was not in the third section of the 4<sup>th</sup> quarter, teams will need to perform the other section(s) to finish the round. The section with the injury WILL NOT be replayed.

A 2-minute injury timeout will be given. During this time, the team must remove the injured athlete from all other sections of the round. Teams may use their 1-minute time outs, if necessary.

When the team is ready, both teams will stand in their team zone at the start of the music. Teams will begin playing after the section the injury occurred in.

Officials will calculate the deductions and award the results for each section.

If the injured athlete can not be replaced, the team may forfeit the round. The opposing team will be scored according to standard forfeit procedures.

## MUSIC MALFUNCTION

If there is a music malfunction, the referee will blow the whistle to stop the round.

In quarters 1-3, teams will reset for the current routine and perform from the beginning with music.

Any modified or omitted skills leading up to the music malfunction will be given a Major 1.

Officials will begin standard scoring where the music malfunction occurred until the end of the routine.

In quarter 4, if any section of the routine was completed before the music malfunction, teams will NOT need to perform that section again.

Ex. A music malfunction in jumps and tumbling occurs.

Teams will stay in the team zone for partner stunts because it was completed, then they will enter the floor for jumps and tumbling and finish with pyramid section.

All skills in the section with the music malfunction must be performed. Any modified or omitted skills leading up to malfunction will be given a Major 1.

Standard scoring resumes at the point of the music malfunction.

# TECHNICAL FOULS

## JEWELRY AND NAILS

Jewelry and acrylic or long nails will be checked during the referee check-in at the beginning of each game. This is considered a verbal warning for all athletes to remove jewelry and shorten nails prior to start time.

During the game, if the referee sees jewelry or a nail violation, they will call a technical foul.

If a technical foul is given, the opposing team will automatically receive one (1) point. The athlete must remove the jewelry or fix nails to stay in the game.

If the athlete is unable to remove the jewelry or shorten nails, they will not be allowed to continue in the game. EXCEPTION: Medical or religious jewelry may be accepted. It must be approved by the referee prior to the start of the game.

## TEAM ZONE VIOLATION

In the event of a TEAM ZONE VIOLATION by any team personnel, the team will first receive one (1) verbal warning from the Referee. Further violations will result in a TECHNICAL FOUL.

After the Technical Foul, the opposing team will be automatically given one (1) point.

TEAM ZONE EXCEPTION: Gym directors may move from Floor A to Floor B in the event two of the gym's teams are playing at the same time.

## TEAM CONDUCT

Undesirable or aggressive behavior from a coach, athlete, parent, or the audience will result in a verbal warning from the referee or officials.

If poor conduct continues, a Technical Foul will be given, and the opposing team will receive (1) point. Further misconduct will result in an ejection from the game and venue.

Any delay of game or refusal to play that last longer than five (5) minutes will be given a Technical Foul. If the game does not resume after ten (10) minutes the team will be forced to forfeit. The opposing team will be announced the winner regardless of the score when the delay occurs.

## COUNTING

Counting loud enough that it becomes a distraction is not allowed. Counting is allowed but must not exceed a volume that competes with the music volume or the opposing team's sideline in a manner that is distracting. An opposing team or official may report this to the Referee, who will then deliver the verbal warning to the offending team. If a team continues to count too loud, a Technical Foul will be given by the referee. The opposing team will receive one (1) point.

Spotters may NOT count or talk while in the *Field of Play*. They will first receive a verbal warning. If counting continues, a Technical Foul will be given by the referee.

## ELECTRONICS

Electronics are NOT allowed on the sideline. This includes cell phones, smart watches, tablets, and any other device that could provide communication with anyone outside of the Team Zone.

If officials see an electronic device in the Team Zone, the team will be given a verbal warning.

An additional violation will result in a Technical Foul. The opposing team will automatically receive one (1) game point.

Electronics must be stored away from the start of warm up until the last round of the 4<sup>th</sup> quarter. They may not be used during quarter breaks or half time.

## THIRD INSTANCE OF A TECHNICAL FOUL

A third instance, or continued disobedience after a verbal warning and initial technical foul will result in an ejection of the game. The individual(s) who is ejected must be removed from the venue for the entire day. If there is no compliance, the team being represented will be forced to forfeit that game.

## PROHIBITED ITEMS

Hair ribbons exceeding 1" in width.

Jewelry must be completely removed, not covered.

Long fingernails must be trimmed to the end of the finger.

Casts, braces, splints, guards, etc.

Inappropriate footwear (ex. Stilettoes).

# UNIFORMS

**JERSEYS:** Jerseys may be long sleeve, short sleeve, or sleeveless. All jerseys shall have an identifying team name, abbreviation, official school logo, or mascot visible on the front.

**NUMBERS:** Numbers shall be placed on the front and back of the jersey. Numbers on the front of the jersey shall be a minimum of four (4) inches in height and visible. Numbers on the back of the jersey shall be a minimum of six (6) inches in height and visible. Numbers shall be a color that contrasts with the jersey color and may be bordered by no more than ½ inch border of any color(s). Duplicate numbers are NOT PERMITTED to be worn by members of the same team. A roster may include a 0 or 00, but not both.

**COMPRESSION SHORTS:** All players shall wear spandex/compression shorts of the same color and design. Shorts may include the athlete's number, or a matching team logo no larger than (3) inches in height.