Game Day Penalty Sheet

- **Jewelry and/or Nail Violation**
  - Athletes will be checked for jewelry and fingernail length prior to entering warm-ups and may be checked again prior to the on deck area. A penalty will be given for EACH occurrence/athlete in violation.

- **Procedure Violation**
  - If a team performs any skill that is not permitted within that category or a Game Day restricted skill, a penalty will be given for EACH occurrence within the performance.

- **Out of Bounds**
  - If, at any point, an athlete goes off the performance mat/floor, a penalty will be given. This includes, but is not limited to, starting or finishing a tumbling pass/skill off the performance mat, beginning or completing a stunt off the performance mat or taking a step off the performance mat to grab a prop. A penalty will be given for EACH occurrence within the performance.

- **NFHS Safety Violation**
  - Any skill that is performed in violation of the NFHS Safety Rules will receive a penalty. A penalty will be given for EACH occurrence.

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