Mount Holyoke College Game of the Week Do’s and Don’t’s:
A guide on how best to do Game of the Week
Basketball

**Basic Rules:** A standard basketball team consists of five players. As players move the ball up, down and around the court, they must either throw it or dribble it on the floor while walking or running. Carrying the ball for more than two steps without dribbling it is a “traveling” violation. Dribbling the ball, stopping and then starting to dribble again is a “double dribble” violation. Players must always keep their hands on top of the basketball when dribbling -- never underneath it. Holding the ball from underneath is a “carry” violation. Players might commit fouls if they interfere with play illegally or if they have illegal contact with a player on the opposing team. If an official calls a foul, the opposing team might get the ball or they might get free throws. Players can score between one and three points per basket, depending on the kind of shot and the location of the player. Free throws earn one point and they are awarded to teams as a result of personal fouls against the opposite team. Baskets earning two points occur when a player shoots from inside the 3-point line marked on the floor surrounding the basket. Baskets earn three points when a player shoots from outside the 3-point line surrounding the basket.

**Cheering Etiquette:**

**Do:**
- Dress up in school spirit/color shirts
- Bring pom-poms
- Bring high energy
- Get to the game about 10 minutes early
- Clap and cheer for our team when we first come out for warm ups
- Stand up and take off hats for the Pledge of Allegiance
- Clap and cheer for our team when the starting line-up is announced
- Clap and cheer throughout the game (the louder the better)
- Signs/personal posters are OK as long as the people behind you can see
- Keep signs positive and appropriate
- Wait to approach players until the game is over

**Don’t:**
- Wear heels in the gym (messes up the wood floors)
- Try to approach the players right before or during the game
- Heckle the referees/opposing team
- Use profanity of any kind
- Leave trash behind

**Decorations & Signs:** The team meets in the Team room (downstairs from the gym - ask
Bardee). Decorations could be in the Team room or Varsity locker room, as well as having posters behind our bench. We really appreciate posters, streamers, motivational quotes, balloons, anything to pump us up.

**Cross Country**

**Basic Rules:** There is usually only one race that everyone on the team will be in; however sometimes there is a Varsity race (Top 7) and a JV race (everyone else). Everyone starts at the same time and races over a (usually 5k) course. Each runner gets a finishing place and time. Top 5 runners for each school factor into the team score, which is calculated by adding up the finishing place of each of the top 5 scorers. Lowest score wins. If there is a tie, the 6th runner’s place is considered, and then the 7th as well if necessary.

**Cheering Etiquette:**

Any cheering is good ... races are usually pretty loud, yelling encouraging things or just cheering for MHC XC or whatever you want is great. The start and finish is often a good place to be to cheer but it is also really great to have people cheer for you on other parts of the course in less populated areas.

**Do:**
- Cheer loudly
- Support and cheer for all members of the team even if you don't know everyone’s names (just say “go MHC!” or something)
- Be generally aware of where the course is and where runners will be going

**Don’t:**
- Block the path of any runners
- Cross or stand on the course while there are runners coming
- Be unsportsmanlike and yell mean things to runners on other teams

**Decorations & Signs:** For home races the team meets in the locker room before heading out to the fields – chalking the sidewalks outside is good too! For away races, the only place the whole team visits is Ham and then the bus, but several people go to the locker room. Make signs or posters to put up along the course or hold.
Equestrian:

**Basic Rules:** The shows generally start at 9:00 am up at the Equestrian Center. We usually end around 3 or 4 pm. The Equestrian Center is down the first driveway on your left after you pass Ham/MacGregor on Park Street. The show takes place in the large indoor arena which can be accessed through the double doors on your right as you approach the front of the Eq. Center. There is bleacher seating on both ends of the arena.

We love when people come up to the barn (it really isn't far away!). Please feel free to ask questions and meet the horses. Know that we are running the whole show ourselves from preparing the barn and horses, holding the horses for their classes, making sure every rider is on their horse at the right time, etc. as well as competing ourselves so please be patient with us if we can't answer a question immediately or if we send you to another team member. Sometimes, we are just trying to keep you safe!

**A quick primer on how IHSA shows work:**

Our show is organized into jumping classes and flat (non-jumping) classes by division. The jumping classes run first, followed by the flat. The jumping tends to be more interesting to watch for those not acquainted with riding because it is easier to see the difference between a good round and a bad round. Clapping is appropriate and welcome after a rider finishes his or her round, unless the announcer specifies no clapping (some horses don’t like it).

The classes are judged on equitation (the rider’s position and effectiveness on the horse). The host school, in this case MHC, provides all of the horses and equipment (tack). Each competitor is randomly assigned a horse from a list of horses provided for their class; this is called "the draw." We do not get any warm up time before we go into the arena to compete. The horses have been warmed up by team members who are not showing or alums who come to help. There is a slight "home field" advantage when we host a show because we are more familiar with the horses, but that does not always make a big difference.

It can be difficult for spectators to know when one of our riders is in the ring because we wear traditional show clothes which are not team-specific. For the jumping classes, the rider's number is announced and usually their horse's name, but it is against the rules for the rider's name to be announced. Look for MHCEq team members in our big blue coats talking to someone on a horse at the in-gate and that will likely be one of our riders going into the ring. The
flat classes will have 6-8 riders in the arena at a time. After a class has finished they will announce the results with the rider's name and school.

**Decorations & Signs:** There is a locker room in the Equestrian Center to decorate!

**Field Hockey**

**Cheering and Etiquette:**

**Do:**
- Make lots of noise!
- Use signs in the stands and post them around the field.
- Anything in the existing GOW kit works! (Chalk, pom poms, facepaint, etc)

**Don’t:**
- Make noise during penalty strokes (which are rare)
Golf

Cheering Etiquette:

Do:
● Stay at least 20 feet away from competitors
● Keep quiet when players are swinging, and keep your movements to a minimum.
● Be sure to silence your cell phones
● When following a group, always be mindful that there is likely another group behind you. Follow your group to the side of the course- if you stay behind while they move on, be aware that you are in danger of the golfers hitting in the next group.
● Speaking of danger, if someone shouts “Fore!”, protect your head with your arms and get to the ground.
● Wear comfortable, non-spiked shoes, as being a golf spectator involves a lot of walking.
● If you do not want to follow a group, you can wait for players to come in and watch their final shots on the hill behind the 9th and 18th holes. It is to the right of the clubhouse- just go to where everyone else is sitting.

Don’t:
● DON’T TALK TO THEM. Golfers can be disqualified if they converse with spectators other than their coaches.

Decorations & Signs: The golf team does not typically go to the locker room before tournaments. However, we will see decorations placed by the Orchards club house. Please call the Orchards beforehand though if you want to decorate inside the building itself, as it is partially privately owned. Good places to decorate are at the first tee (to the left) and at the yellow shack by the 10th tee.
Lacrosse:

**Basic Rules:** When the ball goes in the net, it’s a goal. If we don’t go back to the middle of the field immediately, there was probably a foul. The goal didn’t count. After each goal, a 50/50 draw happens in the middle of the field to let the ball loose again. Players cannot move when referees whistle during the game. Four players plus a goalie have to be behind the restraining line at a time (30 meter line) which is why not everyone is in motion at all times.

**Cheering Etiquette:**

Seeing the stands full is exciting and makes us play harder!

**Do:**
- Be loud during games, especially when the game may not be going the best.
- Clap, cheer, stomp, hold signs...Anything Works

**Don’t:**
- Yell at the refs (Even if they aren’t good)
- Discourage the other team

**Decorations & Signs:** We meet in the field house lounge an hour before the game starts. (We start getting there around a half hour before then.)
Rowing

**Basic rules:** Get your boat across the finish line first. Don’t hit any other boats.

**Cheering Etiquette:** We are pretty far away from the spectators, but we can hear shouting and cheering, especially MHC specific cheers!

**Do:**
- Be quiet in the boathouse
- Be cognizant of where the boats are in motion (“heads” means “be careful, get down!”)
- CHEER when the crewtons are racing. We have a cheer that happens when MHC boats are launching: "Big like moose, strong like Ox, we drink acid we eat rocks, big like moose, strong like ox, MHC oars women and cox!"
- Please bring signs, noisemakers, and anything you want to keep yourself entertained for the long day!

**Don’t:**
- Talk to crewtons when they are handling boats
- Stand in the middle of the deck while boats are leaving the boat bay.

**Decorations & Signs:** We use the locker room when we have land practices, and it would be great to see some decorations our area a day or two before the regatta. Otherwise, we row out of the boathouse and signs could go in the back room of the boathouse.
Soccer

**Basic rules:** Get the ball in the goal. Can't use your hands, fouling (i.e. pushing or a hit after the play) is penalized with a free kick. If a foul occurs in the goalie box, there will be a penalty kick. A penalty kick is taken from a marker in the goalie box and only the goalie is there to defend the goal. When an offensive player is offsides (behind the defensive line), the defensive side receives a foul kick.

When a game ends in a tie, there are two ten minutes overtimes. The first team to get a goal wins the game (this is called Golden Goal). If it is tied at the end of the two overtimes then penalty kicks are taken...

**Cheering and Etiquette:** Any cheering is welcome, saying a player’s name or number is great and chants are welcome as well. Fans are big part of the soccer culture.

**Do:**
- Cheer positively and motivatingly as much as possible.

**Don’t:**
- Please do not yell at the other team, coaches or referees.
- Don’t stand too close to the side lines, players need to use that area for throw-ins and the referees use that area to run.
- Use noisemakers and horns, they are not permitted by the referees.

**Decorations & Signs:** Locker room or in the FH lounge. Posters on the fence by the stands is a great place for signs or other decorations. The pathway up to our fields is also a great place for chalk. We would see it right before we step on the field for the game.
Squash

**Basic Rules:** A match is done after the best of 5 games are played. A game is up to 11 points but it has to be a difference of two points or more, for example, a game cannot finish 11-10. The team with the most matches out of 9 is the winner

**Cheering Etiquette:**

**Do:**
- Stay behind the benches that are bolted to the floor/in the upstairs gallery

**Don’t:**
- Talk to players in between games
- Try not to cheer during points
- Walk next to/in front of a court while a point is being played
- Cheer against other teams/positive cheering only
- Talk to the referee or scorer during or between matches

**Decorations & Signs:** For GOW maybe print out basic (like really basic) rules of squash and post them in the second floor during matches for people to refer to. We also use the varsity locker room.
Swim and Dive

Basic Rules:
Swimming: To be the fastest person to cover the distance of that race (anywhere from 50 yards to a mile—which will be anywhere between 25 seconds and 20 minutes).
• Point system: In a duel meet:
  - Relays: (1st, 2nd, 3rd) 11-4-2 (Each team can only score 2 of these places)
  - Individual Events: 9-4-3-2-1 (Each team can only score 3 of these places)
Diving: Have the highest score out of 6 Dives (in most meets)
• Point system: In all meets
  - Officials present score to diver based on the fullest completion of the dive. Scoring elements include: the starting position, the approach, the take-off, the flight, and the entry.
There are 2 diving breaks, so a meet goes: Swimming-Diving (1 meter)-Swimming-Diving (3 meter)-Swimming (After each diving section there will be about a 5 minute break for more warm-up. The meet is not over, yet!)

Cheering Etiquette:
Swimming Do:
● When we are swimming, be loud! If you’re loud enough we can hear you when we are in the water! During Freestyle, we can maybe see you too!
● Once we step onto the blocks, you need to be QUIET until the starting beep has sounded.

Diving Do:
● With the exception of “the claps” (see cheering section below) you are expected to remain QUIET (turn off your phone!).
● Please feel free to change seats and come to the bleachers by the boards.

Decorations, Signs & Cheering:
We use the locker room! For senior meet we decorate the railings in front of the stands with streamers. So if the locker room is already overdone with leftover streamers from other games that would be an option!
Posters are great! Persons/bodies are great! Our sport does not retain a high attendance, so when we see many people in the stands, we get excited!
Swimming: “Go Yoke!” “Go Lyons” “YO-KE x3” all of that is great! (Just not when we are on the blocks)
Diving: The announcer will say something along the lines of “Diver #3, Kelly is doing a 101B- front dive in the pike position. Level of difficulty 1.5” Immediately following the Level of Difficulty we do a double clap- *Clap clap* (The team will do it and you can catch on fast, you just need to be paying attention to do it at the right time). We do this for Mount Holyoke divers only. Other teams do other things for their own
divers. After they dive, you can say a quick “good job” or something, but you must wait for the scores to be read before cheering. This is so the divers and the team may hear the scores.

**Tennis**

**Basic Rules:** In college tennis, we play three doubles matches followed by six singles matches. The individual match results determine the overall score of the match. Singles matches are played first to 48 points and doubles matches are played first to 32 points, with intricate scoring techniques. A point is won when:

- A player hits a ball outside the boundaries of the court
- A player fails to clear the net with a shot
- A player doubles faults (fails to make one of their two attempts at a serve, either by hitting it into the net or outside the boundaries of the service box)
- A player hits a winner (a shot that is not returned by the opponent)

**Scoring:** A player must win four points to win a game. The server announces the score, her score first. The first point earned is called “15,” the second, “30,” the third, “40,” the fourth, “game.” “Deuce” occurs when the score is tied at “40 all.” To win the game, a player must win two points in a row. To win a singles set, a player must win 6 games. To win a doubles match, a pair must win 8 games. To win a singles match, a player must win 2 out of 3 six-game sets.

**Cheering Etiquette:**

**Do:**
- Fans can cheer at the end of a point and in between games.

**Don’t:**
- Cheering is not allowed during points.

**Decorations & Signs:** The team meets at the Indoor Courts (Kendall Fieldhouse) or Outdoor Courts (behind Kendall), depending on weather.
Track and Field

**Cheering and Etiquette:**

**Do:**
- Cheer loudly for runners, especially in the last quarter!
- Keep your cheers positive
- Make sure you know how long the race is
- Wait for throwers/jumpers to finish before cheering
- Know the athlete's name

**Don’t:**
- Cheer for runners in the blocks, throwers in the circle, or jumpers on the runway
Volleyball

**Basic Rules:** Get the ball to hit the ground in bounds on their side, or make them hit the ball out of bounds. You cannot “lift” the ball with open hands. You must touch the ball with both hands at the same time, otherwise it is a “double” (that is why the referee on the podium will make a peace sign). Anyone in the back row cannot plant a foot over the ten foot line (which runs across the middle of each side of the court) when they are hitting. Each side may only have three touches, but if a blocker touches the ball as the ball goes over and they are blocking, that touch does not count. Anywhere on our side is playable, so if a pass goes wild, and you see someone running for it--move.

**Cheering Etiquette:**

**Do:**
- Cheer loudly, except when we are serving
- Be excited no matter the score
- Bring friends! Volleyball is a quick and exciting game!

**Don’t:**
- Yell mean things, at anyone
- Ignore the entire game while you’re sitting in the stands
- Stop cheering! :)}