Bench Cheer Card

Short, loud, tied to a moment. One starter per chant. Done before the server is ready.

ACE

A (stomp) C (stomp) E (stomp) - ACE! (clap)

"We want another one!" / "Just like the other one!"

KILL

"Bump, set, spike it - that's the way we like it!"

(clap clap) (stomp stomp) KILL!

SIDE-OUT

"S-I-D-E-O-U-T, side out!" (clap clap) [team name]

PRE-MATCH

"What time is it?" / "GAME TIME!"

"We want a victory - [team] victory!" (end on one stomp)

BLOCK

"ROOF!" (both arms up on the beat)

"De-" (starter) / "NIED!" (everyone)

"Shingle, shingle - ROOF!"

SERVE

"O-V-E-R, over the net, serve it, go [name]!"

"Serve it up, [name], serve it up!" (clap clap)

TIP

"TIP! TIP! TIPPER!"

"Woooosh!" (hand sweep)

3-WORD CHANTS

"Next ball, ours!" "Here we go!" "Big serve, [name]!"

Bench rules

- 24-22, serving for the set: silence before the serve. Explode after the point.
- Cheer for your team and the ball. Never at a player on the other side.
- Quiet during injuries, referee explanations and opponent timeouts (fist bumps only).
- Down 0-5 early: the whole bench, louder than you have been all match.
- Pick three chants (ace, block/kill, pre-match) and drill them dry until they are automatic.