



**Game Day  
2022 – 2023**

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The Game Day division showcases what traditional cheerleading is all about – leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations / performance, motion/dance and overall routine. Each team will be evaluated on a 100 point system. The Sideline and Cheer will count for 50 points, and the Band Chant and Fight Song will count for 50 points. Each section will be combined for the final score.

**The use of crowd leading tools such as signs, poms, flags and/or megaphones is required.**

Traditional game day uniform is required.

There are four elements to a Game Day routine performed in the following order: 1) Band Chant, 2) Situational Sideline, 3) Crowd Leading Cheer, and 4) Fight Song. **Total time is limited to 3 minutes.**

The incorporation of stunts and tumbling are only allowed during the fight song, sideline and cheer. Stunts are not allowed as a transition before or between sections. This would include the team's entry to the floor, between the sideline and cheer, and any time prior to starting the performance. **Exception:** Tumbling is allowed prior to the start of the performance and between sections but would be prohibited in the band chant section.

**BAND CHANT:** Teams should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. A cue will **not** be given to start the Band Chant. Once the music begins, the teams cannot incorporate any skills other than kicks and jumps (no stunts or tumbling). Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples, execution of the material and encouraging the crowd to participate.

**SITUATIONAL SIDELINE:** Following the Band Chant, the announcer will provide a cue for offense or defense. Teams should wait until the announcer finishes the cue and show the proper response to the game day situation. Teams should focus on crowd effectiveness, motion technique and skills relevant to a game day environment. **NOTE:** It is a requirement to incorporate skills into the Sideline (stunts and/or tumbling). Please review skill restrictions.



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**CROWD LEADING CHEER:** Following the Sideline, teams must return to the performance surface and show a clear separation between elements. Teams can show spirited interaction as a clear transition into the Crowd Leading material but are not allowed to stunt. Crowd Leading can include a cheer reflective of a timeout, general sideline/spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. **Teams are required to incorporate spirit props and practical skills** (stunts and/or tumbling).

**FIGHT SONG:** The final element should reflect the school's traditional Fight Song. For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. Teams should incorporate crowd effective skills (stunts and/or tumbling) and can include spirit raising props to enhance the overall effect. Fight song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3<sup>rd</sup> 8-count. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times.

**GAME DAY SKILL RESTRICTIONS:**

- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed.
- No twisting released dismounts are allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled single back handsprings would be allowed. Jump tumble (single skill) would be allowed.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance.
- In between elements, teams must always return to the performance surface. Teams may kick, jump or tumble but may NOT stunt.
- During the Band Chant, only kicks and jumps are permitted.