

School/ Rec Game Day Rules and Regulations

The 2020-2021 Spirit Rules published by the American Association of Cheerleading Coaches & Administrators (AACCA) will be followed.

- All school/ Rec Game Day Divisions will follow AACCA guidelines
- Failure to follow those rules will result in safety violations and possible disqualification.

Timing & Penalties:

- Routines must be no more than three minutes for all 4 sections.

*****CCE host sponsors reserve the right to add/combine divisions in order to create a fair yet competitive competition.***

The Game Day Championship

Rec Game Day

High School Division: Varsity

Junior Varsity

Freshman

Middle School/ Jr. High Division: Middle School/Jr High

Elementary Division: Elementary

Participation Requirements:

- All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing. These must be individuals who cheered on the sidelines for games during the appropriate season.
- Individuals are allowed to compete in a performance routine division and a game day division for the same school. If a Junior Varsity and Varsity combine for a Game Day Division, they must compete in the Varsity Divisions.
- If you are a Recreation team wishing to compete in Game Day, you must cheer for a sport in your league.
- Teams may add up to 1 (one) mascot in their Game Day Routine. The mascot must enter the floor with the team and should be used to raise crowd energy and participation. The mascot is not allowed to be involved in any stunts / technical skills and or tumbling and should position themselves away from skills being performed. The mascot will not count towards the total number of participants allowed.
- * Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from
- stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements or words will result in a score deduction.
- The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting or suggestive expressions or gestures as well as discrimination of any nature.
- We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

Uniform Guidelines:

- All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners.
- No tear-away uniforms and/or removal of clothing are permitted.

Competition Area:

- Participants may stand or enter outside the competition area.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Competitions comply with the AACCA surface ruling that school-based programs may not compete on a spring floor.
- Approximate floor size will be a traditional mat of 54 feet wide by 42 feet deep (9 strips).
- Objects cannot be thrown outside the competition floor.
- After the use of poms, Signs, flags, megaphones and/or banners they may be placed or dropped outside the competition area by a team member to prevent any safety violations.

Time Limitations:

- Each team will perform a routine not to exceed 3 minutes combined for all 4 elements
- Time will start from first choreographed movement including skills
- Teams **may not** set up props in advance of any category.
- All introductions (chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance.
- There should not be any organized exits or other activities after the official ending of the routine.

Routine and Judging Requirements:

- Each team's routine will include a band chant, situational sideline, crowd leading cheer and fight song.
- Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations / performance, motion/dance and overall routine.
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is encouraged.
- The CCE Safety Score sheet will be used to assess any safety violations/concerns during each team's performance.

Judging will be based on the following criteria:

- Band Chant
 - Team 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 jumps and kicks.
 - Teams should utilize spiriting raising props and focus on creative movements including but not limited to level changes/ripples, execution of the material and encouraging the crowd to participate.
- Situational Sideline
 - Will follow the Band Chant.
 - The announcer will provide a cue for offense ("It's 1st and 10 for the home team") or defense ("Our team needs to make a stop here to steal the win").
 - Teams should wait until the announcer finishes the cue to show the proper response to the game day situation.
 - It is a requirement to incorporate skills into the sideline (stunts and/or tumbling).
 - Teams should focus on crowd effectiveness, motion technique and skills relevant to a game day environment.
- Crowd Leading
 - Will follow the situational 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 should incorporate spirit props and practical skills (stunts and/or tumbling)
- Fight Song
 - Should reflect your school's traditional Fight Song.
 - Fight Song is limited to three (3) consecutive 8-counts or stunts and/or tumbling. Counts will begin with the initiation of a skill and continue until either the incorporation is complete of the end or the 3rd 8-count. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.
 - Teams should incorporate crowd effective skills (stunts and/or tumbling) and can include spirit raising props to enhance the overall effect.
 - If a team does not have an official Fight Song, it is recommended to use a second selection of band chant music. Music guidelines are available at www.usacheer.net

Specific Skill Restrictions:

- No tosses (basket, sponge or elevator)
- No inversions and/or twisting released dismounts are permitted.
- Single leg stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed. Standing tumbling is limited to one tumbling skill, which can include back handsprings or back tucks. Rippled single back handsprings are permitted. Jump tumble (single skills) is also permitted.
- During the Band Chant, only kicks and jumps are permitted

GAME DAY / CROWD LEADING / SITUATIONAL SIDELINE

Team Name _____

Division _____

Judge No. _____

Situational Sideline (20)	Points	Score	Comments
Game Day Situation <i>Proper use of material and skills relevant to game day environment</i> <i>Proper response to game day situational cue</i>	5		
Crowd Effectiveness <i>Voice, pace, flow, maximum crowd coverage</i> <i>Ability to elicit crowd response</i>	5		
Motion Technique / Crowd Leading Tools <i>Technique, sharpness and placement</i> <i>Proper use of signs, poms, megaphones and/or flags</i>	5		
Execution of Skills relevant to game day environment <i>Clean / Crowd Effective Skills</i> <i>Technique, stability, synchronization and spacing</i>	5		
Crowd Leading Cheer (20)	Points	Score	
Game Day Material <i>Proper use of material and skills relevant to game day environment</i>	5		
Crowd Effectiveness <i>Voice, pace, flow, maximum crowd coverage</i> <i>Ability to elicit crowd response</i>	5		
Motion Technique / Crowd Leading Tools <i>Technique, sharpness and placement</i> <i>Proper use of signs, poms, megaphones and/or flags</i>	5		
Execution of Skills relevant to game day environment <i>Clean / Crowd Effective Skills</i> <i>Technique, stability, synchronization and spacing</i>	5		
Overall Impression (10)	Points	Score	
<i>Leadership to engage and connect with the crowd</i> <i>Present a positive image of genuine school spirit and energy</i> <i>Transitions between game day components (Minimal & Clean)</i>	10		
Total	Possible	50	

GAME DAY / FIGHT SONG / BAND CHANT

Team Name _____

Division		Judge No.		Comments
Band Chant (20)		Points	Score	
<i>Game Day Visual Appeal</i> <i>Level changes, ripples, creative movements within group and levels</i>		5		
<i>Material relevant to Game Day environment</i> <i>Was Crowd Encouraged to Participate?</i> <i>Clean / Crowd Effective Skills</i>		5		
<i>Motion Technique / Crowd Leading Tools</i> <i>Motion Placement, sharpness, synchronization and musicality</i> <i>Proper use of signs, poms, megaphones and/or flags</i>		5		
<i>Execution</i> <i>Technique, stability, synchronization and spacing</i>		5		
Fight Song (20)		Points	Score	
<i>Game Day Visual Appeal</i> <i>Level changes, ripples, creative movements within group and levels</i>		5		
<i>Effectiveness of Incorporation</i> <i>Skills relevant to Game Day Environment</i> <i>Clean / Crowd Effective Skills</i>		5		
<i>Motion Technique / Crowd Leading Tools</i> <i>Motion Placement, sharpness, synchronization and musicality</i> <i>Proper use of signs, poms, megaphones and/or flags</i>		5		
<i>Execution of Skills relevant to game day environment</i> <i>Technique, stability, synchronization and spacing</i>		5		
Overall Impression (10)		Points	Score	
<i>Leadership to engage and connect with the crowd</i> <i>Present a positive image of genuine school spirit and energy</i> <i>Transitions between game day components (Minimal & Clean)</i>		10		
Total	Possible	50		