



SCHOOL GAME DAY DIVISION REQUIREMENTS

All teams are required to follow AACCA School Rules.

A. GENERAL INFORMATION:

1. Game Day 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.
2. Each Game Day performance should consist of a Band Chant, Situational Sideline into Time Out Cheer, and Fight Song.
3. The use of crowd leading tools, such as signs, poms, flags and/or megaphones is required.
4. The maximum performance time must not exceed 3:00 minutes.
 - a. Timing will begin with the first movement, voice, or note of music for the Band Chant; whichever comes first. Timing will conclude with the last choreographed movement, voice, or note of music for the Fight Song. If a team has a choreographed entrance or exit, this will be included in their routine time. Timing will not stop between the three sections.
 - i. All introductions (entrances, chants, spellouts, etc.) are considered part of the routine and will be timed as part of the routine.
 - ii. All team breaks, rituals, and traditions need to take place prior to entering the mat.
 - iii. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. (Examples of excessive gestures are, but not limited to: stunts, tumbling, running of the flags, chest bumps, hugs, handshakes, etc.) Teams should also refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a 1 point deduction.
 - b. If a team exceeds the time limit, a penalty will be assessed.
 - 0.01 - 2.99 seconds over = Warning
 - 3.0 - 5.99 seconds over = 3 point deduction
 - 6.0 - 10.99 seconds over = 5 point deduction
 - 11.0 seconds over = 7 point deduction
5. Once a team member takes the floor, they must remain on the floor until the end of the performance. They cannot step off the floor between sections of the routine. Any team member stepping outside of the performance area will cause the squad to receive a .5 penalty per occurrence.
 - a. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. A 1 point deduction will be assessed for signs or other hard props that are thrown landing inside or outside the performance area.

B. ROUTINE STRUCTURE

1. The performance must follow this order: The Band Chant must be performed first. The Situational Sideline into the Time Out Cheer must be performed second, and the Fight Song must be performed third.
2. The Band Chant should have an emphasis on crowd appeal and practicality. No building or tumbling skills are permitted in this section. Jumps and kicks will be allowed.
3. Each section should have a beginning and end. *Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel.*
4. Following completion of the band chant, the announcer will verbally give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response (sideline chant), which transitions the squad into the crowd leading portion (Time Out Cheer).

- a. Announcers at competitions held during October through December will give athletes a football offensive or defensive game scenario. Announcers at competitions held during January through May will give athletes a basketball offensive or defensive game scenario.
- b. Standing Tumbling and Building Skills are permitted in the Crowd Leading section. Additional Skill Restrictions are as follows:
 - i. No Tosses (basket, sponge or elevator) are allowed.
 - ii. No Inversions are allowed.
 - iii. No Twisting Released Dismounts are allowed.
 - iv. Single leg stunts are limited to liberties and hitches.
 - v. No Running Tumbling is allowed.
 - vi. Standing Tumbling is limited to 1 tumbling skill and a back tuck is the most elite tumbling skill allowed.

A Jump- single tumble skill would be allowed.

5. The fight song skill incorporation is limited to 3 consecutive 8-counts of stunt and/or tumbling; although the fight song may have additional 8-counts that do not include stunts or tumbling. If the fight song repeats, the skill incorporation will only be allowed both times if it is repeated exactly the same both times. Counting of skills will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the third 8-count.

- a. Standing Tumbling and Building Skills are permitted in the Fight Song section. Additional Skill Restrictions are as follows:
 - i. No Tosses (basket, sponge or elevator) are allowed.
 - ii. No Inversions are allowed.
 - iii. No Twisting Released Dismounts are allowed.
 - iv. Single leg stunts are limited to liberties and hitches.
 - v. No Running Tumbling is allowed.
 - vi. Standing Tumbling is limited to 1 tumbling skill and a back tuck is the most elite tumbling skill allowed.

A Jump- single tumble skill would be allowed.

6. Building and Tumbling are not allowed as an entry or exit onto the performance surface, or between

C. SPORTSMANSHIP

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine.
2. The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly while at the competition. Failing to demonstrate appropriate conduct may result in a 1 point deduction, removal of person not demonstrating the appropriate behavior, and/or disqualification of team.
3. When a coach is in discussion with an official, other coaches, athletes and parents/spectators, they must maintain professional conduct. Failing to do so may result in a 1 point deduction, removal of coach and/or disqualification of team.