



GAME DAY INFORMATION

The Game Day format will consist of one 3-minute performance that includes all three Game Day categories.

GAME DAY DIVISIONS: 3 Minutes

- Teams in the Game Day Divisions will showcase a Band Chant, Game Day Cheer, and Fight Song.
- In the Spirit Program division cheer teams must include their dancers, mascots and/or band members. This division celebrates how spirit programs work together to enhance their school game day!

GAME DAY GENERAL ROUTINE REQUIREMENTS

- The One Finals will NOT announce an offense or defense clue. Teams may choose to perform either cheer.
- All cheerleading skills including tumbling, partner stunts, pyramids, and jumps must follow the NFHS Guidelines.
- Props may be set once your team has been announced to the floor before your music begins. **Teams will have 30 seconds to set up and begin the routine as well as 30 seconds to exit the performance surface. For Game Day, timing will begin once the first participant has stepped onto the performing surface.**
- The maximum performance time must not exceed 3 minutes. Timing will not include the team spirting or rallying, but will begin with the first group movement, voice, or note of music, or organized entrance, whichever comes first. **This includes any formal chants or cheers prior to taking the mat.**
- Teams competing in the Game Day Rally Division will follow a structure identical to the other Game Day Divisions, apart from the fact that this division encourages the use of sideline cheerleaders, dancers, school bands, drumlines, and mascots, etc.
- In all Game Day Divisions all participants on the performance surface will count as a member of the team. This includes band members, flag runners, etc. **UP TO TWO Mascots can be included and WILL NOT count towards participant count ONLY IF two different mascots represent the school**
- Mascots/Flag Runners do not affect if a team is All Girl or COED division. All other participants WILL determine if a team is All Girl or COED except for the additional school programs listed below for Game Day Rally.
- Mascots/Flag Runner must be appropriately attired so their mobility, vision, etc. are not impaired. Only cheerleaders may participate in stunts, pyramids, and all tumbling skills.
- Running Tumbling is not permitted during entry or exit of the performing surface
- Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, including the team's entry to the floor and any time before starting the performance. Single Standing tumbling skills and **single-based lifts** are allowed anytime during the performance except during the Band Chant. See any additional Game Day section restrictions below.