

GAME DAY 2022-2023

Rules Book

DIVISIONS:
BUILDING & NON BUILDING

Americheerfamilyofbrands.com

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General Rules

Divisions: Elementary, Jr High, Freshman/JV, Varsity

- ▶ Game Day- Building
- ▶ Game Day- Non Building
- ▶ **Total Time Limit:** 3:00 Maximum (no minimum)

Criteria Categories:

- ▶ Sideline (chant), Band Dance/Cheer, Crowdleading Cheer and Fight Song
- ▶ Teams will not be judged on transition to and from each category.

General Notes:

- ▶ Traditional School uniform required. (no costumes or themed uniforms)
- ▶ Poms, signs, megaphones, flags are encouraged. Props that are used in a true “game” situation.
- ▶ No gimmicks may be tossed in to the crowd.
- ▶ ALL incorporated skills should be technically clean, simple and applicable for GAME situations. **Score is based on game day cheering techniques than on difficulty.**

General Rules and Divisions

Criteria:

- 1.) **Sideline**- Display of any offense, defense or general sideline to showcase fan spirit. Words should be kept short and simple, easy to follow and impactful for a true “game” situation. Poms, signs, megaphones etc. are encouraged.
- 2.) **Band Dance/Cheer**- perform a band dance or band cheer (i.e.. Let’s Go Blue). This is a recorded version of a band. Dance should showcase a routine that encourages fan involvement and moves that be appropriate for a true “game” situation. Poms, signs, megaphones etc. are encouraged.
- 3.) **CrowdLeading Cheer**- Showcases crowdleading ability incorporating skills and props that are practical and best suited to lead a crowd and impactful for a true “game” situation. Poms, signs, megaphones etc. are encouraged.
- 4.) **Fight Song**- Execute a traditional fight song showcasing motion technique, spirit and enthusiasm one would have at a true “game” situation. Poms, signs, megaphones etc. are encouraged.

Game Day Age Grid 2019-2020

Elementary

Game Day – Building	Female/Male	5-36 Members	6 Grade & Below
Game Day – Non Building	Female/Male	5-36 Members	6 Grade & Below

Jr. High

Game Day – Building	Female/Male	5-36 Members	9 Grade & Below
Game Day – Non Building	Female/Male	5-36 Members	9 Grade & Below

Freshman/JV

Game Day – Building	Female/Male	5-36 Members	12 Grade & Below
Game Day – Non Building	Female/Male	5-36 Members	12 Grade & Below

Varsity

Game Day – Building	Female/Male	5-36 Members	12 Grade & Below
Game Day – Non Building	Female/Male	5-36 Members	12 Grade & Below

Deductions

SCHOOL ROUTINE SAFETY RULES:

THE AMERICHEER FAMILY OF BRANDS WILL FOLLOW NFHS SPIRIT SAFETY RULES TO INCLUDE ALL GENERAL, TUMBLING, STUNTS, MOUNTS/PYRAMIDS AND TOSSES. TO ORDER A COPY OF THE NFHS SPIRIT RULES BOOK, VISIT NFHS.ORG.

NOTE: ALL ELEMENTARY, JUNIOR HIGH/MIDDLE SCHOOL TEAMS, *ARE NOT PERMITTED* TO EXECUTE BASKET TOSSES, ELEVATOR TOSSES AND SIMILAR MULTI-BASED TOSSES.

LEGALITY VERIFICATION - FOR QUESTIONS REGARDING THE LEGALITY OF A SPECIFIC SKILL(S), ETC. YOU MUST ADHERE TO THE FOLLOWING GUIDELINES:

- PROVIDE A LINK OF VIDEO OF THE SPECIFIC SKILL(S), ETC. IN QUESTION.
- INCLUDE WITH THE LINK OF VIDEO THE TEAM NAME, TEAM DIVISION, COACH NAME, CELL PHONE NUMBER, EMAIL, NAME AND DATE OF THE COMPETITION TO BE ATTENDED.
- PLEASE SUBMIT LINK OF VIDEO AT LEAST TWO WEEKS IN ADVANCE OF THE COMPETITION TO BE ATTENDED.
- EMAIL LINK OF VIDEO TO EVENTS@AMERICHEER.COM BECAUSE OF DIFFERENCES IN TERMINOLOGY AND INTERPRETATION, WE RESERVE THE RIGHT TO NOT ADMINISTER PHONE VERIFICATIONS!

Rubrics

EACH DIVISION WILL BE JUDGED ON BEST USE OF SKILLS THAT ARE APPROPRIATE FOR GAME DAY SITUATIONS AND INVOLVES BEING A GREAT REPRESENTATION OF SCHOOL SPIRIT AND LEADING THE CROWD. TUMBLING IS ALLOWED IN BOTH BUILDING AND NON BUILDING DIVISIONS AND ALL ELEMENTS OF GAME DAY.

Game Day: Scoring

JUMP EXECUTION: (3.0 - 5.0)

3.0 – Single jumps

3.5 – Double jump combinations no variety

4.0 – Double jump combinations with variety

4.5 – Triple jump combinations OR double jump combinations and a single jump, with no variety

5.0 – Triple jump combinations OR double jump combinations and a single jump, must include variety

Jump Combination = Jumps connected with continuous movement.

JUMP DIFFICULTY: (3.0 - 5.0)

Jump Variety= two or more different jumps.

CROWDLEADING SECTION:

CHEER WORDS- Crowd leading words are practical, easy to follow, solicit crowd participation/yell backs. (3.0 - 5.0)

VOICE/VOLUME- Voice inflection and volume is loud, clear and well projected. (3.0 - 5.0)

MOTIONS & SKILLS- Motions are strong, visual, easy to follow for crowd leading. (3.0 - 5.0)

PROPS & VISUALS- Signs, poms, megaphones, tumbling etc. are effectively incorporated to enhance crowd leading. (3.0 - 5.0)

PERFECTION- Degree at which crowd leading section is executed. (3.0 - 5.0)

OVERALL COMPONENTS:

REPRESENTATION- Image, sportsmanship, performance integrity, sportsmanship, lack of arrogance (3.0 - 5.0)

ROUTINE COMPOSITION/FLOW -Choreography, creativity, innovation, variety, seamless, fluidity (3.0 - 5.0)

SHOWMANSHIP/PRESENTATION- Enthusiasm, excitement, energy, confidence, eye contact (3.0 - 5.0)

OVERALL PERFECTION- perfection, lack of errors, polished/well-rehearsed look. (3.0 - 5.0)

OVERALL IMPRESSION- Age appropriate, appealing, engaging, perception (3.0 - 5.0)

TIMING: Synchronization and Timing

Jumps

Overall

Stunting: Execution (Building only)

Fight Song: Execution/ Difficulty

Band Dance: Execution/ Difficulty