

# GAME DAY Rules Book

DIVISIONS:  
BUILDING & NON BUILDING

[Americheerfamilyofbrands.com](http://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

## GENERAL ROUTINE GUIDELINES

- All cheerleading skills including tumbling, stunts, pyramids, and jumps must follow the 2023-2024 NFHS Spirit Rules Book **in addition to** specific skill restrictions. See below.
- Props may be set on the performance floor once the prior performing team finishes. Teams will have a maximum of **1 minute** to set props before exiting back off the floor and wait to be announced to re-enter the floor and begin their performance.
- The maximum performance time is **not** to exceed **3 minutes**. Timing does not include “spiriting/rallying” onto the floor when the team is announced but rather begins with the first group movement, voice, or note of music, whichever comes first.
- Teams are **not** permitted to have organized/choreographed entrances when announced to the floor. Team members should individually “spirit/rally” onto the floor, get to their spot, and set to perform.
- **Only** “spiriting/rallying” (including random jumps, kicks, allowable (see below) standing tumbling are permitted during transitions between categories. No choreographed/synchronized tumbling, rhythmic stomps, claps, chants, etc. are permitted. Teams should focus on displaying genuine **Individual** energy and spirit during this time. The more energy and spirit, the better for the overall effect of a routine.
- In Game Day divisions all participants on the performance surface count as a member of the team including mascots.
- Mascots must be appropriately attired to prevent their mobility, vision, etc. from being impaired.
- Mascots must remain on the performance floor during the entire performance. They may not enter or exit the floor during the performance.
- Mascots may not perform or be included in any stunts, pyramids, and tumbling.

# 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.