



Game Day **2025 – 2026**

The Game Day division 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, execution of skills, motion technique and overall routine. Each team will be evaluated on a 100 point system. Game Day scoring consists of two score sheets: Crowd Leading (50 pts); and Band Chant & Fight Song (50 pts). Each section will be combined for the final score.

NEW: All Game Day teams must compete at their league competition in order to qualify for the Game Day State Championship

Teams may not exceed **twenty-four (24) team members**. Teams may add up to two (2) mascots in **their Game Day routine**. The mascot(s) must enter the floor with the team and remain on the floor for the entire routine. The mascot(s) should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed. The mascot will not count toward the number of participants allowed but may impact the overall impression score. Mascot(s) will only be allowed to use traditional sideline props i.e. signs, pom, megaphones, flags, or rally towels.

GAME DAY ROUTINE FORMAT

1. There are three elements to a Game Day routine. The performance will follow this order: Band Chant, Crowd Leading, Fight Song. **Total time is limited to 3 minutes.**
2. The use of crowd leading tools is recommended (All are not required).
 - a. Approved props include foam fingers, rally towels, signs, poms, flags and/or megaphones. Props should be used for crowd leading and appropriate for crowd response.
 - b. Props may not be thrown into the crowd.
 - c. Props cannot bear the weight of the performer. This includes sideline cheer/dance boxes used at games.
 - d. No air horns or artificial noise makers allowed.
 - e. Props may be discarded off the performance surface but not hit/banged on the floor outside the performance area.
3. The incorporation of stunts and/or tumbling is required in the Crowd Leading and Fight Song sections.
4. **Band Chant** should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, however jumps and kicks are allowed. Squads should focus on crowd engagement and visual appeal and use creative movements such as level changes and ripples.
5. **Crowd Leading** - Following the band chant, the announcer will 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 Sideline. After the Situational Sideline, teams will move into their Cheer which can include one reflective of a timeout, general sideline/spell-out or



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other cheer material that incites a response and encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment.

6. **Fight Song** - Incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill (stunt or tumbling) until one of the following:
 - a. The routine ends within the 3 consecutive 8 counts.
 - b. Building Skills must be stationary prior to the end of the 3rd 8-count and may remain stationary until the end of the routine.
 - c. Dismounts following the completion of the routine will not be included for timing purposes. Any choreographed dismounts will continue the timing of the routine. Example – Coed toe touch pop offs performed together, in unison would be considered choreographed.
7. Each section should have a beginning and end. Note: 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. Tumbling and single-based lifts are allowed anytime during the performance except during the Band Chant.
8. Voice-overs and words may not be recorded or overlayed on the music tracks to make the team's vocal projection sound louder.

GAME DAY SKILL RESTRICTIONS:

- NO basket and waist level tosses are allowed. Examples of toss skills allowed are quick toss stunts, toss single based skills, and toss toe touches.
- NO inversions are allowed.
- NO twisting released dismounts are allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- NO running tumbling is allowed.
- Single standing tumbling is allowed and cannot be connected. A single tumbling skill can only be connected to a single jump. The only standing tumbling skills that are allowed include back handspring, back tuck, forward or backward roll, front or back walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.