

# SPIRIT PROGRAM GAME DAY

## DIVISION GUIDELINES

### Spirit Program Game Day Division and description:

The Spirit Program Game Day Division emphasizes the collaboration and cohesion of your school's cheer and dance spirit programs, in an exciting new Game Day format that fosters school pride, emphasizes your school's traditions in an entertaining and crowd effective performance. Teams will showcase their unique game day traditions while emphasizing the unification of their spirit program.

- **Fight Song**
  - The section should reflect your school's traditional Fight Song that your team performs at games, pep rallies, etc. Teams should incorporate crowd effective elements and choreography that enhances the overall effect.
  - For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. Music guidelines are available at [varsity.com/music](http://varsity.com/music).
- **Crowd Leading (Sideline or Chant)**
  - This section should showcase any home/traditional sideline with words that are repetitive, easy to follow along that incite crowd engagement and involvement. The crowd leading portion should be easy for the crowd to follow along and engage.
  - Examples:
    - Defense XX, Defense XX...
    - L-I-O-N-S, Let's Go Lions, L-I-O-N-S, Let's Go Lions
    - Blue X Gold, Let's Go Lions
- **Timeout/Tradition**
  - The timeout/tradition should reflect a similar crowd interactive and entertaining performance that your team performs during halftimes, extended timeouts or pep rallies. This is the best time to showcase spirit program cohesiveness and unison while demonstrating energy, leadership, visual appeal and connection to the crowd.

### Divisions

- Spirit Program Game Day will offer 2 division at the TSSAA State Championship only.
  - Junior High Spirit Program Game Day
  - Varsity Spirit Program Game Day
- A minimum of 5 athletes must represent each performance group.
- Overall minimum of 10 athletes total.
- Maximum of 75 athletes allowed to represent the spirit program.
- Up to 2 Mascots are allowed and encouraged and are **not** included in total participant number.

*Note: Divisions may be split in the best interest of providing a competition environment. If the division has 11 or more teams, additional splits may be offered.*

### Cheer Team Skill Restrictions (same as current Game Day Divisions)

- Basket and waist level tosses are NOT allowed. Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches.
- Inversions are NOT allowed.
- Twisting Released Dismounts are NOT allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Running Tumbling is NOT 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 roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.

### Dance Skill Restrictions

- No skill restrictions
- Prop Rule Exception - Dance athletes may use cheer approved props including foam fingers, rally towels, signs, poms, flags and/or megaphones. Props should be used for crowd leading and appropriate for crowd response.

### Mascot

- Mascots may not be involved in any stunts, tumbling, splits, leaps or aerial skills.
- Mascots may use props; however, props must conform to the Event Guidelines.

### Time Limitations

- Total 3:00 min overall Spirit Program
- Timing will begin with the first movement, voice, or note of music, whichever comes first.
- Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.

### Performance Area

- Cheer and dance members will split the performance surface 1/2 mat (approx. 25 feet deep and 53.5 feet wide - 4 strips) and 1/2 Marley (approx. 25 feet deep and 53.5 feet wide for Dance). Cheerleaders and dancers may stand or perform on either surface and must stay within the 53.5 X 53.5 area.
- Once a team member takes the floor, they must remain in the competition area until the end of the performance.
- Skills must be performed on the surface that is legal for the cheer/dance skill being performed.
- Athletes must follow the specific Safety Rules and Regulations for their team (cheer/dance).

### Scoring & Judging

- Both cheer and dance judges will score on the score sheet.
- One cheer judge and one dance judge will work together. Two score sheets averaged together.
- Schools will display the most engaging traditions from their schools.
- The format emphasizes school spirit and crowd engagement and how teams are working together.
- Score Sheet criteria – 100 Points Total Possible
  - Fight Song
    - Sights – 10 Points
      - Content: Visual appeal and crowd coverage
      - Execution: Synchronization, spacing, timing, uniformity between participants, technique
    - Sounds – 10 Points
      - Content: Creative movements with musical elements
      - Execution: Voice, pace, musicality, technique
    - Crowd Engagement – 10 Points
      - Content: Material that encourages a crowd response
      - Execution: Ability and energy to lead the crowd; Appropriate use of props
  - Sideline/Chant
    - Sights – 10 Points
      - Content: Visual appeal and crowd coverage
      - Execution: Synchronization, spacing, timing, uniformity between participants, technique
    - Sounds – 10 Points
      - Content: Material relevant to the game day environment
      - Execution: Voice, pace, flow, technique
    - Crowd Engagement – 10 Points
      - Content: Material that encourages a crowd response
      - Execution: Ability and energy to lead the crowd; Appropriate use of props
  - Timeout/Tradition
    - Sights – 10 Points
      - Content: Visual appeal and crowd coverage
      - Execution: Synchronization, spacing, timing, uniformity between participants, technique
    - Sounds – 10 Points
      - Content: Creative movements with musical elements
      - Execution: Voice, pace, musicality, technique
    - Crowd Engagement – 10 Points
      - Content: Material that encourages a crowd response
      - Execution: Ability and energy to lead the crowd; Appropriate use of props
  - Overall Impression/Collaboration of Spirit Program – 10 Points
    - Genuine school spirit and fun energy
    - Consistency and uniformity of program
    - Entertainment value

### Division Rule Agreement

- Teams must follow all Rules & Regulations and Event Guidelines.