Updated October 2024 (combined separate pages into one document)

Game Day Information

Refer to Operational Guidelines for Pilot Program Yearly Updates

TIMING INFORMATION:

The format is inspired to demonstrate the game day environment at youth football games. With all four elements combined the Full Game Day Routine is a 3:30 minute time limit.

In general/approximate times:

Band Chant is 45 seconds or less

Situational Sideline is 45 seconds or less

Crowd Leading Cheer 60 seconds/1 minute

Fight Song 60 seconds/ 1 minute

Time is ONLY overall-not separated cheer/music. All skill restrictions will be enforced.

BAND CHANT:

The Band Chant - Is a Cheer done along with Pep Band Music. It should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. Cues will be the same for every team and a representative named by that team may announce. Once the music begins, the teams cannot incorporate any skills other than kicks and jumps. Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples, execution of the material and encouraging the crowd to participate. (No Tumbling nor Stunts in Band Chant)

SITUATIONAL SIDELINE:

Following the Band Chant, the announcer will provide a cue for offense/ defense. Teams should wait until the announcer finishes the cue and show the proper response to the game day situation. Squads should focus on crowd effectiveness, motion technique and skills relevant to a game day environment. (Stunts/Tumbling MAY be included but not Required)

CROWD LEADING:

Following the Sideline, teams must return to the performance surface and show a clear separation between elements. Teams can show spirited interaction as a clear transition into the Crowd Leading material but are not allowed to stunt nor tumble. Crowd Leading

can include a cheer reflective of a timeout, inciting a response and encouraging the crowd to yell along. Teams should incorporate spirit props and practical skills (stunts and/or tumbling are REQUIRED.)

FIGHT SONG:

The final element should reflect your school's traditional Fight Song. Teams should incorporate crowd effective skills and can include spirit raising props to enhance the overall effect. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunt and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.)

For teams that do not have an official Fight Song, refer to a popular College Fight song to use.

Refer to Youtube to find Pep Band music, College Fight Songs and Game Day routines for inspiration.

Game Day Skill Restrictions:

-No tosses (basket, sponge or elevator) are allowed.

-No inversions are allowed.

-No twisting released dismounts are allowed.

-No running tumbling is allowed.

-Single leg stunts are limited to liberties and liberty hitches.

-Standing tumbling is limited to one tumbling skill and a back tuck is... the most elite tumbling skill allowed. Examples: Standing full is not allowed.

-Rippled single back handsprings would be allowed.

-Jump tumble (single skill) would be allowed.

-Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. (Ex: running of the flags, chest bumps, intricate handshakes)

-Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance.

-In between elements, teams must always return to the performance surface. Teams may kick, jump or tumble but may NOT stunt.

-During the Band Chant, only kicks and jumps are permitted.

Sample Game Day Script (announcer is not judged)

ENTRANCE

_____(Team Name Here)_____ you may now take the mat.

Kicks and jumps are the only skills allowed for entrance

Judges begin to Judge

Announcer Before Band Chant:
“Ladies and Gentlemen, welcome to the big game now here comes the home team!”
OR
“Ladies and Gentlemen we are starting off our big game, the kickoff is good and the home team gets the ball!”

Band Chant Performed - Only Kicks and Jumps are the only skills allowed.

Announcer Before Situational Sidelines:

"It’s a first down for the home team, Get on your feet and make some noise for the Team name/mascot) ." (offense example)

Or

“Our defense needs to block the 3rd down,Get on your feet and make some noise for the Team name/mascot) ." (defense example)

Situational Sideline Performed (offense or defense cheer)

Announcer Before Crowd Leading Cheer:

"The Team name/mascot take a timeout. It's time to show your Team name/mascot pride."

Crowd Leading Cheer Performed

Fight Song is Performed

Cheer to judges/crowd exit to side....continue to cheer to the crow/ Judges

End Judging after Last team member safely is on the mat and team "hits the crowd"