

The Game Day competition is set to allow teams from across Virginia the opportunity to compete in game-day style cheerleading. The competition will allow for team to enter the following categories; Full Game Day routine, Band Chant, and/or Fight Song. A team can enter one, two, or all three categories.

I. GUIDELINES:

a. UNIFORM AND EQUIPMENT GUIDELINES

- i. Traditional game day uniform is required.
- ii. All National Federation of State High Schools (NFHS) uniform rules apply.
- iii. School teams must display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, and uniformity.
- iv. The use of signs, poms, flags, and megaphones are allowed and encouraged for performances. The use of additional props is not permitted.

b. COMPETITION PERFORMANCE AREA

- i. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
- ii. The Virginia Commonwealth Games will comply with the NFHS competition surface rule for high school programs and USA Cheer Rules for collegiate programs.
- iii. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area. See Section IV, E for deductions association with out of bounds.

c. MUSIC

- i. Schools must use recorded marching band music for the fight song and Band Chant categories. Any purchased music must provide license agreement.
- ii. All use of music must be compliant with U.S. Copyright Laws.
- iii. The Virginia Commonwealth Games is not responsible for obtaining any necessary permission or licensing of the recorded music used by a school team during the competition.
- iv. Fight Song /Band Music
 1. If a high school/college marching band records their school's original fight song, they will need to get the school's permission to use the song and recording.
 2. If a team legally acquires a recording of a band playing a popular recording from an authorized provider (iTunes, Amazon, etc.), the song can be used as long as no edits are made to the music (other than for timing purposes).
 3. A team cannot use a recording of their band playing a popular song (a cover) or other music without the proper permissions or the band becoming a preferred provider.

d. Video Recording:

- i. Video recording must include the entire floor space. Video should be stationary and the routine must be in 1 take. You cannot edit pieces of the routine together into one video.

II. PERFORMANCE CRITERIA- Full Game Day/ Band Chant Only/Fight Song Only:

Teams will be evaluated on their ability to lead the crowd, proper skill incorporations and performance, motions, dance and overall routine. Game Day practicality is heavily emphasized. Performances should be prepared as they would for sideline leading at a school sporting event. The maximum time limit is three (3) minutes and performed in the following order:

- i. Band Chant
- ii. Situational Sideline
- iii. Crowd Leading (Cheer)
- iv. Fight Song

b. FULL GAME DAY ROUTINES (Collegiate teams refer to collegiate rules at end of document)

- i. The competition will consist of three categories. There should be no “organized” entrances when taking the floor for any of the performances. Entrances to the floor will not be judged.
- ii. Each routine should not be more than 3 minutes in length also adhering to the times below.
 1. Band Chant: Each video submission should start with the band chant.
 - a. The band chant may not exceed one-minute (1) time
 - b. Recorded marching band music or drum cadence performance that encourages crowd interaction.
 - c. No stunts or tumbling are permitted in this section. Jumps and kicks are allowed.
 2. Situational Sideline/Crowd leading:
 - a. Team should complete an offense/defense crowd leading section. For the video submission, the team can select either offense or defense.
 - b. This should be a definitive response and general (colors or team mascot) would not be acceptable for the situational sideline portion of the routine.
 3. Fight Song:
 - a. Traditional school fight song performed to recorded marching band music
 - b. Up to three CONSECUTIVE eight-counts may be incorporated (skills added) with stunts, tumbling

and/or jumps. The incorporation can take place at any point in the performance and can (but does not have to be) be repeated once if desired. IF the incorporation is repeated (to accompany the repetition of the fight song), the incorporation must repeat exactly as initially performed. To properly count your incorporation, start counting the 8-counts with the “dips” of the added skill(s)—the dip to jump, dip to tumble, dip of top person to load stunt, etc.). REGARDLESS OF WHEN THE MUSIC ENDS, counting will continue until the routine is complete or the skills are completed and back on the ground.

- c. BAND CHANT ONLY CRITERIA:
 - i. The band chant may not exceed one-minute time
 - ii. Recorded marching band music or drum cadence performance that encourages crowd interaction.
 - iii. No stunts or tumbling are permitted in this section. Jumps and kicks are allowed.
- d. FIGHT SONG ONLY CRITERIA:
 - i. One-minute time limit
 - ii. Traditional school fight song performed to recorded marching band music
 - iii. Up to three CONSECUTIVE eight-counts may be incorporated (skills added) with stunts, tumbling and/or jumps. The incorporation can take place at any point in the performance and can (but does not have to be) be repeated once if desired. IF the incorporation is repeated (to accompany the repetition of the fight song), the incorporation must repeat exactly as initially performed. To properly count your incorporation, start counting the 8-counts with the “dips” of the added skill(s)—the dip to jump, dip to tumble, dip of top person to load stunt, etc.). REGARDLESS OF WHEN THE MUSIC ENDS, counting will continue until the routine is complete or the skills are completed and back on the ground.

III. Skill restrictions:

- a. No basket, sponge or elevator tosses allowed (cradles are considered dismounts, not tosses).
- b. Coed and “quick” tosses are permitted.
- c. No inversions
- d. No twisting dismounts from stunts
- e. Single-leg extended stunts are limited to liberties and liberty hitches
- f. No running tumbling
- g. Standing tumbling is limited to one tumbling skill at a time. A back tuck is the most elite skill allowed in the game day division

IV. MASCOTS:

- a. Teams may add up to 1 (one) mascot in their Game Day Routine. The mascot must enter the floor with the team and should be used to raise crowd energy and participation. The mascot is not allowed to be involved in any stunts / technical skills and or tumbling and should position themselves away from skills being performed. The mascot will not count towards the total number of participants allowed.

V. COLLEGIATE RULES:

- a. Skill incorporations are limited to those allowed by USA Cheer safety rules during basketball timeouts on hard surface. All college teams will follow the rules set forth by USA Cheer for basketball timeouts in section H.3, which can be found at USACheer.org.
- b. If you plan to enter and want to use your routine to prep for UCA College Nationals, please reach out to organizer, Tarren Thornton at tsmarr@gmail.com.

Junior High/High School Divisions:

Division	Grade/Age	Female/Male	Total Number of Athletes
Recreational Game Day	14 years and younger (not school affiliated)	Female/Male	5-36 team members
Junior High	8 th grade and below	Female/Male	5-30 team members
Freshman	9 th grade only	Female/Male	5-30 team members
Junior Varsity	7 th -12 th grade	Female/Male	5-30 team members
Small Varsity	8 th -12 th grade	Female	5-20 team members
Large Varsity	8 th -12 th grade	Female	21-30 team members
Small Varsity Co-Ed	8 th -12 th grade	Female (1-4 males)	5-20 team members (only 1-4 males allowed)
Large Varsity Co-Ed	8 th -12 th grade	Female/Male (4+males)	21-30 team members

Collegiate Divisions:

Division	Grade/Age	Female/Male	Total Number of Athletes
Collegiate All Girl DI	College team members in Division I	Female	5-20 members
Collegiate All Girl Open	College team members In Division II, Division III, Jr. College	Female	5-20 team members
Small Collegiate Co-Ed	College team members	Female/Male (1-4 males)	5-20 (only 1-4 males allowed)
Large Collegiate Co-Ed	College team members	Female/Male (5+ males)	5-20 team members
Collegiate Dance	College team members	Male/female	5-20