

## **OCCA GAME DAY CHAMPIONSHIPS**

### **Division Breakdown**

#### **HIGH SCHOOL TEAMS**

#### **TUMBLING**

**\*Please note specific division restrictions. Any team who performs skills that are above the restricted list, will receive a tech violation/penalty.**

**Division will include the following order: Band Dance, Situational Cheer, Crowd Leading, and Fight Song and must be performed in this order.**

**JV and Varsity Divisions are offered.**

- Divisions will be split – 1A/2A/3A, 4A, 5A, 6A (coed and all-girl will not be separate). If a division does not have enough teams, divisions may be combined.

**Maximum of 30 athletes per team. Athletes who perform must be listed on the roster. If using dance team members/song leaders, athletes must be part of the team level they are performing with. For example: Varsity Dance Team members must perform with the Varsity cheerleaders.**

#### **1. Band Dance**

- Marching band music-based or drum cadence performance
- Performance should consist of sideline dances and may be repeated
- One-minute maximum time limit with this portion
- Use of poms is allowed
- Performance may encourage crowd response and interaction
- Stunting and tumbling elements are not allowed in the band dance portion

#### **2. Situational Game Day Cheer:**

- The announcer will announce the team's cue following their band dance.
- Teams will not have advance notice of their cues.
- The list provided by OCCA named "OCCA Game Day Situational Cues" will be used.
- Situational game day cheer should not be repeated more than 5 times.
- A prepared script will be given to the announcer with situational cues randomly selected.
- Situational game day cheer should include cheer motions and teams may incorporate props (signs, poms, flags, mascot), stunts, tumbling, and jumps/kicks.
- No music is allowed in this portion
- Skill Restrictions:
  - No basket, sponge or elevator tosses allowed (cradles are considered dismounts, not tosses)
  - No inversions
  - No twisting dismounts from stunts
  - Single leg extended stunts are limited to Liberties
  - No running tumbling in this portion
  - Standing tumbling is limited to one skill at a time. A back tuck is the most elite skill allowed.

#### **3. Crowd Leading:**

- Sideline cheerleading that engages the crowd response. Stunting and tumbling elements should be used to encourage crowd response.
- One minute time limit
- Skill Restrictions:
  - Basket tosses are limited to a one skill toss
  - Single leg extended stunts are limited to Liberties
  - Pyramids are limited to 3 structures/2 transitions. Single leg extended stunts are limited to liberties and hitches.
  - Running Tumbling is limited to three skills at a time. A back tuck is the most elite skill allowed. Example of three skills: Round off, BHS, Tuck
  - Standing tumbling is limited to one skill at a time. A back tuck is the most elite skill allowed.
- Teams are highly encouraged to use props. (signs, poms, flags, mascots)

- No music will be allowed in this division
- 4. **Fight Song:**
  - Fight song should be performed to traditional fight song/recorded band music
  - One minute thirty seconds (1:30) time limit
  - Fight song motions may be incorporated with stunts, tumbling and/or jumps
  - Use of props is allowed (poms, signs, flags, mascots)
  - Skill Restrictions:
    - No basket, sponge or elevator tosses allowed (cradles are considered dismounts, not tosses)
    - No inversions
    - No twisting dismounts from stunts
    - Single leg extended stunts are limited to Liberties
  - No running tumbling in this portion
  - Standing tumbling is limited to one skill at a time. A back tuck is the most elite skill allowed.