GAME DAY/ STOMP & SHAKE/ MASCOT

RULES AND GUIDELINES

The Game Day divisions showcase 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/performance, motion/dance, and overall routine.

Divisions:
- **Rec Game Day**
  - Tiny – Kindergarten and under
  - Mini – 2nd grade and under
  - Youth – 6th grade and under
  - Junior – 8th grade and under
  - Senior – 12th grade and under, minimum of 5th grade
- **High School Game Day**
  - *Please note, the high school **varsity** divisions are different at the OSAA State Cheerleading Championships. The below will only be used at OCCA Game Day Championships.*
  - Junior Varsity
    - 4A/3A/2A/1A
    - 5A
    - 6A
      - **All** junior varsity divisions will be split by the following, but please note low registration numbers could combine divisions:
      - Small: 15 and under
      - Large: 16+
  - Varsity
    - 3A/2A/1A Varsity
    - 4A Varsity
    - 5A Varsity
    - 6A Varsity
      - **All** varsity divisions will be split by the following, but please note low registration numbers could combine divisions:
        - Small: 15 and under
        - Medium: 16-24
        - Large: 25+
- **Stomp & Shake** – High School, (6A/5A/4A/3A/2A/1A)
- **Mascot** – High School, (6A/5A/4A/3A/2A/1A)

School Representation: (applies to all school participants, including mascots)
- Schools are encouraged to include other sideline spirit groups (i.e., dance team, song/pom, mascot, etc.) but all members of spirit groups performing must be official members of their school teams.
- Members of any spirit group should only perform once during the event and the performance will be judged as one unified team.
- All high school participants (including mascots) must meet current OSAA and school district academic eligibility requirements.
- Mascots must be listed on the official cheerleading roster.

Props:
The use of crowd leading tools such as signs, poms, flags, megaphones, and/or banners are encouraged and allowed during **ALL** elements of the game day performance.

Time Limits:
Game Day Division: 3 minutes maximum. The timing will begin with the first note of music from band dance.
Stomp & Shake Division: 3 minutes maximum. The timing will begin with the first movement, cheer, or note of music.
Mascot Division: 2 minutes maximum. You will be limited to 1 minute to set-up your props and 1 minute to breakdown your props.

If a team exceeds the time limit, a penalty will be assessed for each violation.
- (1) 1-3 seconds over = 3-point deduction from the final score.
- (2) 4-6 seconds over = 5-point deduction from the final score.
- (3) More than 6 seconds over = 10-point deduction from the final score.

Floor Size:
- OSAA Sanctioned Events must comply with the NFHS surface ruling that school-based programs may not compete on a spring floor. The approximate floor size will be a traditional mat of 54' (feet) wide by 42' (feet) deep – 9 strips of mats.
- The stomp and shake division will be performed on the gym floor surface.

Specific Skill Restrictions – Applies to all divisions offered.
Skills that are performed outside of the restrictions below will result in a safety violation.
- No baskets, sponge, elevator, or similar type tosses permitted.
- 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.
- 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 to tumble (single skill) would be allowed.

Game Day Division - Performance Order:
Rec Game Day Division: Band Dance, Situational Chant, and Crowd Leading/Cheer
High School Game Day Division: Band Dance, Situational Chant, Crowd Leading/Cheer, and Fight Song

Team Entrance/Exit/Transitions Between Elements:
- Teams will not be allowed to set props prior to the start of routine.
- Once called to the performance floor, teams should take the floor immediately with spirit and enthusiasm. Teams should set props in a timely manner before band dance music begins.
- No stunting or running tumbling is allowed while taking the floor.
- Each element should have a beginning and end. Note: Spirited crowd leading interaction between each component is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between each element.

Band Dance:
- Teams will begin with the band dance element.
- No stunting or tumbling during this element, including prior to the music beginning.
- Teams may perform jumps and kicks.
- Music in this element should be music traditionally played by a school pep band/jazz band.

Situational Chant:
- Following the completion of the band dance element, the announcer will give teams a game scenario indicating an offense or defense situation. **All possible situational cues can be found at the end of this document.**
- Teams will NOT be informed of the situational cue ahead of the event.
- Teams should show their definitive understanding of the situation with an offensive or defensive crowd leading response.
- No music is allowed during this element.
- Skills should be utilized to lead the crowd and include stunts, tumbling, and jumps. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.
- A kick will not be considered as a skill and can be performed at any time during the routine.

Crowd Leading/Cheer:
- Following completion of the situational chant element, teams will transition to their crowd leading/cheer element.
- No music is allowed during this element.
- Skills should be utilized to lead the crowd and include stunts, tumbling, and jumps. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.
- A kick will not be considered as a skill and can be performed at any time during the routine.
- This is a separate crowd leading cheer that is not related to the situational chant.
- Teams should utilize their crowd leading strengths. The use of props is HIGHLY ENCOURAGED.

Fight Song: (Rec team performances do not include this element)
- Following the completion of the crowd-leading/cheer element, teams will transition to their fight song. Teams are encouraged to use their traditional school fight song.
- Skills should be utilized to lead the crowd and include stunts, tumbling, and jumps. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.
- A kick will not be considered as a skill and can be performed at any time during the routine.

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Stomp & Shake Division:

- Teams may participate in a game day division and the stomp & shake division.
- Skills should be utilized include stunts, tumbling, jumps, and kicks. Any number of skills can be performed. Certain skills are not required, but at least one skill is required to be performed.
- Routines may include cheer and dance elements, and music is allowed.
- Teams will be scored on the following: stomp difficulty, rhythm/beat, synchronization, precision, and voice.
- Props and mascots are allowed, but not required.

Mascot Division:

- Mascots are allowed to compete in <u>either</u> a game day division or stomp and shake <u>and</u> the mascot division.
- Participants in this category must be the official mascot(s) of the school and be in official mascot uniform.
- Additional individuals, (i.e., Cheerleaders and/or song/pom, etc.), are not permitted to be visible and/or perform as part of this routine. However, cheerleaders may offer support in setting up props before and after the routine.
- Execute any type of skit or novelty routine.
- Use of a theme and crowd involvement are encouraged. Competitors may use music, props, costumes and accessories.
- Please, no use of water, glitter or other substances that would be harmful to the floor and/or to another competitor.
- Materials that require clean up (i.e., Confetti) are not permitted.
- Tossing, throwing or other projecting any type of object into the crowd is not allowed.

Music:

- Coaches are responsible for playing music or designating a representative.
  - A sound system will be provided.
  - A representative must be present at the sound system at the time of performance.
  - The appointed representative should know your routine and be familiar with the music start/stop points.
  - Download all music directly to your device/phone
  - Turn your device/phone onto "Airplane" mode so your playback will not be interrupted by a text, email, or phone call.
  - Remove phone cover to ensure connectivity to the cord.
  - If music does not play, the coach should begin counting the routine to avoid a time penalty.

Scoring:

- Teams will be scored following the criteria listed HERE during all elements of the performance.
- All material should be suitable and able to be performed multiple times during a game or pep rally.
- No difficulty points in the game day divisions for skills.
- Any deductions or violations will be taken off the final averaged score.

Situational Chant Cues: (team performing is the home team)

- **OFFENSE:**
  - And that's another... first down for the home team.
  - Our team keeps the drive alive with that first down play.
  - What a catch! That sets our team up in the red zone ready to score.
  - It's a close game and our home team is driving down the field for a score.
- **DEFENSE:**
  - Our team needs a big stop here, let's push em back.
  - The home team is digging in to get the stop on our own goal line.
  - Our home team needs to make a stop here to seal the win.
  - After that home team turnover, our team needs to make a stand.