

## GAME TIME SPIRIT

June 2024

Routines should follow this order:

1. Time Out section, followed by
2. School Fight Song section.
  - Entrance WILL be judged. Exit will NOT be judged. (Team does not have to be off the mat at the end of the School Fight Song. Teams will leave the mat similar to Cheer-Dance performances.)
  - Teams will be signaled to take the mat by an entrance buzzer.
  - Timing – Routines should fill **2 minutes**.
    - A one (1) point penalty will be assessed to ANY squad in any division who exceeds the time limit for overall routine and/or music. Any squad who exceeds the time limit by more than 10 seconds will **also** receive a Delay of Performance penalty of two (2) points. **Twenty seconds or more over the time limit will result in the team being disqualified.**
  - TIME OUT section
    - One minute total
    - Begins with a buzzer, similar to a basketball time out
    - Showcase traditional cheerleading skills: leadership, energy, visual appeal, and connection to a crowd
    - Crowd involvement cheer is **non-sport specific** and fits the sideline/game day environment. It should elicit a crowd response, with the use of signs, poms, and/or megaphones, jumps, limited stunting and tumbling
    - Material should be suitable for a game day environment

### SKILL RESTRICTIONS:

- Basket and waist level tosses are not allowed.
- Inversion stunts are not allowed.
- Twisting released dismounts are not allowed.
- Single leg extended stunts are limited to liberties and liberty hitches.
- Running tumbling is not allowed (except on the entrance after the buzzer).
- **Tumbling is limited to a single standing tumbling skill with the highest skill level allowed being a back tuck.**
  - **Exception: A jump CAN be connected to this single standing tumbling skill.**
  - Other examples of standing tumbling skills allowed: back tuck, back handspring, forward roll, forward walkover, cartwheel, standing aerial, jump back handspring, jump tuck.

- SCHOOL FIGHT SONG section
  - One minute total
  - No tumbling or stunting
  - Traditional Fight Song, where skills are minimal and practical
  - Utilize spirit raising props: poms, megaphones, and/or signs
  - Can include a yell back/crowd involvement at the end as long as it fits within the

- time limit
- May include single team jump
- School songs must be used. Schools will be required to sign off to verify their school song.
- NO FLAGS OR BODY FLAGS ALLOWED.

### **JUDGING CRITERIA**

- **Jumps**: 10 points TOTAL
  - Difficulty 5 points
  - Technique 5 points
- **Formations & Spacing**: 10 points TOTAL
- **Transitions**: 10 points TOTAL
- **Crowd Effectiveness**: 15 points TOTAL
- **Motions**: 20 points TOTAL
  - Difficulty 10 points
  - Technique 10 points
- **Use of Crowd Leading Tools**: 15 points
- **Showmanship & Visual Appeal**: 20 points

**DIVISION TOTAL = 100 points**

### **FAQ:**

#### **What are the best Crowd Leading Tools?**

- Good voice volume and enunciation are the first tools to use. Poms, signs, and/or megaphones should be used to enhance the routine. (No flags or body flags allowed.)

#### **What is maximum crowd coverage?**

- Cheering to the ENTIRE gym/arena (whether there are people there or not!!) Using angles to cheer beyond straight forward.

#### **What is genuine spirit and energy?**

- Fun to watch and engaging!! Looks like your team is actually cheering on the sideline!!

#### **Where did the Overall Impression category go?**

- This category has been eliminated, and the points for that category have been

distributed amongst the other categories.

### **What is the difference between Crowd Effectiveness and Showmanship?**

- Crowd Effectiveness addresses the opportunities for crowd response, including the visual creativity paired with difficulty, pace, and energy. Allowable stunting and tumbling skills can be used to enhance the creativity of the Time Out portion of the routine.
- Showmanship includes genuine spirit and energy that should be maintained throughout the routine. Additional elements of showmanship are confidence, poise, natural facial expressions and smiles, and a strong athletic impression.

### **OTHER DIVISION INFORMATION TO NOTE:**

- Formations and Spacing – based upon variety of formations; precise spacing; effective use of the floor; visually and creatively appealing.
- Transitions should be creative and show patterns of movement, presenting a smooth flow of routine with a quick pace.

#### **Jump Difficulty (5 points x 1)**

- 2.5 - 3.0 Some of the team performs a basic jump
- 3.0 - 3.5 Majority of the team performs 1 basic jump and an additional jump
- 3.5 - 4.0 Majority of the team performs 1 advanced jump and an additional jump
- 4.0 - 4.5 Majority of the team performs 2 advanced jumps
- 4.5 - 5.0 Full team performs 2 connected advanced jumps

**Advanced Jumps – pike, side hurdler, front hurdler, toe touch, double nine, around the world**

**Basic Jumps – spread eagle, tuck**

#### **Jump Technique (5 points x 1)**

- 2.5 - 3.0 Poor level of technique
- 3.0 - 3.5 Below average technique
- 3.5 - 4.0 Average technique
- 4.0 - 4.5 Above average technique
- 4.5 - 5.0 High level of technique

**Jump execution – form (pointed toes, arm levels/placement; leg and body position); approach, landing (feet together), hyperextension/height; uniformity, timing**

#### **Motion Difficulty (5 points x2)**

- 2.5 - 3.0 Full team, slow pace
- 3.0 - 3.5 Majority of the team, slow pace
- 3.5 - 4.0 Majority of the team, moderate page
- 4.0 - 4.5 Majority of the team, fast pace
- 4.5 - 5.0 Intricate motions performed by the full team at a fast pace

**Combination and variety of skills, difficulty of movements**

**Motion Technique (5 points x2)**

2.5 - 3.0 Poor technique

3.0 - 3.5 Below average technique

3.5 - 4.0 Average technique

4.0 - 4.5 Above average technique

4.5 - 5.0 High level of technique

**Motion execution – sharpness of motions; wrist and arm placement; uniformity; timing.**

	2023	2024
<b>Crowd Leading Tools</b>	15	15
<b>Formations &amp; Spacing</b>	10	10
<b>Transitions</b>	5	10
<b>Crowd Effectiveness</b>	15	15
<b>Showmanship &amp; Visual Appeal</b>	15	20
<b>Jump Difficulty</b>	5	5
<b>Jump Technique</b>	5	5
<b>Motion Difficulty</b>	10	10
<b>Motion Technique</b>	10	10
<b>Overall Impression</b>	20	ELIMINATED
<b>TOTAL</b>	110	<b>100</b>