



CHSAA Game Day Information 2025-26

Updated 11/6/25

Game Day Routines

The Game Day Championship showcases 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

2A/3A

4A/5A

COED & ALL-GIRL WILL COMPETE AGAINST EACH OTHER IN THE SAME DIVISION

Mascots

A mascot may perform in the Game Day division only for the CHSAA State Competition. However, the mascot must be included in the roster numbers. Mascots must also follow mascot/costume guidelines per NFHS.

Attire for Game Day

Traditional Game Day uniform is required

Routine Time Limit

3 Minutes

****If a team exceeds the time limit, a 5 point penalty will be assessed***

Skill Restrictions

- No Tumbling is allowed.
 - No Tosses (basket, sponge or elevator) are allowed.
 - No Inversions are allowed.
 - No Twisting Released Dismounts are allowed.
 - Single leg stunts are limited to liberties and liberty hitches.
 - Stunts are not allowed as a transition before/between sections.
- **Stunting outside the allotted restrictions will result in a 10 point deduction***

Music

If your Band Chant and Fight Song are common and can be found on iTunes, you may use these versions at competition. Once songs are purchased, you must follow the guidelines below for uploading the compliance documents with your State registration. In addition, if you have your band record the songs for you, you must also upload their permission of use to your account on NFHS as noted below. Songs may also be purchased/downloaded from an approved music provider. Approved providers may be found through the following link: <https://www.usacheer.org/music-provider-directory>

With your State Spirit Registration, there is a MANDATORY upload of your licensing information to the NFHS Copyright Compliance Database found at www.NFHS.org. You must click on the Resources tab and then find the "Copyright Compliance" link. It will prompt you to create an account and login with the NFHS. When you get to the database, you will need to do the following steps: 1. Manage/create your school, 2. Add/manage an ensemble (group) and indicate whether you have a cheer or dance team, 3. Add your music/license information under "manage selections". 4. Once this is all complete, you will go to "Search Events" and look under "Colorado" for the CHSAA State Spirit Championship. You will then click "View/Attend" to add your team into the championship. 5. *It is strongly recommended that you complete the free "Understanding Copyright and Compliance Course" offered through the NFHS.

Game Day Format (in this order)

1. Band Chant

- a. *The first section of the routine*
- b. *Similar to a :30 second time out at a game*
- c. *Should have an emphasis on crowd appeal and practicality*
- d. **No Stunts or Tumbling permitted - Only Kicks and Jumps**

2. Situational Sideline

- a. *The announcer will provide a cue for offense or defense - See below for possible game cues*
- b. *Squads should focus on crowd effectiveness, motion technique and skills relevant to a game day environment*
- c. **Stunting is required in this section to receive max points-review skill restrictions.**

3. Crowd Leading Cheer

- a. *Teams can show spirited interaction from the Sideline into the Crowd Leading material*
- b. *Teams should incorporate spirit props, practical skills and stunts*
- c. *Cheer reflective of a timeout, general sideline / spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along*
- d. **Stunting is required in this section to receive max points-review skill restrictions.**

4. Fight Song

- a. *Should be practical and easy to follow*
- b. *Must follow 8 count restrictions and skill restrictions noted*
- c. **Stunting is required in this section to receive max points-review skill restrictions.**

Format Breakdown

1. Band Chant:

A cue will **not** be given to start the Band Chant. 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.

2. Situational Sideline:

Following the Band Chant, the announcer will provide a cue for offense or 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. **Stunting is required in this section to receive max points-review skill restrictions.**

Potential Game Day Cues (The announcer will select one of these cues to announce):

Offense

- And that's another first down for the offense
- The offense takes control of the ball on their own 25-yard line
- It's a close game and our offense is driving down the field for a score
- The offense takes control of the ball on their own 25-yard line
- It looks like the offense is ready to score

Defense

- Our Defense needs to make a stop here to seal the win
- It's 3rd down for the Defense, get on your feet and make some noise
- The Defense needs to hold them at the goal line
- It looks like there is good Defense on the court
- It looks like the other team is about to score let's hear it for the Defense

3. Crowd Leading Cheer:

Following the Sideline, teams can show spirited interaction as a transition into the Crowd Leading material. Crowd Leading can include a cheer reflective of a timeout, general sideline / spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. Teams should incorporate spirit props and practical skills. **Stunting is required in this section to receive max points-review skill restrictions.**

4. 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 stunting. 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**. **Stunting is required in this section to receive max points-review skill restrictions.**

Score Sheet Breakdown

SITUATIONAL SIDELINE & CROWD LEADING CHEER:

Game Day Situation – 5 Points (sideline):

- Proper use of material and **stunts** relevant to game day environment
- Proper Response to Game Day situational cue
- A designated game situational cue will be given for either offensive or defensive response.
- The team will determine which sideline to perform, based on the cue by the announcer.
- Score will be based on the quick performance and seamless transition and use of material to promote a crowd response.

Game Day Material – 5 Points (cheer):

- Proper use of material and **stunts** relevant to game day environment
- The cheer should
 - Be easy for the crowd to understand?
 - Encourage crowd response?
 - Engage the crowd right away?
 - Consist of practical material.
 - Only include movements and stunts used to help increase crowd participation.

Crowd Effectiveness – 5 Points (sideline) / Crowd Effectiveness – 5 Points (cheer):

Voice:

- Team voices should be LOUD & CLEAR building up to Mascots, Colors, etc.
- Voices should not drop during skill incorporations
- Are their voices loud and are they using proper inflection?

Pace:

- Moderate pace that is easy to follow and allow the crowd time to respond
- Wordy Cheers are difficult to follow
- Tempo and pace of cheer consistent throughout

Flow:

- Material should be seamless from beginning to end – No abrupt transitions or tempo changes
- Material should be easy to understand

Maximum Crowd Coverage:

- Maximum use of the floor to engage crowd

Ability to Elicit Crowd Response

Motion Technique / Crowd Leading Tools – 5 Points (sideline) / Motion Technique / Crowd Leading Tools – 5 Points (cheer):

Motion Technique/Sharpness/Placement:

- Arm levels and proper motion placement by all team members.
- How sharp are they? On the ground and in stunts.

Proper Use of Signs, Poms, Megaphones & Flags:

This section is judged on how well the listed props are used to help lead the crowd in responding to the cheer.

Signs & Flags - Promote crowd involvement, easy to read, shown to crowd in time to yell

Poms - Indicate specific colors or times to yell

Megaphones - Project voices to the crowd

Important Note for Props:

- Full credit will NOT be given automatically for using all types of props - be effective with the props you use. Remember - Quality vs. Quantity.

Execution of Skills Relevant to Game Day Environment - 5 Points (sideline):

****Remember – Are they relevant to a true Game Day Environment? Skills should be SOLID, SAFE & should be 100% performance READY!***

Skills should be practical and what is practical for one team might not be practical for another.

Proper Technique & Stability

- Stunts - Top, Base and Spots
- Keeping in mind a game day performance – all skills should be stable with no movement

Synchronization & Spacing

- Timing of skills performed
- Formations during all skills performed

Execution of Stunts Relevant to Game Day Environment - 5 Points (cheer):

****Remember – Are they relevant to a true Game Day Environment? Skills should be SOLID, SAFE & should be 100% performance READY!***

Proper Technique & Stability

- Stunts - Top, Base and Spots
- Keeping in mind a game day performance – all skills should be stable with no movement

Synchronization & Spacing

- Timing of skills performed
- Formations during all skills performed

Overall Impression - 5 Points (sideline) / Overall Impression - 5 Points (cheer):

Did the team “Lead the Crowd” effectively?

Did the team demonstrate “SPIRIT” raising antics?

Did the team exhibit strong “Athleticism”?

Did the team keep the crowd “Entertained”?

Was the overall routine well “Executed” which led to a “Solid” & “Safe” performance?

***Skill Incorporations Tips:**

Remember - skills should be practical and what is practical for one team might not be practical for another.

Stunts

- Used to make cheerleaders visual to better lead the crowd
- Stunts to consider – Preps, Extension, Liberties, Hitches
- Can they still lead the crowd in the stunt?

Jumps

- Think S-S-S – Single Synchronized Skills
- Synchronized ALWAYS Better – Unless choreographed to match response • Jump combos are better for Performance Routines

Teams should incorporate skills that can be performed well. These skills should not inhibit their ability to lead the crowd effectively. Do what you do well and move on!

BAND CHANT & FIGHT SONG:

Game Day Visual Appeal - 5 Points (band Chant) / Game Day Visual Appeal - 5 Points (fight song):

- Level Changes, Ripples & Creative Movement
- Use of the floor throughout the routine
- Seamless flow from beginning to the end
- Use of Floor and Variety of Formations

Crowd Effectiveness – 5 Points (band chant):

Voice:

- Team voices should be LOUD & CLEAR building up to Mascots, Colors, etc.
- Voices should not drop
- Are their voices loud and are they using proper inflection?

Pace:

- Moderate pace that is easy to follow and allow the crowd time to respond
- Wordy Cheers are difficult to follow
- Tempo and pace of cheer consistent throughout

Flow:

- Material should be seamless from beginning to end – No abrupt transitions or tempo changes
- Material should be easy to understand

Effectiveness of Incorporation – 5 Points (fight song):

- **Stunts** relevant to game day environment
- Stunts and skills should be clean and effective, not a distraction.
- Was the material practical and relevant?
- Was the team engaged with the crowd and encouraging participation?

Motion Technique / Crowd Leading Tools – 5 Points (band chant) / Motion Technique / Crowd Leading Tools - 5 Points (fight song):

- **Motion Placement** – Levels of Arms, Wrist, Elbows
- **Sharpness** – Speed and precision, not bouncy
- **Synchronization** – Motions and props are performed effectively as a whole or in groups
- **Technique** – Good demonstration of team’s cheer dance ability
- **Timing** – Staying on Counts
- **Spacing** – Formations should be spread out for maximum crowd coverage
- **Props** – Used effectively to encourage crowd responses

Execution – 5 Points (band chant):

Skill Technique

- Practical Skill incorporation
- Proper Technique of skills performed

Stability – Strength of movement

Synchronization – Timing of skills performed

Maximum Crowd Coverage – Spread out formation to cover the crowd

Execution of Stunts Relevant to Game Day – 5 Points (fight song):

Skill Technique

- Practical Skill incorporation
- Proper Technique of skills performed

Stability – Strength of movement

Synchronization – Timing of skills performed

Spacing – Formations during all skills performed / formation to cover the crowd

Overall Impression – 5 Points (band chant) / Overall Impression – 5 Points (fight song):

Energy, Leadership & Connection to the Crowd

- Energy and enthusiasm from beginning to end
- Strong leadership for the crowd
- Did the team keep the crowd “Entertained”?
- Did the team “Lead the Crowd” effectively?
- Transitions between components were smooth and effective