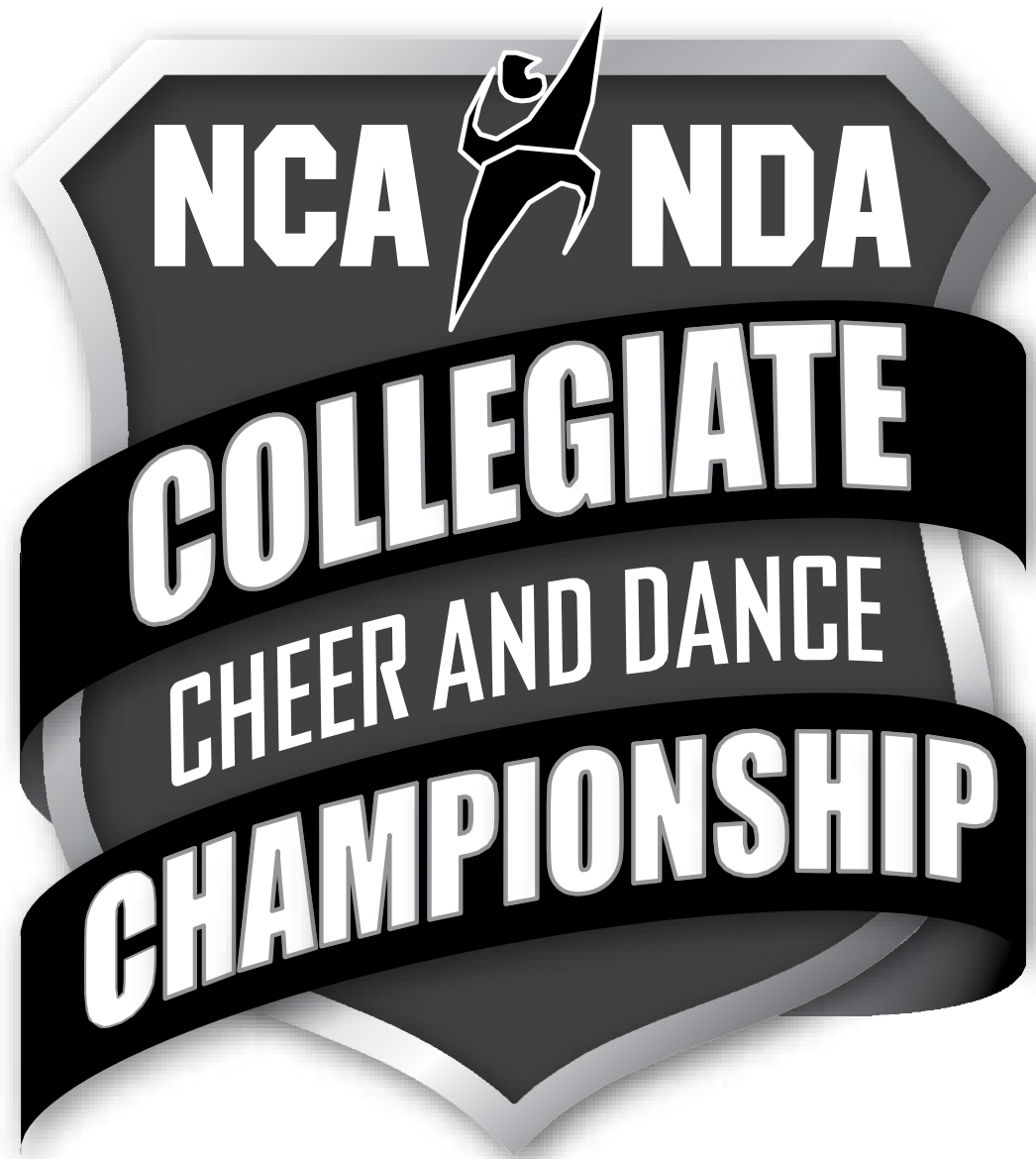


# COLLEGE COMPETITION RULES

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# GAME DAY



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## OBJECTIVE

To provide a unique and exciting opportunity for school Spirit Programs to work together to showcase their ability to promote school spirit and excitement in support of their school and its athletic teams. This division not only allows the use of traditional sideline cheer and dance teams, but also the incorporation of members of the school Marching Band, Pep Band, Drum Line, Mascot(s), Spirit Group/Club, etc. The primary responsibility of Spirit Programs is to develop and implement effective methods of generating excitement and often requires close coordination between various campus groups. NCA & NDA now offers a way to showcase this at the highest level on the largest stage in spirit competition at the NCA & NDA Collegiate Cheer and Dance Championship..

## BENEFITS OF GAME DAY

1. Turn the skills, creativity and school traditions that you utilize on the sideline into a winning routine.
2. Earn the title of National Champion along with the coveted Megaphone trophy and National Champion Banner in a division that embodies college spirit in its purest form.
3. Utilize the preparation for games and game performances to prepare your team to compete.
4. Better develop and display the core elements of your role at games.
5. Increase the value that the entire Spirit Program brings to your school and its athletic events.
6. Develop a successful and dynamic working relationship between ALL spirit-related groups on campus.
7. Earn advancement to FINALS in the historic Daytona Beach Band Shell.

## GAME DAY DIVISION SKILL SCORING & RESTRICTIONS

Skill incorporations are allowed and encouraged throughout the Game Day Division as long as they are utilized to effectively promote and encourage crowd involvement and entertainment. The NCA & NDA Point and Safety Deduction System will be utilized (see rule book.)

Teams competing in the GAME DAY division will adhere to hybrid safety guidelines. Only trained cheer and dance members may perform skill incorporations. Dancers must abide by the NDA College Safety Rules, and Cheerleaders must abide by the USA Cheer College Safety Rules with the following additional permissions and limitations.

### STUNTS/PYRAMIDS

- Pyramids sustained at 2 ½ persons high are PERMITTED
- Twisting stunts (i.e. full ups) may not exceed 1 and ¼ twisting rotation

### TOSSES

- Flipping tosses are permitted with zero twisting rotations
- Non flipping/twisting tosses may not exceed 2 and ¼ twisting rotations

### TUMBLING

- Twisting flips are not permitted

### KEY SCORING REMINDERS

- The perceived practicality of skills performed being conducive in a “real life” Game Day environment will factor into the scoring.
- Included skills must be practical for Game Day and should be executed with strong technique while providing a visual effect that influences the crowd’s participation or entertainment value.

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- Poor technique that pulls attention from the crowd will negatively impact the score.
- The NCA & NDA Point and Safety Deduction System will be utilized (see rule book.)
- Use of cheer and dance skill incorporations amount to 30% of the total score. The Game Day effects created by the use of Spirit Programs to lead and entertain the crowd is 70%.

## GENERAL RULES

1. Each team may be comprised of a maximum of 30 participating members.
2. Participants may include cheer, dance, mascots, band, drumline, flag corps, etc.
3. All Participating members must meet NCA & NDA eligibility verification requirements and exclusivity policy, and must also meet all respective school's eligibility requirements. (See Rule Book)
4. Cheer participants may **NOT** also be members of a cheer team competing in another cheer division at the NCA & NDA Collegiate Cheer and Dance Championship.
5. Dance participants may utilize this as their second routine.
  - *Due to the time of day that the Game Day division will be offered, only dancers in the Team Performance, Pom or Hip Hop categories will be eligible.*
6. All participating members, coaches and directors must follow the championship rules for Code of Conduct, Sportsmanship, and School Representation. (See Rule Book)
7. Performance Area is restricted to the 42' x 54' performance mat and must follow cheer boundary rules for the competition for all participants. (See Rule Book)
8. The maximum time allotted for each Game Day performance is three (3) minutes.
9. Recorded band music is required and must follow the Varsity Spirit Music Guidelines. Visit [Varsity.com/music](http://Varsity.com/music) for more information. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
10. The use of signs, flags, banners or other spirit related props are highly recommended.
  - Props may be touching out of bounds without penalty, however participants may not step out of bounds with both feet to retrieve the prop.
  - No items may be thrown, tossed, or released from the performance area into the crowd.
  - Instruments may not be utilized in skills.
  - Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including, but not limited to, guns, knives, swords, nun-chucks, etc.).

## GAME DAY PERFORMANCE CRITERIA

### PERFORMANCE STRUCTURE

- Incorporation of multiple spirit groups:
  - Minimum 20% band/drumline
  - Minimum 20% cheer and/or dance
  - Minimum 10% mascots/color guard/majorettes/student spirit group
- Incorporation of school traditions
- Incorporation of visual and response enhancing props
- Smooth and seamless transitions between performance categories

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## SCORING

Game Day is NOT a Cheer and/or Dance competition, but rather the coordination of multiple school spirit groups working in unison to promote and engage crowd participation in support of the school's athletic teams. While the incorporation of cheer and/or dance skills do consider into the scoring, so does the opinion of the judges as to how applicable such skills are to a live Game Day scenario and environment. Much of the scoring is subjective in terms of overall performance development and implementation, as well as the overall crowd appeal and entertainment value.

## BAND CHANT(S)

The Band Chant performance should consist of at least one (1) traditional school band chant. Band chants should promote crowd response and participation. All spirit groups should be performing in a coordinated fashion utilizing crowd-response props and visual tools. Skill incorporations should require minimal formation transitions and be conducive to spontaneous start in a real Game Day or Pep Rally situation. Motion technique, energy level, facial expressions, body language and crowd interaction are all key factors in the scoring of this category. There should be an obvious distinction between the school Band Chant(s) and the school Fight Song for scoring purposes. Teams may be required to provide specific timing designations if these music segments run together.

## CROWD LEADING

The Crowd-Leading section should be without music but may be accompanied by onstage drum or instrument cadence. Formation and level changes are relevant in the section as desired or required for visual affect, and all crowd-leading props should be incorporated (signs, poms, flags, megaphones). Again, it is important for all spirit groups to be performing in a coordinated fashion to provide a structured appearance that is visually appealing. The focus should be to create a simple and easy to understand method for crowd response while utilizing body language, eye contact, energy level and crowd interaction skills in addition to visual props.

## FIGHT SONG

The Fight Song segment should be the school's traditional fight song at its normal pace and length as it would be played in a Game Day or pep rally setting. Cheer and dance performers should begin in traditional sideline formation displaying a traditional Game Day fight song performance that complement each other in choreography. Transitions should be limited for visual affect, incorporations or the ending portion of the fight song for the conclusion. Skills should be easily incorporated at a quick pace (1-2 8-counts) and appear effortless. Synchronized skills would add value when performed with a high level of execution. Motion technique, facial expressions and eye contact, as well as overall execution and performance appeal will factor into the scoring in this section. The school fight song is commonly played numerous times during an athletic event, so the design and performance should be conducive to spontaneous and repetitive execution with ease. There should be an obvious distinction between the school Band Chant(s) and the school Fight Song for scoring purposes. Teams may be required to provide specific timing designations if these music segments run together.

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## FORMAT

1. Timing will begin with the first word or sound of music to start the performance.
2. Teams may stage props immediately following the conclusion of the team before them, but this staging must be timely so that it does not disrupt the flow of the competition and cause any delay. Outdoor elements (wind and sun) should be taken into consideration when determining how props will be handled.
3. Each performance must consist of the following performance sections, however you may determine the order of the sections.

## CROWD LEADING SECTION

1. Traditional school cheers and/or chants.
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. No recorded music or voice enhancement is allowed. Onstage instruments are allowed to help set and enhance the rhythm and beats.
4. Only trained cheer and dance members may perform skill incorporations.
5. Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.
6. Actual crowd response at the Championship is NOT scored.

## BAND CHANT SECTION

1. Traditional school band chant(s).
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music **must** be used and onstage musical instruments may also be utilized.
4. Only trained cheer and dance members may perform skill incorporations.
5. Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.

## FIGHT SONG SECTION

1. Traditional school fight song.
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music **must** be used and onstage musical instruments may also be utilized.
4. Only trained cheer and dance members may perform skill incorporations.
5. Scoring in this segment is based on the ability of the performers to effectively and accurately perform a traditional school fight song displaying high energy and solid performance techniques.