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Hello Coaches & Advisors!

We are so excited to see you all in Orlando for the 2019 UCA & UDA College Cheerleading and Dance Team National Championship.

Here are some things to keep in mind for the Game Day Competition.

Game Day Order

The order for Game Day will be random and based off the announcer's audio cues. Coaches will be given the order when you check in to the music table.

Cheer Components:

1. Fight Song
2. Situational Sideline (offense/defense)
3. Game Day Timeout

Dance Components:

1. Fight Song
2. Game Situation (offense/defense)
 1. Real life scenario sideline where team will react to cue
 2. Performance of a Timeout to band music

3. Performance Routine

Game Day Cues

FIGHT SONG:

Let's hear it for the band.

That's a win for _____.

OFFENSE SIDELINE:

The home team takes control of the ball on their own 25 yard line.

_____ just got a first down.

DEFENSE SIDELINE:

Our defense needs to make a stop here to seal the win.

It's 3rd down for the D, get on your feet and make some noise.

TIMEOUT ROUTINE:

There's a timeout on the floor.

The home team has called a timeout.

Game Day Drumline or Band

If your team is using a live band or drumline, they will be required to stand off to the side of the stage during the routine performance.

Rules Reminders

NEW - For cheer and dance teams competing in the Game Day divisions, we will allow teams to have up to a maximum of 30 seconds to enter the floor and get set with your signs and flags. The announcer will call the first cue at or before (if team is set) the 30 seconds. All entry and rules guidelines will still apply, and keep in mind that your entry to the floor will not be judged. The overall time limit is 3:00.

See below for friendly reminders.

CHEER:

1. Flips into or from partner stunts or pyramids will be prohibited.
2. Twisting stunts and dismounts may not exceed 1½ rotation.
3. Flipping tosses are permitted with zero twisting rotations.
4. No twisting tumbling is allowed.

MASCOTS:

Teams may add up to 1 (one) mascot in their routine. The mascot must enter the floor with the team and should be used to raise crowd energy and participation.

The mascot will not count toward the number of participants allowed.

CHEER – As stated in the rules. the mascot should not be involved in any stunts / technical skills and / or tumbling, and should position themselves away from skills being performed.

DANCE – As this is the first year for Mascots in the Game Day division, the mascot will be allowed to perform dance tricks that follow the dance safety guidelines.

Music Guidelines

A responsible adult/coach familiar with the routine is required to remain at the music table during the performance. All music for your Game Day performance will need to follow the music guidelines.

For more information regarding the music guidelines, please visit www.varsity.com/music. You can find specific information about band music on slides 18-20 of the music guidelines. See you all very soon!

