



## **2026 NNSC SPIRIT PROGRAM GAME DAY**

### **DIVISION GUIDELINES**

#### **Spirit Program Game Day & Spirit Program Game Day LIVE Division and Description:**

The Spirit Program Game Day Divisions emphasize the collaboration and cohesion of a school's cheer, dance, and/or band spirit groups in an exciting new Game Day format that fosters school pride while showcasing the school's traditions in an entertaining and crowd effective performance.

#### **Fight Song**

- The fight song section should demonstrate a school's traditional Fight Song that a team performs at games and pep rallies. Teams should incorporate crowd effective elements and choreography that enhances the overall effect.
- Teams that do not have an official school Fight Song may use fight song music from an approved provider or use a second selection of band chant music. Music guidelines are available at [varsity.com/music](http://varsity.com/music).

#### **Crowd Leading (Sideline or Chant)**

- The Crowd Leading section should incite and encourage crowd engagement by using traditional sideline material with repetitive, easy to follow words.
- Examples:
  - Defense XX, Defense XX...
  - L-I-O-N-S, Let's Go Lions, L-I-O-N-S, Let's Go Lions
  - Blue X Gold, Let's Go Lions

- If performing with a band: The pep band should accompany and emphasize the effort by providing grooves, cadences and or tags that the cheer/dance team and crowd could easily yell along with, enhancing crowd interaction.

### **Timeout/Tradition**

- The timeout/tradition section should exhibit an interactive and entertaining performance similar to what spirit teams might collaboratively perform during halftime, an extended timeout, or a pep rally. This is the best time to showcase spirit program cohesiveness and unison while demonstrating energy, leadership, visual appeal, and connection to the crowd.

### **Divisions**

NSSC Spirit Program Game Day:

- **Spirit Program Divisions – Varsity DI & Varsity DII**
  - Spirit Program (Cheer & Dance)
  - Spirit Program Cheer LIVE (Cheer & Band)
  - Spirit Program Dance LIVE (Dance & Band)
  - Spirit Program LIVE (Cheer, Dance & Band)
- Junior High and Varsity divisions will be split.
- Junior Varsity teams can combine with the Varsity for Spirit Program Game Day/LIVE Divisions.
- A minimum of five (5) athletes must represent each performance group (cheer, dance, &/or band/color guard).
- Overall minimum of 10 athletes/performers
- Individual athletes must be registered as the same performer type (cheer, dance or band) throughout the championship weekend.
- A maximum of 75 athletes/performers are allowed to represent the spirit program.
- Up to two (2) Mascots are allowed and are **not** included in the total participant number.

*NOTE: UCA and UDA will split divisions in the best interest of providing a competitive environment. If/when a division has 11 or more teams, additional splits may be offered. If/when a division has less than three teams, they may be combined into the same age/size division.*

### **Time Limitations**

- Total performance time 4:00 minutes.
- Timing will begin with the first movement, voice, or note of music— whichever comes first.
- All athletes and performers have 30 seconds from the team's introduction to take the floor and begin the routine. The 30 second entrance time is NOT included in the 4 minutes total time limit. If a team exceeds the time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.