

Maine Game Day Competition Information



Fall Competition Season
2023

Maine Game Day Competition - showcases what traditional cheerleading is all about – leading the crowd! Teams compete in categories that they would do in a typical game situation while on the sideline. The focus is on crowd involvement and building school spirit / celebrating school traditions.

Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations / performance, motion/dance and overall routine. The performance will follow this order: Band Chant, Situational Sideline, Cheer, and finally the Fight Song (see additional details throughout this document).

Maine Game Day Competition Overall Highlights:

- The use of crowd leading tools such as signs, poms, flags and/or megaphones is encouraged.
- The incorporation of stunts and tumbling are only allowed during the fight song, sideline, and cheer. Stunts are not allowed as a transition before or between sections. This would include the team's entry to the floor, between the sideline and cheer, and any time prior to starting the performance. Exception: Tumbling is allowed prior to the start of the performance and between sections, but would be prohibited in the band chant section.
- Focus should be on the quality of the stunts / skills performed NOT the quantity of the stunts / skills performed.
- The Band Chant should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, however jumps and kicks are allowed.
- Following completion of the band chant, the team will perform their Situational Sideline cheer (with their preassigned offense or defense situation). Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
- The Crowd Leading Cheer comes next and the use of signs, poms, flags and/or megaphones is encouraged. Stunts are allowed.
- Finally, the Fight song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count.
- Each section should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, this would include the team's entry to the floor and any time prior to starting the performance.

- The panel officials will score based upon a 100-point system. The Situational Sideline and Crowd Leading Cheer official will account for 50 points, while the Band Chant and Fight Song official will account for the remaining 50 points.

Maine Game Day Competition Guidelines:

- **Uniforms** – traditional sideline uniforms that cover the midriff are required.
- **Hair** – hair must be tied up, off shoulders for all athletes (male and female)
- **Masks** – host school / location will determine mask policy for their venue and teams are expected to comply.
- **Spotters**- additional spotters will not be provided at Maine Game Day competitions.
- **Sportsmanship**- All athletes agree to conduct themselves in a manner displaying good sportsmanship throughout the competition.
- **Time Limitations** – timing will begin with the first sound or movement after the team has spirited onto the mat / field. Routine time must not exceed three (3) minutes. **A deduction of 1.0 points will be assessed if team goes over time.**
- **Music Guidelines** The same music guidelines from Winter competition season apply during Game Day competition. Teams must be able to provide proof of licensing, in the form of a printed copy, to the competition host. Music must be provided in a format decided by the competition host.
- **Competition Performance Area** – Athletes must start with at least one foot on the ground. Approximate floor size will be 42 feet wide by 28 feet deep (7 strips). **Any athlete stepping off the mat / performance area will cause the team to receive a .50-point deduction per occurrence**
- **Tie Breaker** - In the event of a first-place tie, the team with the lessor deductions will be awarded first place. If the deductions remain equal, the tie will not be broken and both teams will be awarded first place.
- **Maximum number of athletes on the floor = 30**
- **Officials will include:** 1 Lead – Rules & Deduction official, 1 Cheer & Sideline official and 1 Band Chant & Fight Song official for a total of 3 officials.
- **No pre-competition set up on the mats will be allowed before the team takes the mat** – i.e., no lining up of megaphones / poms / signs / etc. IF applicable, athletes will place these items on the mat upon the start of their timed performance
- **Judging Criteria**– The two (2) panel judges will score teams using the criteria listed on the Maine Game Day score sheets. Each team will be evaluated on a 100-point system. Any deductions will be taken off the final score.
- **Requirements – Teams must:**
 - Showcase what traditional cheerleading is all about – leading the crowd! Teams will be scored on their ability to lead the crowd, incorporate game day skills, motions, dance and overall routine.
 - Each Game Day performance should consist of the following four elements: Band Chant, Situational Sideline, Crowd Leading Cheer and Fight Song, in this exact order.
 - Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures (example: stunts, running of the flags, chest bumps, hugs, handshakes, etc.). Stunts

are not allowed during the team's entry to the floor or any time prior to starting the performance.

- All teams should refrain from any type of excessive celebration following the team's performance. There should not be any organized exits or other activities after the official ending of the routine.
- Once a team member takes the floor, they must remain on the floor until the end of the performance. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. **A .5-point deduction will be assessed for Props (signs, etc.) that are made of solid material or have sharp edges/corners released from a top person or for persons on the ground throwing hard props.**
- **Crowd-leading engagement tools are encouraged**, including: Signs, Poms, Megaphones, Flags or Mascots

Maine Game Day Competition Skill Restrictions:

- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed.
- No twisting released dismounts are allowed.
- No running tumbling is allowed.
- Single leg stunts are limited to liberties and liberty hitches at prep or extension level.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled single back handsprings would be allowed. Jump tumble (single skill) would be allowed.
- In between elements, teams must always return to the performance surface. Teams may kick, jump or tumble but must NOT stunt between the 4 required elements.
- During the Band Chant, only kicks and jumps are permitted.
- Teams MUST include a skill (stunt or tumbling, not just jump/kick) in Situational Sideline, Crowd Leading Cheer **AND** Fight Song **OR** will receive a ZERO (0) for Execution of Skills during the different required elements

Maine Game Day Competition Deductions:

- **Individual Athlete** - Minor Fall (hands/knees down in tumbling, jumps or other skills) – **0.50 points**
- **Individual Athlete** – Major Falls (landing on head, shoulders, back during tumbling, jumps or other skills) – **1.0 points**
- **Partner Stunts** –
 - **Bobble(s)** stunts or tosses that drop / fall or excessive movement of bases. This includes dropping of an extended stunt to prep level OR bases traveling to keep the stunt extended. Stunts that come down but do not meet any of the Minor/Major Fall definitions will be issued a building bobble - **0.50 points**
 - **Minor Fall(s)** – drop from a stunt, top becoming weight bearing on a spotter, base or spotter landing on the ground, or if a top is brought to performance surface in a controlled manner. In a 2-foot stunt, if both feet drop below prep level or in a 1-foot stunt, the foot that is providing support drops below prep level a Minor Fall will be issued. Incomplete twisting baskets. Stunts could meet this definition and continue building following the infraction. - **2 points**
 - **Major Fall(s)** – drop from a stunt to a compromising position. This would include the top landing in a position not mentioned in Building Minor Fall(s) or to the ground in an uncontrolled

manor or multiple bases or base and spotter landing on the ground. Stunts could meet this definition and continue building following the infarction. - **3 points**

Maine Game Day Competition Routine Requirements: teams will perform all 4 elements in this order:

1. Band Chant
2. Situational Sideline
3. Crowd Leading Cheer
4. Fight Song

First Element - Band Chant – a short, upbeat music track that repeats often to create excitement and familiarity with the crowd. This differs from a band dance in that there is a spot for the crowd to yell an intended response. Consider using an instrumental version of a popular song like *Sweet Caroline*, *Don't Stop Believin*, etc. This is the first section of the routine and is similar to a :30 second time out at a game.

Teams should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. 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. Teams 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. This is a great way for a school to develop and start a “new” tradition for the school.

- There should be an emphasis on crowd appeal and practicality (yelling letters, colors or mascots over music)
- NO stunts or tumbling permitted
- ONLY Jumps and kicks are allowed
- Choreography must contain elements of dance / motions (including: level changes, ripples and creative movements).
- Motions and/or crowd leading tools must be used to encourage a crowd response.
- Formations should not differ dramatically from the standard lines utilized at a game to encourage crowd participation

Second Element - Situational Sideline – Offensive or Defensive Situation will be assigned to the team by the competition host prior to the competition and team will perform a sideline cheer based off of the designated game situational cue.

- Team performs a sideline cheer (defense or offense depending on what was assigned prior to the competition) using signs, poms, megaphones and/or flags in an organized manner to help the elicit a crowd response
- Trying to use all tools in a hectic way would take away from what crowd leading tools should add – Repeats and ends after a verbal command or a set, designated number of times – This section can blend into your Timeout Cheer (just like you would on the sideline at a game)
- Sideline cheer must be obvious that it's for a defense OR an offense play, depending upon which situation (offense or defense) your team has been assigned prior to the competition
- Skills (stunts or tumbling) must be utilized in a way to maximize crowd participation, not distract from it
- Formations should be similar to how you'd stand on the sidelines of a game

- All athletes must return to the performance surface upon completion of the Situational Sideline cheer AND the cheer must have a distinct ending before the crowd leading element.

Third Element – Crowd Leading Cheer – this is an additional way to elicit a crowd response that is not accompanied by music. Examples include a general sideline cheer not related to a specific play, a mascot and school spell outs, as well as other traditional cheer material.

Instructional words / verses should be kept very short with the focus on the crowd response. Motions and/or crowd leading tools along with the skills (stunts and/or tumbling) must be utilized in effort to generate a crowd response.

Various formations should be used to maximize crowd coverage, similar to what would be done for timeouts and other organized performances. Incorporate signs, poms, flags, etc.

- Cheer must be easy to understand and have easy to follow words for crowd to respond to
- Signs and poms should assist the crowd in determining responses, words, sides of the stadium to respond, etc.
- Difficulty is NOT a part of the score BUT make sure that skills performed are perfected so you don't lose points.
- Need to be in solid position to cheer and stunt while holding signs, poms, etc.

Fourth Element - Fight Song – a musical selection often written specifically for a school or team. It is traditionally played by the band or DJ after a big play, if the team scores or at the beginning / end of a game. Teams who do not have a fight song may utilize one from a major university (example: Florida State University war chant ... Go Noles!).

During the Fight Song element, teams should incorporate crowd effective skills (stunts and / or tumbling) and can include spirit raising props to enhance the overall effect. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and / or tumbling. 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).

Choreography must contain elements of dance / motions. Level changes, ripples and creative movements can enhance the score if performed well. Motions and / or crowd leading tools with skills (stunts and/or tumbling if the division allows) must be utilized in an effort to elicit a crowd response. Formations should not be dramatically different from the standard lines you would use at a game or during the rest of your competition performance.

- Fight Song can incorporate stunts and tumbling
- Should be practical and easy to follow
- Must follow 8-count restrictions (3 consecutive 8-counts of stunts and / or tumbling)
- Must include sharp motions to music – Ripples, line changes, etc.
- Difficulty is NOT a part of the score BUT make sure that skills performed are perfected so you don't lose points.
- Need to be in solid position to cheer and stunt while holding signs, poms, etc.
- Again, another great opportunity to develop and start a new tradition for a school

Between Sections –

- Transitions should be smooth
- Teams should utilize natural energy and spirit at all times
- Proper placement of props (helps to emphasize organization on the sideline)
- Spacing restrictions in place to keep it practical for what would happen/work on sideline during a game situation
- Following each section, teams must return to the performance floor and show a clear separation between elements.
- Teams may show spirited interaction as a clear transition into the crowd leading material but are not allowed to stunt.
- 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 the crowd to yell along.
- Teams should incorporate spirit props and practical skills (stunts and/or tumbling).

How Teams Are Judged – teams are judged on execution, crowd effectiveness, energy, and overall performance

Overall Impression (10 points from each panel official for a total of 20 possible points)

- 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?
- Were transitions between components minimal and clean?
- Did the team present a positive image of genuine school spirit and energy?

Band Chant (20 points)

- Were there multiple formation changes?
- Were motions creative / clean / have level changes / ripples?
- Was the team engaged with the crowd and encouraging participation?
- Were props (signs, megaphones, poms, flags) used / placed correctly?
- Was the material practical and relevant?
- Were the skills clean and effective OR were they distracting?
- Did the team utilize kicks/jumps during the Band Chant?

Fight Song (20 points)

- Were there multiple formation changes?
- Were motions creative / clean / have level changes / ripples?
- Was the team engaged with the crowd and encouraging participation?
- Were props (signs, megaphones, poms, flags) used / placed correctly?
- Were the skills relative to the game environment?
- Were the skills clean and effective OR were they distraction?
- Were the skills synchronized and spaced correctly?

Crowd Effectiveness – Situational Sideline (20 Points)

- Was the correct situational sideline utilized (offense / defense)?
- Were the athletes' voices loud and clearly able to be understood?
- Did the voices drop during the building of skills?
- Was the motion placement (levels of arms / wrists / elbows) correct?
- Were the motions sharp (using correct speed and precision, not bouncy)?
- Were the motions / props synchronized as a whole or in groups?
- Were the props used effectively to elicit crowd responses, easy to read and shown to the crowd at the correct time for them to yell their response?
- Were the formations spaced out for maximum crowd coverage?
- Were the skills clean, effective and practical?
- Was the pace easy to follow / understand?
- Was there a smooth flow from start to finish?
- Was the pace easy to follow and did it allow the crowd time to respond to the cues?

Crowd Effectiveness – Crowd Leading Cheer (20 Points)

- Were materials used properly and relevant to a game environment?
- Were the athletes' voices loud and clearly able to be understood?
- Did the voices drop during the building of skills?
- Was the motion placement (levels of arms / wrists / elbows) correct?
- Were the motions sharp (using correct speed and precision, not bouncy)?
- Were the motions / props synchronized as a whole or in groups?
- Were the props used effectively to elicit crowd responses, easy to read and shown to the crowd at the correct time for them to yell their response?
- Were the formations spaced out for maximum crowd coverage?
- Were the skills clean, effective and practical?
- Was the pace easy to follow / understand?
- Was there a smooth flow from start to finish?
- Was the pace easy to follow and did it allow the crowd time to respond to the cues?

Skill Incorporation Tips –

Stunts

- Used to make cheerleaders more visual / better lead the crowd.
- May utilize preps, extensions, liberties, hitches, etc.
- Ensure the athletes in stunts are still able lead the crowd while in the stunt.
- Incorporate skills that are performed well – not ones you are working on.

Tumbling / Jumps

- Focus on Single Synchronized Skills (avoid popcorn!). NOTE: Synchronized is ALWAYS better.
- Ripples (groups) can be effective in certain crowd response call-backs (ex: asking the crowd to yell “B-H-S” while your different groups hold up signs with letters B, H and S).
- NOTE: Running tumbling is NOT allowed during Maine Game Day competitions.

Score / Deduction Sheets – 2 officials will both be awarding up to 50 points for a grand total of 100 points max per team. See next pages for both score sheets AND deduction sheet.

Maine Game Day Competition Fight Song & Band Chant Score Sheet

Team Name: _____

Division: _____

Judge Name: _____

Band Chant (20) <i>(1st required element in routine)</i>	Points	Score	Comments
Game Experience Visual Appeal <i>Overall use of formations, level changes, ripples, creative movements within group and levels</i>	5		
Material Relevant to Game Environment <i>Was the crowd encouraged to participate? Clean / Crowd effective skills.</i>	5		
Motion technique / Crowd Leading Tools <i>Sharp motions in the correct placement. Correct use of signs, poms, megaphones and/or flags to lead crowd</i>	5		
Execution <i>Technique, stability, synchronization and spacing</i>	5		
Fight Song (20) <i>(4th required element in routine)</i>	Points	Score	Comments
Game Experience Visual Appeal <i>Overall use of formations, level changes, ripples, creative movements within group and levels</i>	5		
Effectiveness of Incorporation <i>Are the skills relevant to game environment? Clean / Crowd Effective Skills</i>	5		
Motion technique / Crowd Leading Tools <i>Sharp motions in the correct placement. Correct use of signs, poms, megaphones and/or flags to lead crowd In sync with band music</i>	5		
Execution of Skills relevant to Game Environment <i>Technique, stability, synchronization and spacing</i>	5		
Overall Impression (10)	Points	Score	Comments
Leadership to engage and connect with the crowd <i>Present a positive image of genuine school spirit and energy. Transitions between Game Day components (minimal & clean). Collaboration with music & overall musicality</i>	10		
Total	Possible	50	

Maine Game Day Competition

Crowd Leading Score Sheet

Team Name: _____

Division: _____

Judge Name: _____

Situational Sidelines (20) <i>(2nd required element in routine)</i>	Points	Score	Comments
Game Situation <i>Proper use of material and skills relevant to game play – offense / defense.</i>	5		
Crowd Effectiveness <i>Voice, pace, flow, maximum crowd coverage and ability to have crowd respond to cues</i>	5		
Motion Technique & Crowd Leading Tools <i>Sharp motions in the correct placement. Correct use of signs, poms, megaphones and/or flags to lead crowd</i>	5		
Execution of Stunts / Tumbling Relevant to Game <i>Clean effective Stunts / Tumbling. Focus is on technique, stability of stunts, synchronization and spacing.</i>	5		
Crowd Leading Cheer (20) <i>(3rd required element in routine)</i>	Points	Score	Comments
Game Material <i>Proper use of material and skills relevant to game environment</i>	5		
Crowd Effectiveness <i>Voice, pace, flow, maximum crowd coverage and ability to have crowd respond to cues</i>	5		
Motion Technique & Crowd Leading Tools <i>Sharp motions in the correct placement. Correct use of signs, poms, megaphones and/or flags to lead crowd</i>	5		
Execution of Stunts / Tumbling Relevant to Game Day Environment <i>Clean effective Stunts / Tumbling. Focus is on technique, stability of stunts, synchronization and spacing.</i>	5		
Overall Impression (10)	Points	Score	Comments
Team leadership to engage and connect with the crowd <i>Genuine school spirit and energy. Transitions between Game Day components are minimal & clean.</i>	10		
Total	Possible	50	

Maine Game Day

Deduction Sheet

NFHS Rule Violation

Individual Athlete - Minor Fall (hands/knees down in tumbling, jumps or other skills) – **0.50 points**

Deduction Total

Individual Athlete – Major Falls (landing on head, shoulders, back on tumbling, jumps or other skills) – **1.0 points**

Deduction Total

Building –

Bobble(s) stunts or tosses that drop / fall or excessive movement of bases. This includes dropping of an extended stunt to prep level OR bases traveling to keep the stunt extended. Stunts that come down but do not meet any of the Minor/Major Fall definitions will be issued a building bobble - **0.50 points**

Deduction Total

Minor Fall(s) – drop from a stunt, top becoming weight bearing on a spotter, base or spotter landing on the ground, or if a top is brought to performance surface in a controlled manner. In a 2-foot stunt, if both feet drop below prep level or in a 1-foot stunt, the foot that is providing support drops below prep level a Minor Fall will be issued. Incomplete twisting baskets. Stunts could meet this definition and continue building following the infarction. - **2 points**

Deduction Total

Major Fall(s) – drop from a stunt to a compromising position. This would include the top landing in a position not mentioned in Building Minor Fall(s) or to the ground in an uncontrolled manor or multiple bases or base and spotter landing on the ground. Stunts could meet this definition and continue building following the infarction. - **3 points**

Deduction Total

Other Deductions

Props (signs, etc.) – made of solid material or have sharp edges / corners released from a toper person OR for persons on the ground throwing hard props – **0.50 points**

Stepping off the mat – any athlete stepping off the mat (per occurrence) – **0.50 points**

Exceeding time limit – going over 3 minutes – **1.0 points**

Maine Game Day Format Violations – 3.0 points

- Skills or elements that do not meet the additional skill restrictions for a Maine Game Day performance (exceeding 3 consecutive 8-counts of incorporation during the fight song, etc.)
- Stunting outside the allotted restrictions
- NFHS approved stunts/pyramids/tumbling that is not allowed during a Maine Game Day competition

Deduction Total

Total Official One	
Total Official Two	
Less Total Deductions	
Total Overall Score	