

# 2020 Mountain Madness Game Day Cheer Competition

## GAME DAY CHAMPIONSHIP INFO:

- ✓ **December 3, 2020: check-in**
- ✓ **December 4, 2020: Prelims**
- ✓ **December 5, 2020: Finals**
- ✓ Fort Bluff Camp
- ✓ This document is a general OVERVIEW.  
Complete rules and regulations should be referenced at [nacasports.net](http://nacasports.net).

## SAFETY RULES:

- ✓ NACA rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at [www.nfhs.org](http://www.nfhs.org).

## GAME DAY DIVISIONS\*:

- ✓ NACA reserves the right to split or combine divisions based on registration. Initial divisions are as follows:
- ✓ Division 1: school enrollment is 200+ students
- ✓ Division 2: school enrollment is less than 200 students
- ✓ Intermediate division limitations- prep level stunts only; standing back handspring is most advanced tumbling allowed
- ✓ Elite division limitations- extended stunts are permitted; standing back tuck is most advanced tumbling allowed

## TEAM DIVISIONS: (\*)

- |                   |                            |
|-------------------|----------------------------|
| ✓ 1- Intermediate | Maximum of 24 participants |
| ✓ 1- Elite        | Maximum of 24 participants |
| ✓ 2- Intermediate | Maximum of 24 participants |
| ✓ 2- Elite        | Maximum of 24 participants |

**\*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward the total.**

## SKILLS RESTRICTION

No basket, sponge, or elevator tosses allowed; No inversions; No twisting dismounts from stunts; intermediate stunts- prep level; elite stunts- extended stunts including liberties and liberty hitches; No running tumbling; Standing tumbling is limited to ONE TUMBLING SKILL (Intermediate: back handspring is the most difficult tumbling skill allowed Elite: back tuck is the most elite tumbling skill allowed.)

## 2020 Mountain Madness Game Day Cheer Competition

### CROWD LEADING

- ✓ 1-minute time limit. No music allowed.
- ✓ Time will begin with buzzer sound, then team takes the floor. A chant or sideline can be used as a transition to the floor. Performance should have an emphasis on crowd involvement. Performance should be completed before time limit.
- ✓ Standing tumbling and prep-level stunts are allowed.

### FIGHT SONG

- ✓ 1-minute time limit- recorded band music
- ✓ Up to three consecutive eight counts can be incorporated with stunts and/or jumps. If repeated, must be exactly as initially performed.
- ✓ Standing tumbling and extended stunts are allowed.

### BAND CHANT

- ✓ 1-minute time limit
- ✓ Traditional sideline uniforms required
- ✓ Emphasis on crowd appeal and practicality
- ✓ No stunts or tumbling

### GAME DAY FINALIST FORMAT

Order of performance of the final competition will be determined by the preliminary scores. Lowest score performs first, next lowest score performs next, the highest score performs last. Preliminary scores do NOT carry over into the final round.

The use of crowd-leading tools such as signs, poms, flags, and/or megaphones is encouraged. Sideline practicality and effective leadership should be considered in all elements.

### FINALS PERFORMANCE

- ✓ 3-minute time limit. Teams will set up and take the floor. Time will begin with the first beat of the Band Chant music.
- ✓ One continuous performance demonstrating the compilation of the Game Day elements performed in the preliminary round.
- ✓ Final Performances will follow this order: Band Chant, Crowd Leading, and Fight Song.
- ✓ Each section should have a designated beginning and end with spirited crowd interaction between.
- ✓ The same rules from the preliminary round apply to the Game Day Finals.
- ✓ Traditional sideline uniforms are required.