



**GAME DAY  
COMPETITION  
GUIDELINES  
HANDBOOK**

**DIVISIONS, RULES & REGULATIONS  
INFORMATION**

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# I. GAME DAY INTRODUCTION

Welcome to the International Cheer Union (ICU) Game Day Competition Guidelines Handbook!

The ICU Game Day Competition Guidelines Handbook is designed to provide ICU National Federations, Event Providers, Coaches, Officials, Athletes & all Cheer Stakeholders - an introduction as a “how to manual” to develop & add the exciting Game Day Competition Division Format to any existing Cheer competition and/or to begin a Game Day Competition as a stand-alone event! Perfect for both Cheerleading & Performance Cheer, the Game Day Competition format showcases the origin of our Sport (Game Cheering), and this format is reflective of what is still commonly seen at sport venues – where Cheer began over 100 years ago!

Although Game Day/Game Cheering is nothing new to Cheer in the USA (it’s the origin of the Sport), much of the world is more accustomed to the wildly popular Cheerleading & Performance Cheer ROUTINE Competition that includes a routine comprised of Cheer skills (as seen at sporting events) choreographed into a 2 minute & 15 second Routine. Whereas the GAME DAY Competition Format breaks down the elements of Game Cheering into individual segments (in a competitive format, with a pause between each segment) that any spectator would see at an American Football, Basketball, Baseball, Volleyball, Football/Soccer or a variety of sporting events.

## II. GETTING STARTED – IT’S EASY TO BEGIN! (Cheerleading & Performance Cheer)

What is incredible about GAME DAY is that it is easy to begin, it’s great for the athletes - it is the origin of Cheer, after all - and it’s exciting to watch. *(This is also great for National Federations and local Event Providers to review, if you’re looking to start a Game Day Competition Division(s))*

A few tips/items to review to get started are as follows:

**A. WATCH VIDEO EXAMPLES TO GET STARTED:** Search on the worldwide web for examples of Game Day Competition to gain a sense of what Game Day is all about. In your browser, search for “Game Day Cheer”, “Game Day Cheerleading”, “Game Day NDTC”, etc. and you’ll find many Game Day examples to follow for ideas. Watch for specific examples of the Game Day segments for ideas for your team, segments like the Game Day Band Chant, Sideline Chant (also called a “Sideline”), Timeout Performance, Fight Song, Crowd Leading/Game Situation (Stand Routine or Drum Cadences - for Performance Cheer teams), and also the Cheer - which is common in ICU routines. **IMPORTANT: As the Game Day focus is leading and energizing the crowd, you’ll notice a limited use of skills (“practical use of skills”) in Game Day routines, as crowd involvement & leadership is scored higher than the difficulty of skills and/or quantity of skills used.**

**B. REVIEW THE GAME DAY FORMAT & TIME REQUIREMENTS:** **Cheerleading (in blue) & Performance Cheer (in purple)** Game Day Formats are different from each other with a different number of segments each:

<b>Cheerleading = 4 segments*</b>	<b>Time recommended for each segment</b>
1. Band Chant/Time Out Routine	30 seconds or less
2. Sideline Chant	30 seconds or less
3. Crowd Leading Cheer/Cheer	1 minute or less
4. Fight Song	1 minute or less

*\*Note: Teams must show a clear transition between segments and are encouraged to show crowd leading interaction in each transition. Time for each segment & transitions will not be measured; however, the entire Game Day Cheerleading Routine with all 4 Cheerleading segments (with transitions) may not exceed 3 minutes. Time will begin with the 1<sup>st</sup> note of music in the Band Chant/Time Out Routine. Time will end with the completion of the Fight Song.*

### **Performance Cheer = 4 segments\***

1. Fight Song
2. Crowd Leading/Sideline Cheer/Chant
  - Sideline Chant, Stand Routine or Drum Cadence
3. Sideline Routine/Time Out Routine
4. Performance Routine

### **Time recommended for each segment**

- 1 minute or less
- 30 seconds or less
- 30 seconds or less
- 1 minute or less

\*Note: Teams must show a clear transition between segments and are encouraged to show crowd leading interaction in each transition. Time for each segment & transitions will not be measured; however, the entire Game Day performance with all 4 Performance Cheer segments (with transitions) may not exceed 3 minutes. Time will begin with the 1<sup>ST</sup> note of music with the Fight Song. Time will end with the completion of the Performance Routine.

- C. REVIEW GAME DAY SAFETY RULES:** With a focus on crowd involvement, your team must follow the Safety Rules & Guidelines of your team's respective level/division. However, the Cheerleading Game Day Division has added skill restrictions as noted below (in blue) with Game Day format adjustment options listed in "Other Game Day Notables" (Section IV.). Performance Cheer Game Day Safety Rules & Guidelines are the same as in competition as noted below (in purple) with Game Day format adjustment options listed in "Other Game Day Notables" (Section IV.). Game Day Scoresheets (Section IX) are slightly different v Competition Routines Scoresheets & are important for your review. Safety Rule adjustments are as follows:

### **CHEERLEADING GAME DAY TEAMS**

Unless otherwise noted in \*Cheerleading Game Day Added Required Skill Restrictions\*, Cheerleading Teams must adhere to the rules & guidelines of your respective division/level (e.g., Introductory, Beginning, Novice, Intermediate, Median, Advanced, Elite, Premier Divisions, or the division offered by the hosting competition) in which your team is competing. These Cheerleading Game Day skill restrictions are as follows. For additional questions or assistance on Game Day rules, please email [cheer.rules@cheerunion.org](mailto:cheer.rules@cheerunion.org)

### **\*Cheerleading Game Day Added Required Skill Restrictions\***

#### **CHEERLEADING GAME DAY - ALL DIVISIONS**

##### **Entrance to the Floor to Start the Game Day Routine**

- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. (Ex: running of the flags, chest bumps, intricate handshakes).
- Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance. Teams may kick, jump, or tumble but may NOT stunt.
- Team entrances earns no points for teams, but a team can receive a penalty by violating the entrance rules.

##### **Between All Segments**

- In between segments, teams must always return to the performance surface. Teams are encouraged to engage with the crowd during the transition between segments and may kick, jump, or tumble but may NOT stunt.

#### **CHEERLEADING GAME DAY - PREMIER DIVISIONS ONLY**

##### **Stunts & Tumbling Restrictions: For the Band Chant/Time Out, Sideline & Fight Song Segments Only**

- No spinning skills for tumbling and no basket tosses are allowed.  
(Note: The Cheer Segment permits all skills allowed within the Premier Division)

#### **CHEERLEADING GAME DAY - ELITE DIVISIONS AND DIVISIONS/LEVELS BELOW ELITE**

##### **Stunts & Tumbling Restrictions: All Segments**

- No tosses (basket, sponge, or elevator) are allowed.
- No inversions are allowed.
- No twisting released dismounts are allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed.
- 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.

##### **Band Chant/Time Out Routine**

- No stunting or tumbling skills are permitted. Kicks and jumps are allowed.

## **PERFORMANCE CHEER GAME DAY TEAMS**

Follow the exact safety rules that your team follows for practice, a game/sporting event performance or in a Performance Cheer Routine Competition; whether the genre is Pom, Hip Hop, Jazz, High Kick, a mix of genres and/or follow rules of the specific competition you are attending. For additional questions or assistance on Game Day rules, please email [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org)

### **III. PUTTING YOUR GAME DAY TEAM TOGETHER!**

#### **(Cheerleading & Performance Cheer)**

Game Day showcases what traditional cheer (Game Cheering) is all about, leading the crowd! If your team already performs and cheers at various sporting events, Game Day Competition should be reflective of what Cheer Teams already demonstrate at Stadiums and Sporting Events around the world. Enjoy!

- A. TYPES OF TEAMS WHO CAN COMPETE IN GAME DAY COMPETITION:** Whether your team is Cheerleading or Performance Cheer, and whether your team is a club team, scholastic/school team, university team, recreational team, all star team, adaptive abilities, special abilities, Special Olympics team, masters team etc., **GAME DAY Competition is open to everyone!**
- B. TEAM SIZE:** Because Game Day is derived from Cheer Teams performing at various sporting events, Game Day team size is less restricted, and most divisions are set to be to up to 30 athletes per Game Day performance (as an example). However, per the National Federation or local Event Provider team size can be smaller or larger - so be sure to check with the team size rule of the competition you are attending to best prepare your team for success!
- C. ATHLETE ELIGIBILITY/AGES:** Game Day is open to all ages. However, per the National Federation or Event Provider who is hosting the event, be sure to check athlete age & eligibility requirements of the competition you are attending to best prepare your team!

### **IV. OTHER GAME DAY NOTABLES**

#### **A. COMPETITION FLOOR SURFACE & DIMENSIONS (the same as Routine competitions)**

##### **CHEERLEADING**

1. The performance surface recommended will be a traditional foam Cheerleading mat.
2. The competition area will be determined by the tournament director according to the size of the facility used.
3. The performance floor is recommended to be approximately 54 feet x 42 feet/16.5 meters x 12.8 meters (9 strips).
4. Performance floor rules (entrances, exits, starting of time of the routine, routine boundary rules) are determined by the tournament director. However, all teams must comply with the division safety rules.

##### **PERFORMANCE CHEER**

1. The performance surface recommended is a Marley floor, wood basketball court surface, or any comparable dry & safe surface without any floor inconsistencies that could possibly injure the athlete.
2. The competition area will be determined by the tournament director according to the size of the facility used.
3. The performance floor is recommended to be approximately 53.5 x 53.5 feet / 16.31 x 16.31 meters.
4. Performance floor rules (entrances, exits, starting of time of the routine, routine boundary rules) are determined by the tournament director. However, all teams must comply with the division safety rules.

- B. PREPARING YOUR MUSIC - MUSIC GUIDELINES (same as routine competitions):** When music is used, Music Guidelines must be followed and are the same as Routine Competition Guidelines and Information found here: <https://cheerunion.org/education/musicinfo/>.

- C. SCORESHEETS & JUDGING:** Most important when getting ready for competition, **KNOW THE SCORESHEET!** See Sections VII & IX for more details on Game Day Scoring Criteria & Scoresheet Samples.
- D. MASCOTS ARE WELCOMED:** Teams may add up to 1 (one) mascot in their routine. The mascot must enter the floor with the team and remain on the floor for the entire routine or an out of bounds penalty will be assessed. Mascots should be used to raise crowd energy and participation. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed. The mascot will not count toward the total number of participants allowed; however, will be equated into the overall impression score, unless otherwise noted. Mascots will only be allowed to use traditional sideline props i.e., signs, pom, megaphones, or flags.
- E. PEP BANDS & DRUMLINES ARE WELCOMED:** Teams may add a Pep Band or Drumline into their performance. Pep Bands or Drumlines will not count toward the total number of participants allowed; however, will be equated into the overall impression score, unless otherwise noted.
- F. WHAT IS GAME DAY LIVE?**  
Coming soon: Inspired by the sights and sounds of sporting events around the world, this new division takes the current Game Day Competition format – (Cheerleading) Band Chant, Sideline, Cheer/Crowd Leading and Fight Song and/or – (Performance Cheer) Fight Song, Crowd Leading/Game Situation, Time Out Routine – to the next level with **LIVE MUSIC** from a sporting event music band and/or with your Cheerleading & Performance Cheer Team Performing together. More details to follow!
- G. IMPORTANT IN PREPARING YOUR GAME DAY ROUTINE - KNOW THE COMPETITION RULES OF THE EVENT YOU ARE PLANNING TO ATTEND!** Enclosed in this document are the ICU Game Day Competition Guidelines Handbook (for Cheerleading & Performance Cheer), as a recommendation to assist in your preparations for Game Day Competition. This handbook can also be a useful tool for National Federations and Event Providers introducing Game Day as a division into an existing competition or to create a Game Day Competition standing event. HOWEVER, for coaches planning to take a team to a Game Day competition, please be advised that some competition events can have slight differences. This can include rules/different division offerings, different division levels/genres based on the number of teams competing at the competition, as well as different scoresheets and scoresheet values (especially due to the newness of GAME DAY in many countries) and so on. Therefore, it is critical for each coach to know the rules/guidelines, routine structure, scoresheets, team & athlete eligibility requirements, etc. for every competition you attend.

Regardless of a local event's differences from the details enclosed in this document, it is important to never exceed your team's ability level! The great thing about GAME DAY, is that the focus is more on the team's ability to lead the crowd, and less on difficulty. Only the format is different, as explained herein.

## **V. GAME DAY SEGMENT EXPLANATIONS – CHEERLEADING**

Game Day showcases what traditional cheerleading is all about, leading the crowd!

- A. Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations, execution of skills, motion technique and of the overall performance.
- B. Teams are also encouraged to incorporate practical skills that enhance their crowd leading ability.
- C. Native language is recommended.
- D. The use of crowd leading tools such as signs, poms, flags and/or megaphones is recommended (All are not required).
- E. Order of the Game Day Cheerleading Segments (and recommended time for each) will be:**
- |                                       |                           |
|---------------------------------------|---------------------------|
| <b>1. Band Chant/Time Out Routine</b> | <b>30 seconds or less</b> |
| <b>2. Sideline Chant</b>              | <b>30 seconds or less</b> |
| <b>3. Crowd Leading Cheer/Cheer</b>   | <b>1 minute or less</b>   |
| <b>4. Fight Song</b>                  | <b>1 minute or less</b>   |

\*Note: Teams must show a clear transition between segments and are encouraged to show crowd leading interaction in each transition. Time for each segment will not be measured; however, the entire Game Day Cheerleading Routine with all 4 Cheerleading segments (with transitions) may not exceed 3 minutes.

F. The judges will score teams following the criteria listed on the Game Day Cheerleading Scoresheet. Each team will be evaluated on a 100-point system.

**G. The Four (4) Segment details are as follows:**

*Note: For a visual reference of the Game Day Cheerleading Segments on the internet please search "Game Day" with the name of the segment ("Game Day Band Chant", "Game Day (Situational) Sideline", "Game Day Cheer" or any ICU Cheer from an ICU World Championship routine, and "Game Day Fight Song") to assist with the explanations below.*

1. **BAND CHANT/TIME OUT:** Traditionally performed to popular Game Day timeout music (e.g., a band chant or sporting event time out song), this segment is designed to be high energy, encouraging crowd interaction and a crowd response. This segment is the ideal time for your team to showcase its energy, leadership, visual appeal, and your team's connection to the crowd. As the 1<sup>st</sup> segment of the Game Day Routine, the team should enter the performance floor demonstrating energy and enthusiasm (but no stunts) before the music begins. A cue will **not** be given to start the Band Chant/Time Out. Once the music begins, the Band Chant/Time Out should incorporate skills that are minimal, practical, and easy to incorporate. The team should focus on sharp motions, high energy, and synchronization, as well as utilizing crowd leading tools (signs, poms, flags and/or megaphones) and focus on creative movements such as level changes or ripples, execution of the material - encouraging the crowd to participate. *Music guidelines are available at <https://cheerunion.org/education/musicinfo/>*

2. **SIDELINE (SITUATIONAL OR NOT SITUATIONAL):** Following the Band Chant....

**IF SITUATIONAL** (e.g., the competition requires the team to have an "offense" or "defense" sideline ready): The announcer will provide a cue for "offense or defense". Teams should wait until the announcer finishes the cue and show the proper response to the game day situation, demonstrating energy, enthusiasm, and crowd interaction as a clear transition into the Sideline but are not allowed to stunt until the Sideline begins. The Sideline may begin by one or more individuals on the team who will begin the Sideline. The team should quickly join in, moving into a Sideline Formation, while leading the crowd in the Sideline Chant, with a focus on crowd effectiveness, motion technique and skills relevant to a game day environment. NOTE: It is a **requirement** to incorporate skills into the Sideline (stunts and/or tumbling if the division allows); however, the Sideline skills should be minimal, practical, fluid (per the Sideline Format) and easy to incorporate. After the Sideline, teams must return to the performance surface and show a clear separation before the next segment.

**(ICU's RECOMMENDATION FOR TEAMS NEW TO GAME DAY = NOT SITUATIONAL)**

**IF NOT SITUATIONAL** (e.g., the competition requires the team to have 1 sideline ready): The team must show a clear separation between segments. Teams should demonstrate energy, enthusiasm, and crowd interaction as a clear transition into the Sideline but are not allowed to stunt until the Sideline begins. The Sideline may begin by one or more individuals on the team who will begin the Sideline. The team should quickly join in, moving into a Sideline Formation, while leading the crowd in the Sideline Chant, with a focus on crowd effectiveness, motion technique and skills relevant to a game day environment. NOTE: It is a **requirement** to incorporate skills into the Sideline (stunts and/or tumbling if the division allows); however, the Sideline skills should be minimal, practical, fluid (per the Sideline Format) and easy to incorporate. After the Sideline, teams must return to the performance surface and show a clear separation before the next segment.

3. **CROWD LEADING CHEER/CHEER:** Following the Sideline, teams must return to the performance surface and show a clear separation between elements. This is the same thing as the "Cheer" in ICU routines (except when added Game Day restrictions apply), where teams should demonstrate energy, enthusiasm, and crowd interaction as a clear transition into the Cheer material but are not allowed to stunt until the Cheer begins. The Cheer can include a cheer reflective of a timeout, general sideline/spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. Teams are recommended to incorporate spirit props and practical skills (stunts and/or tumbling if the division allows).

4. **FIGHT SONG:** The final element should reflect your organization's (team, club, school, country's) traditional Fight Song. Teams should begin in a Fight Song Formation (Similar to a Sideline Formation) and should incorporate crowd effective skills (stunts and/or tumbling, if the division allows) that are minimal, practical, and easy to incorporate. Use of crowd leading tools (signs, poms, flags and/or



megaphones) should be used 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.) For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. *Music guidelines are available at <https://cheerunion.org/education/musicinfo/>*

## **VI. GAME DAY SEGMENT EXPLANATIONS – PERFORMANCE CHEER**

Game Day showcases what traditional performance cheer is all about, leading & entertaining the crowd!

- A. Teams will be evaluated on their ability to lead and entertain the crowd, proper game day skill incorporations, execution of skills, motion technique and overall performance.
- B. Teams are also encouraged to incorporate practical skills that enhance their crowd leading ability.
- C. Native language is recommended.
- D. The use of crowd leading tools such as signs, poms, flags and/or megaphones is recommended (All are not required).
- E. **Order of the Game Day Performance Cheer Segments (and recommended time for each) will be:**

- |  |                           |
|--|---------------------------|
| <b>1. Fight Song</b>   | <b>1 minute or less</b>   |
| <b>2. Crowd Leading/Sideline Cheer/Chant</b>                                     | <b>30 seconds or less</b> |
| - Sideline Chant (Situational or not Situational), Stand Routine or Drum Cadence |                           |
| <b>3. Sideline Routine/Time Out Routine</b>                                      | <b>30 seconds or less</b> |
| <b>4. Performance Routine</b>  | <b>1 minute or less</b>   |

\*Note: Teams must show a clear transition between segments and are encouraged to show crowd leading interaction in each transition. Time for each segment will not be measured; however, the entire Game Day performance with all 4 Performance Cheer segments (with transitions) may not exceed 3 minutes.

- F. The judges will score teams following the criteria listed on the Game Day Performance Cheer Scoresheet. Each team will be evaluated on a 100-point system.
- G. **The Four (4) Segment details are as follows:**

*Note: For a visual reference of the Game Day Performance Cheer Segments on the internet please search "Game Day" with the name of the segment ("Game Day Fight Song", "Game Day Spirit Raising Performance"/"Game Day Crowd Leading"/"Sideline Chant", "Band Chant/Timeout", "Game Day Performance Routine" to assist with the explanations below.*

- 1. FIGHT SONG:** The first segment should reflect your organization's (team, club, school, country's) traditional Fight Song. The skills and choreography should represent the traditional Fight Song that your team performs (or would perform) at sporting events, games/matches, and community events. Teams can choose to incorporate crowd effective skills to enhance the overall effect. For teams that do not have an official Fight Song, it is recommended to use the second selection of band chant music. Music guidelines are available at <https://cheerunion.org/education/musicinfo/>
- 2. CROWD LEADING/SIDELINE CHEER CHANT:** This element will follow the Fight Song. Teams will choose to perform **ONE** of the following elements: **Sideline Cheer/Chant** (Situational Sideline or not Situational Sideline, ICU recommends the not Situational Sideline to new teams, and if not Situational-there will **NOT** be a cue given by the announcer), **Stand Routine**, or **Drum Cadence**. Vocally interacting with the crowd, teams should focus on crowd appeal, and choreography/skills need to be relevant to a game-day environment. Utilizing crowd leading tools (signs, poms, flags, and/or megaphones) is encouraged but not mandatory. These Cheers/Chants can be performed without music or can be performed to band music or a piece of popular music. Music guidelines are available at <https://cheerunion.org/education/musicinfo/>
- 3. SIDELINE ROUTINE/TIME OUT ROUTINE:** Traditionally performed to popular Game Day timeout music (e.g., a Band Song or sporting event Time Out song), this segment is designed to be high energy, encouraging crowd interaction and a crowd response. This segment is the ideal time for your team to showcase its energy, leadership, visual appeal, and your team's connection to the crowd. A cue will **not** be given to start the routine. Once the music begins, the Sideline Routine/Time Out Routine should incorporate skills that are minimal, practical, and easy to incorporate. The team should focus on sharp motions, high energy, and synchronization, as well as utilizing crowd leading tools (signs, poms, flags and/or megaphones) and focus on creative movements such as level changes or ripples, execution



of the material - encouraging the crowd to participate. Music guidelines are available at <https://cheerunion.org/education/musicinfo/>

4. **PERFORMANCE ROUTINE:** The final element is a (1:00 or less recommended) routine that can be in any of the following styles: Pom, Jazz, Kick, or Hip Hop or a mix of 2 or more genres. There will **NOT** be a cue given by the announcer. These routines should be designed for crowd entertainment and would be something your team would perform during a timeout or halftime. This is the best time to showcase your team's energy and connection to the crowd. Music guidelines are available at <https://cheerunion.org/education/musicinfo/>

## **VII. RECOMMENDED SCORING CRITERIA: CHEERLEADING & PERFORMANCE CHEER**

- A. Game Day Championship Division showcases what traditional cheerleading is all about- leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations, execution of skills, motion technique and overall performance.
- B. Native language is recommended.
- C. The use of crowd leading tools such as signs, poms, flags and/or megaphones is recommended (All are not required).
- D. The judges will score teams following the criteria listed on the Game Day scoresheet. Each team will be evaluated on a 100-point system.
- E. Order of Segments & Point Values:  
**CHEERLEADING:** Cheerleading Game Day Segments Order & Point Values are as follows:
- Band Chant/Time Out = 25 Points
  - Sideline = 25 Points
  - Crowd Leading Cheer/Cheer = 25 Points
  - Fight Song = 25 points
- CHEERLEADING GAME DAY TOTAL = 100 points
- PERFORMANCE CHEER:** Performance Cheer Game Day Segments Order & Point Values are as follows:
- Fight Song = 25 Points
  - Crowd Leading/Sideline Cheer/Chant = 25 Points
  - Sideline Routine/Time Out Routine = 25 Points
  - Performance Routine = 25 Points
- PERFORMANCE CHEER GAME DAY TOTAL = 100 points
- F. Skills must be practical for Game Day and performed with strong technique while providing a visual effect that encourages crowd energy and participation. The incorporation of skills will be allowed with the restrictions detailed herein.
- G. Any deductions or violations will be removed from the final score.
- H. Traditional Game Day uniform attire is encouraged.

## **VIII. CLOSING & NEXT STEPS**

The International Cheer Union (ICU) thanks you for your interest in this exciting and fast-growing division of our Sport: GAME DAY! As this is over a century in the making, Game Day is perfect for both Cheerleading & Performance Cheer. The Game Day Competition format showcases the origin of our Sport (Game Cheering), and this format is reflective of what is still commonly seen at sport venues – where Cheer began over 100 years ago! Should you need any further assistance in Game Day or anything for our Sport of Cheer, please contact the ICU at [portal@cheerunion.org](mailto:portal@cheerunion.org). ICU wishes you & your team the very best in your Game Day endeavors and we look forward to excellent Game Day competition experiences for all!

## **IX. RECOMMENDED SAMPLE SCORESHEETS** **(Cheerleading & Performance Cheer)**

The Recommended Cheerleading Game Day & Performance Cheer Game Day Sample Scoresheets are displayed on the next 4 pages for easy access for printing purposes, should clean scoresheet copies be helpful for any team, National Federation, Event Provider, or any stakeholder of our Sport. Thank you and Good Luck!



# INTERNATIONAL CHEER UNION



## CHEERLEADING GAME DAY

<b>BAND CHANT/TIME OUT ROUTINE (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>BAND CHANT/TIME OUT VISUAL APPEAL</b> Crowd Coverage, Formations/Spacing, Synchronization, Visual Impact	5		
<b>GAME DAY MATERIAL &amp; MOTION TECHNIQUE</b> Proper use of Material for Band Chant / Time Out Game Day Situation. Proper Motion Technique, Sharpness & Placement	5		
<b>EXECUTION OF SKILLS</b> Technique, Stability, Synchronization and Practical Incorporation	5		
<b>CROWD LEADING TOOLS</b> Proper use of Signs, Poms, Megaphones and/or Flags	5		
<b>BAND CHANT/TIMEOUT OVERALL IMPRESSION</b> Energy, Connection to the Crowd & Creative Crowd Interaction	5		
<b>SUBTOTAL (25 POINTS)</b>			

<b>SIDELINE (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>SIDELINE MATERIAL</b> Proper use of Material to Engage the Crowd, Response to Cues (if applicable), Skills Fluid & Relevant to Sideline Incorporation	5		
<b>CROWD EFFECTIVENESS &amp; MOTION TECHNIQUE</b> Voice, Pace, Flow, Crowd Coverage, Motion Technique, Sharpness & Placement	5		
<b>EXECUTION OF SKILLS</b> Technique, Stability, Synchronization and Fluid/Practical Incorporation	5		
<b>CROWD LEADING TOOLS</b> Proper use of Signs, Poms, Megaphones and/or Flags	5		
<b>SIDELINE OVERALL IMPRESSION</b> Overall Energy, Connection to the Crowd & Creative Crowd Interaction	5		
<b>SUBTOTAL (25 POINTS)</b>			

<b>CROWD LEADING CHEER/CHEER (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>CHEER MATERIAL</b> Proper use of Material & Skills Relevant to Leading the Crowd	5		
<b>CROWD EFFECTIVENESS &amp; MOTION TECHNIQUE</b> Voice, Pace, Flow, Crowd Coverage, Motion Technique, Sharpness & Placement	5		
<b>EXECUTION OF SKILLS</b> Technique, Difficulty, Stability, Synchronization & Practical Incorporation	5		
<b>CROWD LEADING TOOLS</b> Proper use of Signs, Poms, Megaphones and/or Flags	5		
<b>CHEER OVERALL IMPRESSION</b> Energy, Connection to the Crowd & Creative Crowd Interaction	5		
<b>SUBTOTAL (25 POINTS)</b>			

<b>FIGHT SONG (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>FIGHT SONG VISUAL APPEAL</b> Crowd Coverage, Formations/Spacing, Synchronization, Visual Impact	5		
<b>EFFECTIVENESS OF FIGHT SONG INCORPORATION</b> Stunts/Tumbling incorporations are relevant to Game Day Environment Clean & Crowd Effective Stunts/Tumbling Incorporations	5		
<b>EXECUTION OF SKILLS</b> Technique, Stability, Synchronization	5		
<b>MOTION TECHNIQUE &amp; CROWD LEADING TOOLS</b> Proper Motion Technique, Sharpness & Placement Proper use of Signs, Poms, Megaphones and/or Flags	5		
<b>CHEER OVERALL IMPRESSION</b> Energy, Connection to the Crowd & Creative Crowd Interaction	5		
<b>SUBTOTAL (25 POINTS)</b>			

<b>TOTAL (100)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<b>BAND CHANT/TIME OUT ROUTINE</b>	25		
<b>SIDELINE</b>	25		
<b>CROWD LEADING CHEER/CHEER</b>	25		
<b>FIGHT SONG</b>	25		
<b>TOTAL</b>	100		



# INTERNATIONAL CHEER UNION



## PERFORMANCE CHEER GAME DAY

<b>FIGHT SONG (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>FIGHT SONG MATERIAL</b> Appropriate use of materials & skills incorporation for Fight Song presentation	5		
<b>SYNCHRONIZATION</b> Consistent unison and timing by the team. Uniformity of team movement within choreography and skills. Consistent and even positioning of athletes throughout all formations and transitions	5		
<b>EXECUTION OF MOVEMENT</b> Proper control, placement and completion of motions and skills. Quality of strength of motions and skills	5		
<b>CHOREOGRAPHY</b> Elements included in choreography (group work, levels, visuals, etc.) for an entertaining and Game Day appropriate performance	5		
<b>FIGHT SONG OVERALL IMPRESSION</b> Ability to connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value	5		
<b>SUBTOTAL (25 POINTS)</b>			

<b>CROWD LEADING/SIDELINE CHEER/CHANT (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>CROWD LEADING MATERIAL</b> Appropriate use of Crowd Leading materials and skills incorporation to energize the crowd and encourage crowd participation	5		
<b>CROWD EFFECTIVENESS</b> Pace, flow, voice (if applicable), crowd coverage, leadership & crowd interaction	5		
<b>SYNCHRONIZATION</b> Uniformity of team movement and skills (where applicable) for impactful crowd effect	5		
<b>EXECUTION OF MOVEMENT</b> Proper control, placement and completion of motions and skills. Quality of strength of motions and skills	5		
<b>OVERALL IMPRESSION</b> Ability to connect with the audience to motivate & leave a lasting impression through projection, genuine expression, energy, crowd interaction	5		
<b>SUBTOTAL (25 POINTS)</b>			

<b>SIDELINE ROUTINE/TIME OUT ROUTINE (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>SIDELINE ROUTINE/TIME OUT ROUTINE VISUAL APPEAL</b> Appropriate use of materials and skills incorporation to energize the crowd and encourage crowd participation	<b>5</b>		
<b>CHOREOGRAPHY</b> Elements included in choreography (group work, levels, visuals, etc.) for an entertaining and Game Day appropriate performance	<b>5</b>		
<b>SYNCHRONIZATION</b> Consistent unison and timing by the team. Uniformity of team movement within choreography and skills. Consistent and even positioning of athletes throughout all formations and transitions	<b>5</b>		
<b>EXECUTION OF MOVEMENT</b> Proper control, placement and completion of motions and skills. Quality of strength of motions and skills	<b>5</b>		
<b>OVERALL IMPRESSION</b> Ability to connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction	<b>5</b>		
<b>SUBTOTAL (25 POINTS)</b>			

<b>PERFORMANCE ROUTINE (25)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<i>Note: Use of native language is encouraged (if applicable)</i>			
<b>PERFORMANCE ROUTINE VISUAL APPEAL</b> Appropriate use of materials and skills incorporation (in genres of Pom, Hip Hop, Jazz, Kick, or a mix) to energize the crowd and encourage crowd participation	<b>5</b>		
<b>CHOREOGRAPHY</b> Elements included in choreography (group work, levels, visuals, etc.) for an entertaining and Game Day appropriate performance	<b>5</b>		
<b>SYNCHRONIZATION</b> Consistent unison and timing by the team. Uniformity of team movement within choreography and skills. Consistent and even positioning of athletes throughout all formations and transitions	<b>5</b>		
<b>EXECUTION OF MOVEMENT</b> Proper control, placement and completion of motions and skills. Quality of strength of motions and skills	<b>5</b>		
<b>OVERALL IMPRESSION</b> Ability to connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value while representing your team and organization (club, school, league, country, etc.) at the highest level!	<b>5</b>		
<b>SUBTOTAL (25 POINTS)</b>			

<b>TOTAL (100)</b>	<b>Points</b>	<b>Score</b>	<b>Comments</b>
<b>FIGHT SONG</b>	<b>25</b>		
<b>CROWD LEADING/SIDELINE CHANT</b>	<b>25</b>		
<b>BAND CHANT/TIMEOUT</b>	<b>25</b>		
<b>PERFORMANCE ROUTINE</b>	<b>25</b>		
<b>TOTAL</b>	<b>100</b>		