

22nd Annual Spirit Fest Championships!!!

Saturday, September 7, 2019

GAME DAY RULES & GUIDELINES

GAME DAY ELEMENTS

- Fight Song (Both Cheer and Dance)
- Sideline Routine (Dance)
- Cheer/Crowd Leading (Cheer)
- Total Time: 2 minutes for 2 elements

FIGHT SONG

Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. Teams are required to wear a traditional uniform that you would wear representing your school. These should be school colors.

SIDELINE ROUTINE (Dance)

A routine (pom, jazz, hip hop or kick) that is designed for crowd entertainment

CHEER/CROWD LEADING (Cheer)

A cheer that is designed for crowd entertainment

TIME LIMITATIONS/MUSIC

1. The Fight Song and Sideline/Crowd Cheer combined should not exceed 2 minutes
2. Each component should have a beginning and an ending. Spiriting between components is expected and encouraged (ie: rallying)
3. We encourage separate tracked for each component to make transitions easier for your team

RULES

- Poms may be used but are not required; Signs and megaphones are permitted
- No tosses (basket, sponge, elevators) are allowed
- No inversions are allowed
- No running tumbling is allowed
- During the fight song, only kicks, jumps are permitted (no aerials, tosses, tumbling)
- Rally and/or cheer between elements
- We understand this is a modified version of the Game Day division for Varsity Brands
- For the SpiritFest competition we will using a modified version of the scoresheet via www.Varsity.com/Game Day Divisions

TIP

The Game Day Division is all about crowd appeal, energy, spirit and leading the crowd!!!!
It is not about difficulty.