

# 24 PENNSYLVANIA 25 GAME DAY CHEER CHAMPIONSHIP

We are offering a second annual competitive championship for teams to showcase and compete routines that create the **GAME DAY** experience on the sidelines of our athletic teams!

**WHAT:** 2024-2025 Pennsylvania Game Day Cheer Championship

**WHEN:** Sunday, January 5<sup>th</sup>, 2025

**WHERE:** Dallastown High School

**WHO:** This competition is open to all school & college teams competing in the Game Day division.

**DIVISIONS:** Open to all high school & middle school & college teams competing in the **Game Day** division.

- ★ Junior High (5-30 Members)
- ★ Junior Varsity (5-30 Members)
- ★ Small Varsity (5-15 Members)
- ★ Small Varsity Non-Tumbling (5-15 Members)
- ★ Medium Varsity (16-19 Members)
- ★ Medium Varsity Non-Tumbling (16-19 Members)
- ★ Large Varsity (20-23 Members)
- ★ Large Varsity Non-Tumbling (20-23 Members)
- ★ Super Varsity (24-30 Members)
- ★ Super Varsity Non-Tumbling (24-30 Members)
- ★ Small Varsity Coed (5 - 20 Members, 1-4 Males)
- ★ Medium Varsity Coed (21-25 Members, 4 to 7 Males)
- ★ Large Varsity Coed (21-30 Members, 8 or more Males)
- ★ College Coed - *please use UCA College format of performance*
- ★ College All-Girl - *please use UCA College format of performance*



\* In order to make this championship competitive, we **will not** be separating divisions by Division I or Division II, but will only be dividing teams by small, medium, large, and super. We **will** be separating tumbling vs. non-tumbling divisions of small, medium, large, and super with the exception of co-ed teams.

\* Non-Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers are not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts/pyramids will not be allowed.

## TEAM PRICING & HIGHLIGHTS:

- ★ \$150 per team for GAME DAY registration postmarked **BEFORE Sunday, December 8<sup>TH</sup>, 2024.**
  - An additional \$25 per routine will be added to registrations received after **December 8<sup>TH</sup>, 2024.**
  - **Registration closes on Friday, December 20<sup>th</sup>, 2024.**
  - Checks made payable to "DCBC" or "Dallastown Cheerleading Booster Club"
  - Venmo @dtcheerleadingbc
  - Cash App @dtcheerleadingbc
- ★ Teams perform on a 54' x 42' cheer floor
- ★ Certified UCA judges with scoring on the UCA Game Day scoresheet

→ [CLICK HERE TO REGISTER](https://forms.gle/T894De9hUBuvRBnSA) ←

<https://forms.gle/T894De9hUBuvRBnSA>

## GAME DAY FORMAT:

The format for this competition and taken from UCA is inspired by what teams do at home and is similar to camp with the addition of Fight Song as a fourth element. Teams are permitted, but not required, to use camp material to demonstrate the game day environment at their school. With all four elements combined, the Game Day performance cannot exceed a 3 minute time limit. All skill restrictions below will be enforced.

*\*\*\*College level teams will follow the format outlined on UCA's website! The order for the College Game Day Championship will be Fight Song, Situational Sideline (offense/defense) and a Game Day Timeout (in this order). Please review UCA's website for more details:*

<https://www.varsity.com/uca/school/competitions/college-nationals/>

**BAND CHANT:** The Band Chant will be consistent with the summer camp format. 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, just like summer camp. Squads 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.

**CROWD LEADING:** Following the Band Chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive sideline. After the Situational Sideline, teams will move into their Cheer which can include one reflective of a timeout, general sideline/spell-out or other cheer material that incites a response and encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment. NOTE: It is a requirement to incorporate skills (stunts and/or tumbling, if the division allows) into the Crowd Leading section. Please see skill restrictions below.

**FIGHT SONG:** The final element should reflect your school's traditional Fight Song. Teams should incorporate crowd effective skills (stunts and/or tumbling, if the division allows) 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.) 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 [varsity.com/music](https://www.varsity.com/music).

### Game Day Skill Restrictions:

- Basket and waist level tosses are NOT allowed. Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches.
- Inversions are NOT allowed.
- Twisting Released Dismounts are NOT allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Running Tumbling is NOT allowed.
- Single standing tumbling is allowed and cannot be connected. A single tumbling skill can only be connected to a single jump. The only standing tumbling skills that are allowed include back handspring, back tuck, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance.
- During the Band Chant, only kicks and jumps are permitted.

*These restrictions were taken from the UCA website.  
Click below to understand more about Game Day.  
<https://www.varsity.com/uca/school/competitions/game-day/>*

# TEAM ROSTER

PLEASE BRING YOUR COMPLETED ROSTER FORM TO THE COMPETITION!

Team: \_\_\_\_\_

Division: \_\_\_\_\_

Coaches: \_\_\_\_\_

	ATHLETE'S NAME	GRADE	AGE	DATE OF BIRTH
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# MEDICAL RELEASE FORM

EACH INDIVIDUAL PARTICIPANT WILL NEED TO COMPLETE THIS FORM!

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## GENERAL RELEASE AND WAIVER OF LIABILITY REQUIRED OF ALL PARTICIPANTS IN ACTIVITIES CONDUCTED VIA RENTALS FROM THE DALLASTOWN AREA SCHOOL DISTRICT

Activity: Pennsylvania Game Day Cheer Competition

Facility Location: Dallastown High School

Activity Date: Sunday, January 5th, 2025

THE UNDERSIGNED, EITHER INDIVIDUALLY OR AS A PARENT OR GUARDIAN OF A MINOR, IN CONSIDERATION OF THE OPPORTUNITY TO PARTICIPATE IN THE ACTIVITY LISTED ABOVE ON DISTRICT PROPERTY, HEREBY WAIVES, DISCHARGES AND RELEASES THE DALLASTOWN AREA SCHOOL DISTRICT, INCLUDING ITS DIRECTORS, ADMINISTRATORS, EMPLOYEES, AGENTS, INSURERS AND REPRESENTATIVES (COLLECTIVELY THE "DISTRICT"), FROM AND AGAINST ANY AND ALL DAMAGES, CLAIMS, LOSSES, OR INJURIES OCCURRING ARISING FROM OR RELATED TO THE EVENT LISTED ABOVE, WHETHER THEY ARE CAUSED BY PHYSICAL INJURY, LOSS OF PROPERTY, ACTS OF OTHERS, NEGLIGENCE, OR ANY OTHER CAUSE. THIS IS AN UNCONDITIONAL RELEASE OF LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

THE UNDERSIGNED CONFIRMS THAT HE OR SHE HAS READ THIS DOCUMENT AND AGREES TO BE LEGALLY BOUND BY IT. THIS RELEASE SHALL REMAIN IN FULL FORCE AND EFFECT UNLESS REVOKED IN WRITING BY THE UNDERSIGNED.

\_\_\_\_\_  
Print Name of Individual or Minor for whom this Release is submitted

\_\_\_\_\_  
Signature of Individual, or Parent/Guardian if signing for a minor

\_\_\_\_\_  
Date

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# 2024-2025 PENNSYLVANIA GAME DAY CHEER CHAMPIONSHIP RULES AND GUIDELINES

## General Competition Information

The **Competition** will be held at Dallastown High School located at 700 New School Lane, Dallastown, PA 17313.

Event organizers reserve the right to create multiple sessions in order to limit the number of spectators and athletes in the building. Session start times will depend on the number of registered teams.

All cheer teams will compete on a 54' x 42' floor (9 panels).

All participants must be current members of the 2024 - 2025 teams.

## Payment and Fees

General admission fees:

Adults \$10; Students \$5; Pre-K and younger FREE

## Safety and Liability

The Pennsylvania Game Day Cheer Championship DOES require an individual medical release form for cheerleaders.

Medical personnel will be on-site for medical emergencies (not taping) the entire day.

Absolutely NO JEWELRY; 5-point deduction per occurrence.

Teams are encouraged to perform skills within their ability level.

Pennsylvania Game Day Cheer Championship officials and Dallastown Area School District officials are not responsible for injury to participants. Participants assume all risk and responsibility.

Pennsylvania Game Day Cheer Championship officials and Dallastown Area School District officials are not responsible for personal items that may be lost or stolen.

## Order of Performance

Officials of the Pennsylvania Game Day Cheer Championship will determine the order of competition.

Order of performance and warm-up times will be emailed to coaches with participating teams on the **Wednesday** prior to the event. If your teams need any special considerations for performance times, etc. please email [dallastowncheerleading@gmail.com](mailto:dallastowncheerleading@gmail.com)

## Music

Coaches will be expected to start and stop their own music or provide someone from your organization to play the music.

Music is expected to be in good taste with no questionable language. The DJ has the capability to play routine music from a phone. Coaches must assume all responsibility for putting the phone in airplane mode and any other settings to ensure no interruptions in music. An official will be announcing the situational sideline cues during the performance.

## Competition Divisions

For school teams, divisions are determined by the guidelines set forth by UCA division breakdowns. For this competition, Division I and Divisions II teams will be competing in the same division, but separated by small, medium, large, and super as well as tumbling vs. non-tumbling.

In the event that participation in a division does not promote a quality competition, the event organizers reserve the right to combine divisions of like ages or levels without prior notice.

## Time Limits and Routine Structure

Timing will begin with the first official movement, voices in unison, or the first sound of music.

Total routine length is limited to 3 minutes for Game Day routine.

Prior to the start of a routine, all participants must be positioned inside the boundary lines and must be supporting their own weight on the floor.

If a routine is interrupted by equipment failure, the team will be permitted to pick up their routine from the point in which the disruption occurred.

In case of injury, the team may continue with the routine, come off and re-group, or withdraw from the competition. The Pennsylvania Game Day Cheer Championship officials reserve the right to halt a routine in the case of an injury.

Game Day routines (no running tumbling, no tosses, no inversions, no twisting released dismounts) will consist of 1. Band Dance (no skills other than kicks and jumps) 2. Offense or Defense Situational Sideline (with props and practical skills) 3. Cheer 4. Fight Song

## Scoring

The 2024-25 NFHS/USA Cheer rules will govern the school team divisions as they appear in the 2024-25 NFHS Spirit Rules Book.

Deductions for jewelry, time violations, safety guideline violations, or inappropriate choreography will be subtracted from the subtotal to acquire the final score. The emphasis is on a clean routine.

Deductions/penalties are assessed at the sole discretion of the judges. All judges' decisions are final. Ties will not be broken. Teams that place in a tie will both receive awards.

Sample score sheets will be emailed upon request to coaches of participating teams.

## Awards and Judging

Awards will be determined by the number of teams in each division. Judges will be qualified, impartial individuals.

Decisions made by the judging panel are final.

Under NO CIRCUMSTANCES is a coach, parent, participant, or fan permitted to question or approach a judge on score sheet decisions.

# ACCOMMODATION RECOMMENDATIONS

2024-2025  
PENNSYLVANIA GAME DAY  
CHEER CHAMPIONSHIP  
SUNDAY, JANUARY 5<sup>TH</sup>, 2024

## HOTELS

### **Heritage Hills Resort**

2700 Mt. Rose Avenue

York, PA 17402

Approximately 9 miles from Dallastown Area Intermediate School (located north of DAIS)

Approximately 40 miles from Hershey's Giant Center

- Hotel <https://heritagehillsresort.com/stay/>
- Dining <https://heritagehillsresort.com/dine/avenue-ale-house-pizza-loft/>
- Avalanche Express (Snow Tubing) <https://avalanchexpress.com/>

### **Hampton Inn & Suites York South**

2700 Mt. Rose Avenue

York, PA 17402

Approximately 7 miles from Dallastown Area Intermediate School (located north of DAIS)

Approximately 42 miles from Hershey's Giant Center

- Hotel <https://www.hilton.com/en/hotels/mdtyshx-hampton-suites-york-south/rooms/>
- Dining within walking distance of hotel:
  - Primantis Brothers
  - IHOP
  - MOD Pizza
  - Various options surrounding the hotel

### **Holiday Inn Express & Suites York**

140 Leader Heights Road

York, PA 17403

Approximately 3 miles from Dallastown Area Intermediate School (located north of DAIS)

Approximately 44 miles from Hershey's Giant Center

- Hotel [https://www.ihg.com/holidayinnexpress/hotels/us/en/york/thvex/hoteldetail?cm\\_mmc=GoogleMaps--EX--US--THVEX](https://www.ihg.com/holidayinnexpress/hotels/us/en/york/thvex/hoteldetail?cm_mmc=GoogleMaps--EX--US--THVEX)
- Dining: various options surrounding the hotel

### **Hampton Inn Shrewsbury**

1000 Far Hills Drive

New Freedom, PA 17349

Approximately 9 miles from Dallastown Area Intermediate School (located south of DAIS)

Approximately 54 miles from Hershey's Giant Center

- Hotel <https://www.hilton.com/en/hotels/swypahx-hampton-shrewsbury/rooms/>
- Dining: Dining: various options surrounding the hotel