

Purpose:

The purpose of the AAMSL GameDay Championship rules is to provide a clear and comprehensive framework that ensures a fair, safe, and enjoyable competition environment for all participants. These rules are designed to promote sportsmanship, teamwork, and school spirit while fostering the athletic and personal development of the cheerleaders. The championship will emphasize traditional spirit-leading activities performed on the sidelines and during halftimes to enhance crowd interaction and engagement. By establishing consistent guidelines and standards, AAMSL aims to create an equitable platform where teams can showcase their skills, enthusiasm, and creativity in a supportive and encouraging atmosphere.

ROUTINE STRUCTURE:

The AAMSL GameDay Championship will consist of three separate divisions:

1. GameTime Fight Song / Band Chant
2. GameTime Cheer
3. GameTime Dance / Performance
 - Each division allows for a maximum performance time of 1 minute and 15 seconds (1:15).
 - Teams may choose to compete in one, two, or all three divisions.
 - A winner will be named in each division.
 - Teams that compete in all three divisions will have their scores combined, and a Grand Champion will be named based on the highest cumulative score.

Division Guidelines:

GAMETIME FIGHT SONG / BAND CHANT

ROUTINE AND JUDGING REQUIREMENTS:

1. Teams are encouraged to use their traditional team fight song if they have one.
2. Props (poms, signs, flags, megaphones and / or banners) are permitted in this section.
3. Performances can incorporate up to three (3) eight counts of skills (stunts, tumbling and/or jumps). The three (3) eight counts must be consecutive and the same three (3) eight counts may be repeated if the fight song is repeated.
4. Judging will be based on the following criteria:
 - a. Crowd oriented material, fit to music, using effective spacing and formations and incorporating visual effects.
 - b. Placement, synchronization and strength of motions. Clean transitions and spacing throughout the routine.
 - c. Multiple transitions - 2 or less transitions will score lower than 3 or more transitions.
 - d. Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or pep rally. Overall impression and crowd appeal.

Specific Skill Restrictions: (Tumbling is NOT REQUIRED)

1. No basket, sponge, elevator or similar tosses permitted.
2. No inversions (Flyer head/shoulders below waist)
3. No more than ½ twisting into or out of a prep or two leg extended stunt
4. Straight Up single leg prep or extended stunts are permitted only in Liberty. **NO FLEX SKILLS**
5. A jump is considered a skill and can only be performed in the three (3) eight count segment.
6. A kick will not be considered a skill and can be performed at any time during the routine.
7. Maximum standing TUMBLING difficulty - Standing Back Handspring and Standing Back tuck. **NO RUNNING TUMBLING OR CONNECTED TUMBLING SKILLS (including roundoff and cartwheel approach).**

GAMETIME CHEER

ROUTINE AND JUDGING REQUIREMENTS:

1. No music may be used during the performance.
2. Teams should utilize all areas of their squad's crowd leading strengths. The use of poms, signs, flags, megaphones and / or banners is encouraged.
3. Judging will be based on the following criteria:
 - a. Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and / or banners.
 - b. Placement, synchronization and strength of motions. Clean transitions and spacing throughout the routine.
 - c. Overall impression and crowd appeal.
 - d. Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

SPECIFIC SKILL RESTRICTIONS: (Tumbling is NOT REQUIRED)

1. No basket, sponge, elevator or similar tosses permitted.
2. No inversions (Flyer head/shoulders below waist)
3. No more than ½ twisting into or out of a prep or two leg extended stunt.
4. Straight Up single leg prep or extended stunts are permitted only in Liberty. **NO FLEX SKILLS**
5. Maximum TUMBLING difficulty - BHS, RO BHS, Standing Tuck, RO Tuck, Cartwheel Tuck. **NO CONNECTED TUMBLING SKILLS. A round off / cartwheel is the approach and not counted as a connected skill.**

GAMETIME DANCE/PERFORMANCE

ROUTINE AND JUDGING REQUIREMENTS:

1. Any dance style that is appropriate for time out situations within a sideline cheer setting is acceptable. (ie. jazz, hip hop, pom)
2. Multiple transitions REQUIRED - 2 or less transitions will score lower than 3 or more transitions.

3. Poms are the only prop permitted.
4. Judging will be based on the following criteria:
 - a. Creativity and musicality, variety and execution of clean transitions and formations.
 - b. Placement, synchronization and strength of motions / movements.
 - c. Visual Effects and spacing
 - d. Emphasis will be on audience appropriateness and appeal. This is a performance section. Crowd leading components will not be judged.

SPECIFIC SKILL RESTRICTIONS: (Tumbling is NOT REQUIRED)

1. No basket, sponge, elevator or similar tosses permitted.
2. No inversions (Flyer head/shoulders below waist)
3. No more than ½ twisting into or out of a prep or two leg extended stunt.
4. Maximum TUMBLING difficulty - BHS, RO BHS, Standing Tuck, RO Tuck, Cartwheel Tuck. **NO CONNECTED TUMBLING SKILLS. A round off / cartwheel is the approach and not counted as a connected skill.**