

2021 ASAA/First National Bank Alaska Cheer State Championship Virtual Game Day Competition

GENERAL INFORMATION:

- Routines may be performed on a cheer mat or a basketball court. The cheer mat must not be larger than a regulation basketball court.
- Mascots and team members that are used as spotters are considered part of the team.
- NFHS rules will be strictly adhered to.
- ASAA mitigation plan must be followed.
- Recording guidelines must be followed.

COVID INFORMATION:

- Masks will be required by all participants at all times.
- If tumbling or stunting masks must be well fitted and secure (strap around the head, tape, etc.).
- Participant safety is the coach's responsibility. Routines may need to be changed to accommodate masks.

CLASSIFICATIONS:

- Division I includes school size of 501 and above.
- Division II includes school size 500 and less.
- Any school in Division II may choose to opt up to Division I. There will be no separate division for coed teams.

SIDELINE CHEER: (12 members max)

School cheer team rallies to the sideline facing the camera. Team leads a crowd chant, of their choice, 5 times through or a maximum of 1 minute. Coach will cue the team to take the floor for a 1 minute time-out cheer.

TIME-OUT CHEER: (D I unlimited members, D II 12 members max)

Team rallies to the floor while demonstrating genuine crowd spirit and enthusiasm and begins their time-out cheer. Team rallies and returns to the sideline.

- 1 minute maximum (includes rallying on and off).
- Emphasis should be on crowd involvement and spirit raising.
- No music allowed.
- Use of signs and/or poms is encouraged. Props may not be set up in advance.
- Division I may perform any tumbling skill allowed by NFHS rules on the basketball court.
- Division II may only perform Level 1 and Level 2 NFHS tumbling skills*.
- Division I may perform any stunt allowed by NFHS rules on the basketball court.
- Division II may only perform stunts 1-11 in the NFHS partner stunt progression.* Stunts and pyramids may not invert.

SITUATIONAL SIDELINE CHEER: (12 members max)

Coach will cue the team to begin the situation cheer on the sideline.

- 1 minute maximum.
- Emphasis on game knowledge and appropriateness of cheer.
- No music allowed.
- Use of signs and/or poms is encouraged.

Coach will cue the team to take the floor and begin the half time routine.

HALF TIME ROUTINE: ((D I unlimited members, D II 12 members max)

- 2:30 minute maximum.
- Emphasis on highlighting teams overall cheerleading skills.
- Minimum of 1 minute of music is required.
- Use of signs and/or poms is encouraged. Props may not be set up in advance.
- Division I may perform any tumbling skill allowed by NFHS rules on the basketball court.
- Division II may only perform Level 1 and Level 2 NFHS tumbling skills*.
- Division I may perform any stunt allowed by NFHS rules on the basketball court.
- Division II may only perform stunts 1-11 in the NFHS partner stunt progression.* Stunts and pyramids may not invert.

*NFHS Stunt Progressions