

2025 ASAA/First National Bank Alaska Cheer State Championship Game Day Competition

PURPOSE

Game Day Cheer Competition is an opportunity for cheer teams to showcase the primary role of high school cheerleaders, that of crowd leading and spirit raising. The focus of competition is on sideline cheer and knowledge of the game. Audio cues are given to teams in order for them to demonstrate their understanding of the game, effective crowd-leading and spirit-raising techniques.

GENERAL INFORMATION

- All routines will be performed on a regulation mat measuring 42 by 54 feet
- All practices and warm-ups will be done prior to the event.
- Teams should arrive at the competition ready to compete.
- Mascots and team members that are used as spotters are considered part of the team.
- NFHS rules will be strictly adhered to.

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 CHANT: (12 members max)

School cheer team is introduced and rallies to the sideline facing the crowd. Team leads a crowd chant, of their choice, 3 times through. Announcer 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
- Division II may only perform Level 1 and Level 2 NFHS tumbling skills*
- Division I may perform any stunt allowed by NFHS rules
- 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)

When cued by the announcer each team will do a cheer for the following situations;

1. Ball out of bounds your team is on defense.
2. Your team is shooting a free throw.
3. Your team is on offense taking the ball up the court.

The team should pause between each situation

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

Following situational cheer teams should rally off and take a seat. The next team is introduced to the floor and so on until all teams have completed the cheer section. After all the teams have completed the “crowd leading” section of competition, the competition moves to halftime routines. Each team will be introduced to the floor in the same order as during the “crowd leading” section.

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
- Division II may only perform Level 1 and Level 2 NFHS tumbling skills*
- Division I may perform any stunt allowed by NFHS rules
- Division II may only perform stunts 1-11 in the NFHS partner stunt progression.* Stunts and pyramids may not invert

*NFHS Stunt Progressions