



## DANCE GAME DAY - CHAMPIONSHIP OVERVIEW

*This document is a general OVERVIEW.*

*Complete rules and regulations can be found in the tournament guide.*

### **GAME DAY CHAMPIONSHIP:**

December 16-17, 2022

Veteran's Memorial Coliseum

### **SAFETY RULES:**

AIA rules require performances to be in accordance with safety standards prescribed by the NFHS Spirit Rules. It is suggested that coaches own, carry, and reference their own NFHS Spirit Rules book throughout the season. These are available for purchase in electronic or print form at [www.nfhs.org](http://www.nfhs.org).

### **FLOORING:**

The performance floor will be made up of 8 marley panels. Each panel is about 6.5' wide making the full floor 52' wide and 49' 2" in length.

### **GAME DAY FORMAT**

Each team will showcase their best leadership skills and sideline crowd leading material in the following categories: Fight Song, Band Dance, and Performance Routine. The use of poms is permitted and encouraged. Game time and sideline practicality should be highest priority in routine development. Traditional school uniforms are required.

### **FIGHT SONG**

- Performed to recorded band music
- Emphasis on school tradition, leadership and motivation
- Poms are the only props permitted

### **BAND DANCE**

- Performed to recorded band music
- Sideline/stand routine or drum cadence
- Emphasis on crowd appeal
- Poms are permitted but not required

### **PERFORMANCE ROUTINE**

- 1 minute time limit
- Properly licensed music must be used
- Timing starts with the first beat of music or organized movement
- Choice of style – pom, jazz, or hip hop
- Emphasis on energy and connection to crowd

### REMINDERS & RESTRICTIONS

- 3:30 minute time LIMIT
  - Teams will set up as they take the floor
  - Time will begin with the first beat of the Fight Song music
  - ***Performance Routine has a 1 minute time limit***
- One continuous performance demonstrating the compilation of the three Game Day elements.
- Performances will follow this order:
  - Fight Song
  - Band Dance
  - Performance Routine
- Each section should have a designated beginning and end with spirited crowd interaction between that allows the 3:30 minute routine to flow seamlessly.
- Poms are the only crowd leading prop permitted.
- Traditional school uniforms are required.