



CHRISTIAN CHEERLEADERS OF AMERICA

GameTime General Rules & Division Information

1. Divisions are broken up by JH, JV, Varsity (CCA reserves the right to combine divisions based on competition registrations)
2. Tumbling is restricted to standing BHS and Back Tuck (during free spirit between sections)
3. No running tumbling is allowed
4. Maximum number of participants allowed on the performance floor at a time is 15 you may substitute participants in and out as needed
5. It is the responsibility of the school coach that each team member, coach, parents, and other persons affiliated with the school conduct themselves in an appropriate manner
6. Teams must refrain from taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature
7. Coaches are responsible for ensuring that their team adheres to the guidelines set for in the CCA Music Moves and Dress policy
8. The use of signs, poms, flags, and megaphones are allowed and encouraged for performances. The use of additional props is not permitted
9. CCA rules require cheer and spirit performances shall be in accordance with safety standards prescribed by the American Association of Cheerleading Coaches and Administrators Rules in additions to the rules that are presented in this document
10. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area

TIME LIMITATIONS

11. Maximum total routine time of 2:30
12. Acknowledging the potential variance in sound system and timing devices, judges will not issue a deduction until their stopwatches show a time of three (3) seconds over the time limit.
13. It is recommended that all teams practice and time performances prior to competition to allow for variations in sound equipment.
14. Introductions and exits:
 - a. All team breaks, rituals, and traditions need to take place prior to running out onto the performance surface.
 - b. All teams should refrain from any type of excessive celebration in an unsportsmanlike manner following the team's performance.
 - c. There should not be any organized exits or other activities after the official ending of the routine.

INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected will be directed to STOP the routine.
2. If directed to stop a routine, the team will perform the routine again in its entirety but will be evaluated only from the point where the interruption occurred.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated only from the point where the interruption occurred.

C. INJURY

1. All participants must follow the AACCA safety regulations. The only persons that may stop a routine for injury are: a) competition officials, or b) the school coach from the team performing.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated only from the point where the interruption occurred.



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Teams will be evaluated on their ability to lead the crowd, proper skill incorporations, performance, motions, showmanship and overall routine. Game Time functionality is heavily emphasized. Performances should be prepared as if they were Game Time performances at a school sporting event.

Teams will be evaluated in the following three areas:

SIDELINE - Situational Response - :30 (Times starts after prompt)

1. Prepare your own sidelines, one offense and one defense
2. The goal should be for the crowd to be involved
3. No tumbling or stunting is permitted during this section of the routine
4. An announcement will be made prior the sideline portion of the routine, your team must react with appropriate gameday material

Situational Prompts:

- a. Your team is on Defense
- b. The other team has the ball
- c. You're team is on offense
- d. Make noise, your team has the ball

Band Chant - :45 (Time starts with music or first word)

1. Teams will need to provide their own band chant music.
2. Band Chant music should be obtained legally and licensed,
3. Band Chants from CCA summer camp are encouraged!
4. Incorporation of props is encouraged
5. Basic stunts are allowed (No spinning/inverted stunts) single leg extended libs are allowed
dismounts are limited to Straight cradles, Full twisting cradles, and pop/sponge downs No basket tosses

Timeout/Cheer - EX: School Fight Song, CCA Camp AB Cheer, Cheer with Props, Non-Music Cheer - 1:00 (Time starts with music or first word)

1. One song may be used during your timeout,
(if you are going to use music choose something that will help your team lead the crowd not music to dance to)
2. Music should be obtained legally and licensed, if you would like more information about how to obtain licensed music please contact Pete Graham at pete@cheercca.com
3. Cheers from CCA summer camp are encouraged!
4. You should spend this time leading the crowd
5. Incorporation of props is encouraged
6. Basic stunts are allowed (No spinning/inverted stunts) single leg extended libs are allowed
7. Dismounts are limited to Straight cradles, Full twisting cradles, and pop/sponge downs No basket tosses
8. Hitch pyramids are allowed if used in a way that encourages GameTime spirit.



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Score Sheet GameTime

SCORE SHEET	TOTAL
SIDELINE	10.0
BANDCHANT	10.0
TIMEOUT/CHEER	10.0
SKILL INCORPORATION	10.0
EFFECTIVE USE OF PROPS	10.0
PERFECTION OF SECTIONS	10.0
SYNCHRONIZATION & TIMING OF ELEMENTS	10.0
OVERALL IMPRESSION	10.0

Total Possible Points	100
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Score Sheet GameTime

SCORE SHEET	TOTAL
SIDELINE	VOICES -Loudness (Volume) -Inflection (Emphasis always builds) -Cheer chatter Motions -Sharpness (Speed, Hesitation) -Placement (Wrist, Arms, to far forward/back)
BANDCHANT	
TIMEOUT/CHEER	
SKILL INCORPORATION	APPROPRIATE SKILLS FOR CROWD ENGAGEMENT PERFECTION OF CROWD ENGAGING SKILLS SEAMLESS FLOW OF CROWD ENGAGING SKILLS
EFFECTIVE USE OF PROPS	SIGNS AND OTHER PROPS WERE EASY TO READ AND VISIBLE SIGNS AND OTHER PROPS CLEARLY COMMUNICATE INTENDED CHEER SIGNS AND OTHER PROPS ADDED TO THE PERFORMANCE RATHER THAN DISTRACT FROM IT NO PROPS WILL RESULT IN A <u>SCORE OF 0</u> A HIGHER SCORE WILL RESULT FROM THE USE OF A VARIETY OF PROPS
PERFECTION OF SECTIONS	DROPPED STUNT, SIGN, OR PROP TUMBLING FALL POOR JUMPS MOTIONS FORGOTTEN IN SUCH A WAY THAT IS DISTRACTING WRONG OR OUT OF FORMATION STUNT BOBBLE (BENT KNEE, WAVING ARMS, ETC)
SYNCHRONIZATION & TIMING OF ELEMENTS	SYNCHRONIZATION AND TIMING OF SKILLS SYNCHRONIZATION AND TIMING OF MOTIONS SYNCHRONIZATION AND TIMING OF VOICES AND SIGNS SYNCHRONIZATION AND OF TIMING PROPS
OVERALL IMPRESSION	CREATIVITY SHOWMANSHIP GENUINE ENTHUSIASM
CROWD INVOLVEMENT	WAS THE ROUTINE EASY TO WATCH/FOLLOW? DID THE ROUTINE MAKE SENSE? DID THE ROUTINE MAKE YOU WANT TO YELL WITH THEM DID THE ROUTINE UTILIZE APPROPRIATE CALLBACKS (NOT STORY BOOK CHEERS)