



CHRISTIAN CHEERLEADERS OF AMERICA

GameTime General Rules & Division Information

Teams will be evaluated on their ability to lead the crowd, proper skill incorporation, 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:

Band Chant - :45 (Time starts with first note of music)

1. Teams will need to provide their own legally obtained and licensed band chant music.
2. Incorporation of props is encouraged.
3. Basic stunts are allowed (no spinning/inverted stunts). Single-leg extended libs are allowed.
4. Dismounts are limited to straight cradles, full twisting cradles, and pop/sponge downs.
5. No basket tosses. No running tumbling.
6. A cue will **not** be given to start the Band Chant.

Sideline – Situational Response :30 (Time starts after prompt)

1. Prepare your own sidelines – one offense and one defense.
2. An announcement will be made prior to the sideline portion of the routine, your team must react with the appropriate response to the announcer.
3. No tumbling is permitted during this section of the routine.
4. Basic stunts are allowed (no spinning/inverted stunts). Single-leg extended libs are allowed.
5. No basket tosses.
6. Overall heavy emphasis on crowd involvement.

Examples of situational Prompts:

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

Timeout/Cheer – EX: Traditional Timeout Music, School Fight Song, CCA Camp Cheer with Props, or Non-Music Cheer – 1:00 (Time starts with music or first word - no prompt given)

1. This time should be spent leading the crowd. No running tumbling. Basket tosses are allowed. No announcement will be made to indicate the beginning of this section.
2. 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).
3. Music should be obtained legally and licensed. If you would like more info on how to obtain licensed music, please contact judy@cheercca.com
4. Incorporation of props such as poms, megaphones, signs, flags and/or rally towels are encouraged. All are not required.
5. Skills must be practical and executed with strong technique while providing a visual effect that influences the crowd's participation. Basic stunts allowed. (no spinning/inverted stunts). Single-leg extended libs are allowed.
6. Dismounts are limited to straight cradles, full-twisting cradles and pop/sponge downs.
7. Hitch pyramids are allowed if used in a way that encourages the Game-Time spirit



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1. Divisions are broken up by Junior High, Junior Varsity, and Varsity (CCA reserves the right to combine divisions based on competition registrations).
2. Divisions will be further divided based on the number of participants. Game-Time 1A will consist of teams that have up to 15 athletes. Game-Time 2A will be teams that have 16 or more athletes. Teams with more than 15 athletes may compete in Game-Time 1A, but will not be allowed to have more than 15 participants on the performance floor at any given time during the performance.
3. It is the responsibility of the coach that each athlete, coach, parent, and/or other persons affiliated with the school, conduct themselves in an appropriate manner.
4. Teams must refrain from taunting, bragging, suggestive expressions or gestures, and discrimination of any nature.
5. Coaches are responsible for ensuring that their team adheres to the guidelines set in the CCA Music Moves and Dress Policy.
6. The use of signs, poms, flags, rally towels, and megaphones are allowed for performances. The use of additional props is not permitted. All props are not required.
7. CCA rules require that cheer and spirit performances shall be in accordance with safety standards prescribed by the NFHS/USA Cheer, in addition to the rules that are presented in this document.
8. In between section, teams must always return to the performance surface.

Time Limitations

1. Routines have a time maximum of 2:30.
2. Due to the potential variance in audio and timing equipment, judges will not issue a deduction until their stopwatches show a time of three (3) seconds over the time limit.
3. It is recommended that all teams practice and time performances prior to competition to allow for variations in sound equipment.
4. Introductions and Exits:
 - a. All team breaks, rituals, and traditions need to take place prior to running out onto the performance floor.
 - 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

Unforeseen Circumstances

1. If a team's routine is interrupted, in the opinion of the competition officials (due to failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team), the affected team 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.

Fault of Team

1. In the event a team's routine is interrupted because of a 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.

Injury

1. The only persons that may stop a routine for injury are: a) competition officials or b) the coach of the performing team.
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 time slot in the schedule where the performance is to take place is at the sole discretion of the 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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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
CROWD INVOLVEMENT	20.0

Total Possible Points	100
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