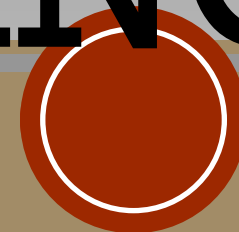


OSSAA GAME DAY COACHES TRAINING



Webinar Training
October 2, 2025
4pm - Recorded Link



Entry deadline:
October 1

Academic
Application
deadline:
November 3

**Game
Day
Dates**



Max 25 total
performers

Game Day Competition FORMAT 2025

IMPORTANT
for Regionals

- Teams will perform all four elements during their performance time in all performances.
- All 4 sections will go back to back
Cheer: Band Chant, Situational Element, Crowd Leading, and Fight Song
- **Pom: Band Chant, Situational Element, Dance, and Fight Song**
 - **The situational element will exist at regionals.**
- Teams will not be staying for FINAL rankings or scores. Once a team finishes they will leave. Results will be posted to the OSSAA website.

Regional
Format for all
Classifications

General Competition Format 2025

- After performing the first section, teams will be given three 8-counts transition prior to the situational prompt.
- Someone can be designated to speak the 8 counts out loud, (counts may be spoken by the coach, the team, or a designated participant as well). **THESE 8 COUNTS WILL NOT BE SCORED!**
- Once teams perform the situational response they will go straight into the next element (Crowd leading/Dance).
- At the conclusion of this, the team will be given another three 8 counts to prepare for the last element, Fight Song.
- **AGAIN, THESE 8 COUNTS WILL NOT BE SCORED AND THERE SHOULD NOT BE ANY TRANSITIONAL CHOREOGRAPHY AT ALL!**



Each section will be timed separately and the correct format is as follows:

Order of Game Day performance

- Band chant **(must be under 1 min)**
- Three 8 counts for transition (NOT SCORED, NOT TIMED, but should not drag out)
- Situation Prompt given then Team Response **(response timed separately)**
- **No transition to crowd leading (starts immediately from situational response)**
- Crowd leading **(must be under 1 min)**
- Three 8 counts for transition
- Fight song **(must be under 1 min)**
- **All FOUR timed sections must be under 3 min total!**

Timing
Layout

**Game Day
Competition
Format
2025**





OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION
GAME DAY COMPETITION

SAFETY VIOLATION AND TIME SHEET

TEAM NAME:

CLASSIFICATION: (CIRCLE ONE) 2A 3A 4A 5A 6A LARGE POM SMALL POM

CHEER

ROUND	3:00 MAXIMUM TIME	RECORDED TIME	DEDUCTION
BAND DANCE PRELIMS	1 MINUTE		
SITUATIONAL RESPONSE			
CROWD LEADING PRELIMS	1 MINUTE		
FIGTH SONG PRELIMS	1 MINUTE		
		TOTAL TIME:	

POM

ROUND	3:00 MAXIMUM TIME	RECORDED TIME	DEDUCTION
BAND CHANT PRELIMS	1 MINUTE		
SITUATION RESPONSE			
DANCE	1 MINUTE		
FIGTH SONG PRELIMS	1 MINUTE		
		TOTAL TIME:	

SAFETY VIOLATION

DESCRIPTION OF VIOLATION:	DEDUCTION

RULES OFFICIAL

• You will need to time everything. This will be the hardest part. If there is someone at the site running clock then that will help. All times must be recorded.

• Safety violations will include everything that is a violation. These are listed on slides 8, 9, 14, 15, 21, & 22 for each section. Other safety violations would be AACCA violations. Make sure to have a rule book on site. If you do not have one, we will provide one.

• For regionals, we will be issuing warnings only for safety, but time violations will still be awarded and counted.

• Disqualifications

- Exceed participation allowance
- Failure to meet licensing requirement

• Deductions awarded...

- General/Procedural Deductions
 - -3 points if team exceeds 8-count allowances
- Safety deductions
 - - 5 points for any safety or skill violation
- Time deductions
 - - 3 points for 1-5 seconds over limit
 - - 5 points for 6-10 seconds over limit
 - -1 point for excessive celebration or organized entrance/exit

Important

• For state, all violation for safety and time will be awarded and counted.



OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION
GAME DAY COMPETITION

SAFETY VIOLATION AND TIME SHEET

TEAM NAME:

CLASSIFICATION: (CIRCLE ONE) 2A 3A 4A **5A** 6A LARGE POM **SMALL POM**

CHEER

ROUND	3:00 MAXIMUM TIME	RECORDED TIME	DEDUCTION
BAND DANCE PRELIMS	1 MINUTE	0:01:04	-3 points
SITUATIONAL RESPONSE		0:16:73	
CROWD LEADING PRELIMS	1 MINUTE	0:50:20	
FIGTH SONG PRELIMS	1 MINUTE	0:50:01	Safety Warning
		TOTAL TIME:	3:01:34

Grace Period on time is 1-3 seconds!

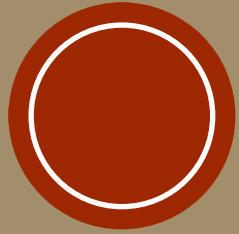
POM

ROUND	3:00 MAXIMUM TIME	RECORDED TIME	DEDUCTION
BAND CHANT PRELIMS	1 MINUTE	0:50:00	
SITUATION RESPONSE		0:12:50	
DANCE	1 MINUTE	1:01:00	
FIGTH SONG PRELIMS	1 MINUTE	0:50:15	
		TOTAL TIME:	2:54:05

SAFETY VIOLATION

DESCRIPTION OF VIOLATION:	DEDUCTION
BC: overtime 1-5 seconds	- 3 points
Additional Notes: WARNING ISSUED *If performed at state it will be a -5 point deduction per basket thrown. FS: Basket toss is not allowed/skill restriction	

SCHOOLS MUST USE RECORDED BAND MUSIC FOR THE FIGHT SONG, BAND CHANT, AND BAND DANCE. BRING YOUR MUSIC ON YOUR PHONE OR LIKE DEVICE.



ALL LICENSING MUST BE APPROVED BY OSSAA – IF THERE IS ANYTHING IN QUESTION AT REGIONALS, OFFICIALS WILL NOTE IT ON THE SAFETY VIOLATION AND WILL CONTACT BRIAN LESTER FOR VERIFICATION.

General Music Information

SCORING & RANKINGS

Preliminary round scores will be calculated and the top 15 scores in classes 2A, 3A, 4A, 5A, and the top 10 scores in class 6A, Large Pom & Small Pom will advance to the Game Day State competition on November 14 & 15 at Tulsa Union High School

How many make it in to state?

When will the results be posted?

State results will be posted following each division.



GENERAL GUIDELINES

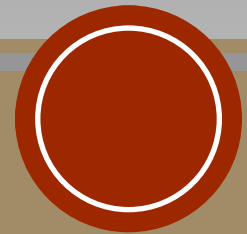
- Traditional sideline uniforms are to be worn. Practicality should be considered on all elements.
- All participants must stay on the matted surface.
- All coaches must be [USA Cheer Safety and Risk Management Course](#) (available on site and online at the USA Cheer and NFHS websites.)
- All competitions should be in compliance with the NFHS Rules for safety.
- All coaches have been sent a rules book through the mail.
- There are no reviews for any performance.
- All score sheets are online.
- If the routine is interrupted by an injury, the coach may ask for the routine to be scored as stands or may choose to continue the routine from the point of injury.
- No one is allowed on the floor without a coaches pass, no injured athletes or outside coaches without a pass.

The judges coordinator will be the only personnel to communicate through the Site Manager to coaches if needed.



BAND CHANT

Formerly Band Dance



CHEER & POM BAND CHANT SCORING

- Crowd Appeal and Overall Impression (direct reflection of the scores)
- There will be a note taker at each site to transfer notes to one document for all divisions for all coaches.
- Breakdown of each category
- Should be used to get the crowd on their feet... **Voices Count!**
- Spacing and floor usage differences in this category. Spacing Matters!
- Hype Level & Excitement
- **NO STUNTS, SKILLS, or TUMBLING.**

Band Chant Rules & Restrictions

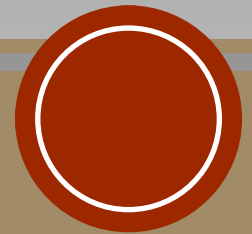
- **1 min time limit.**
- **Marching band music, traditional sideline uniform, crowd appeal, practicality.**
- **Must have call-backs within the routine.**
- **NO STUNTS, SKILLS, or TUMBLING.**
- **All participants are required to remain on the mat, no choreographed transitions.**



Cheer & Pom Score Sheet

Category	Description	Total Possible
Game Day Material	Proper use of material relevant to the game day environment and crowd engagement	10
Crowd Appeal	Energy, Leadership, Connection to the crowd	10
Visual Appeal	Creative movement throughout routine	10
Synchronization	Uniformity of movement throughout routine	10
Motion Technique	Technique, sharpness, placement, and strength/power in movements	10
Voice & Projection	All participants are yelling and engaging with crowd	10
Overall Impression		10
TOTAL		70

CROWD LEADING & DANCE



- The situational element will be read immediately following the Band Chant.
- It will be read promptly and the team should respond accordingly to the prompt: Defensive, Offensive, etc.
- This response will be scored in the GAME DAY MATERIAL section on both score sheets for Crowd Leading and Dance.
- If there is a deduction for the incorrect response, it will be noted on the safety and deductions form.
- This is included in your overall time of 3 minutes.

Situational Response Scoring

Scoring and considerations

- Be prepared
- Practice prompts
- Practice it with your full performance



CROWD LEADING SCORING

- Crowd Appeal and Overall Impression (direct reflection of the scores)
- Situational Response WILL BE AT REGIONALS IN 2025
- Practicality for Game Day Usage
- Importance of Spacing and Usage of Floor
- Skills used must be consistent!
- Athletes can lay out props in the Preliminary competition (EXPEDITE PROCESS)
- All participants are required to remain on the mat, no choreographed transitions.
- Reminder...NO POMS in hands for BHS

CROWD LEADING RULES AND RESTRICTIONS—CHEER DIVISION

- 1 min time limit.
- NO Music. Skill restrictions include:
- No Baskets, sponge or elevator tosses allowed (cradles are dismounts and not tosses).
- No inversions.
- No twisting dismounts from stunts.
- Single-leg extended stunts are limited to liberties and liberty hitches
- No running tumbling.
- One skill, standing back tuck is the most elite skill permitted



Cheer Score Sheet

CATEGORY	TOTAL POSSIBLE	TEAM SCORE
GAME DAY MATERIAL PROPER USE OF MATERIAL RELEVANT TO THE GAME DAY ENVIRONMENT, AND CROWD ENGAGEMENT	10	
CROWD EFFECTIVENESS VOICE, PACE, FLOW, MAXIMUM CROWD COVERAGE	10	
CROWD LEADING TOOLS PROPER USE OF SIGNS, POMS, MEGAPHONES AND FLAGS	10	
ABILITY TO LEAD CROWD ENERGY AND CROWD LEADING TECHNIQUES	10	
PROPER USE OF SKILLS USE OF SKILLS USED TO LEAD THE CROWD	10	
MOTION TECHNIQUE TECHNIQUE, SHARPNESS AND PLACEMENT	10	
SYNCHRONIZATION UNIFORMITY OF MOVEMENT THROUGHOUT ROUTINE	10	
EXECUTION OF SKILLS TECHNIQUE, STABILITY, SYNCHRONIZATION AND SPACING	10	
CROWD APPEAL ENERGY, LEADERSHIP, VISUAL APPEAL AND CONNECTION TO THE CROWD	10	
OVERALL IMPRESSION	10	
TOTAL POINTS	100	



DANCE SCORING FOR POM

- THIS SHOULD BE A HYPE ROUTINE!
- Situational Response WILL BE AT REGIONALS IN 2025
- Crowd Appeal and Overall Impression (direct reflection of the overall scores)
- Discussion on Spacing, Transitions, and Usage of Floor
- Skills restrictions apply
- Any props should be for crowd hype only not for choreography

Dance Rules & Restrictions

- 1 min time limit - marching band music
- Emphasis on crowd appeal & hype
- Dance Skills are permitted (something that is practical for sideline), kicks, leaps and jumps.
- No stunts are allowed.
- Acceptable Pom tumbling skills are permitted. Note: Standing Backs allowance (sent out early Aug). Practicality should be considered in this element.
- All participants are required to remain on the mat, no choreographed transitions

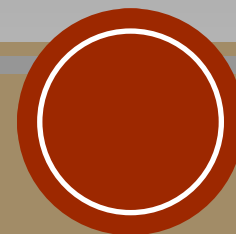


Pom
Score Sheet

CATEGORY	TOTAL POSSIBLE
GAME DAY MATERIAL PROPER USE OF MATERIAL RELEVANT TO THE GAME DAY ENVIRONMENT	10
CROWD APPEAL ENERGY, LEADERSHIP, AND CONNECTION TO CROWD	10
EXECUTION AND DIFFICULTY OF SKILLS AND MOVEMENTS OVERALL DIFFICULTY, PACE, COMPLETION, AND EXECUTION OF ALL SKILLS PERFORMED	10
PROPER USE OF PROPS AND SKILLS PROPER USAGE FOR EFFECTIVENESS OF ROUTINE	10
TEAM PARTICIPATION AND PERFORMANCE OVERALL PERFORMANCE AND PARTICIPATION BY THE ENTIRE TEAM	10
MOTION TECHNIQUE TECHNIQUE, PLACEMENT, AND STRENGTH/POWER IN MOVEMENTS	10
SYNCHRONIZATION UNIFORMITY OF MOVEMENT THROUGHOUT ROUTINE	10
CHOREOGRAPHY AND CREATIVE MOVEMENTS CREATIVITY, VARIETY, AND CHOREOGRAPHY APPROPRIATE FOR A SIDELINE PERFORMANCE,	10
MUSIC SELECTION MUSIC APPROPRIATE FOR A TIMEOUT, HALFTIME, OR QUARTER BREAK TO ENGAGE CROWD	10
OVERALL IMPRESSION	10
TOTAL POINTS	100



FIGHT SONG



FIGHT SONG for CHEER & POM

Fight Song Restrictions

- 1 min time limit
- Marching Band Music
- Up to 3 CONSECUTIVE 8 counts may be incorporated with...

Cheer Incorporation

- Stunts
- Standing Tumbling
- Jumps
- Same skill restrictions as listed in Crowd Leading

Pom Incorporation

- Turns
- Leaps
- Jumps
- Standing Tumbling

IMPORTANT

The three 8 counts of added skills can take place at any point in the routine and can be repeated; If repeated in the fight song, incorporation must repeat exactly as initially performed.



Up to 3 CONSECUTIVE 8 counts may be incorporated with turns, jumps, leaps, and standing tumbling (aerials must be from a standing position, you may not walk or step into them).

The three 8 counts of added skills can take place at any point in the routine and can be repeated; If repeated in the fight song, incorporation must repeat exactly as initially performed.

To count any incorporation, the starting 8-count will begin with the “dip” of the skill – the dip/bend of a jump, the dip/sit of the tumbling, the dip of the top person to load the student, etc.

The counting of the 8-counts for the incorporation will continue until the completion of the skill or until the skill is back on the matted surface, regardless of when the music ends.

All participants are required to remain on the mat, no choreographed transitions.

Discussion on three 8 counts for Fight Song

NOTE: Stunts are still not allowed for Pom as we defined the 8 count incorp. that may have been confusing.

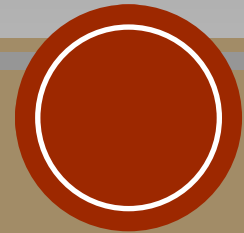


Cheer & Pom Score Sheet

CATEGORY	TOTAL POSSIBLE	TEAM SCORE
GAME DAY MATERIAL PROPER USE OF MATERIAL RELEVANT TO THE GAME DAY ENVIRONMENT, AND CROWD ENGAGEMENT	10	
SYNCHRONIZATION UNIFORMITY OF MOVEMENT THROUGHOUT ROUTINE	10	
SPACING MAXIMUM CROWD COVERAGE, SPACING AND FORMATIONS	10	
CROWD APPEAL ENERGY, LEADERSHIP AND CONNECTION TO CROWD	10	
EXECUTION OF SKILLS TECHNIQUE, FORM, STABILITY, SYNCHRONIZATION AND SPACING	10	
MOTION TECHNIQUE TECHNIQUE, SHARPNESS AND PLACEMENT	10	
VISUAL APPEAL CREATIVE MOVEMENTS WITHIN GROUPS	10	
OVERALL IMPRESSION	10	
TOTAL POINTS	80	



**WHAT SHOULD
YOU CONSIDER
FOR SCORING
PURPOSES?**



EFFECTIVE CROWD LEADING

Voice

- Loud and clear
- Focus on Inflection
- Easy to follow pace

Poms

- Colors to lead crowd
- No purpose at all

Signs

- Should say exactly what you want crowd to yell
- Show sign before directing crowd
- Direct crowd to respond by raising sign, taking stunt to elevated level, etc.

Flags

- Should enhance crowd leading not distract
- Timing should be with crowd response



EFFECTIVE CROWD LEADING

Megaphones

- Use to make voice louder
- Can add visual by raising megaphone, hitting the side, etc.

Stunts

- Use stunts to lead crowd, not to be “showy”
- Keep transitions minimal and not distracting
- Use stunt levels so all of crowd can see and follow along
- Use motions/props to lead while in stunts

Additional Tips

- Choreography – utilize level changes, ripples, and creativity within groups to lead crowd
- There is a difference between “visual appeal” and “crowd appeal”
- Skills – what is the purpose? Are they strong? Do they enhance or take away from crowd leading?



CROWD APPEAL

- Creativity with tools
- Enhanced game day experience for crowd
- Number of effectively used tools to benefit the overall experience
- How stunts, props, and athletes are used to enhance the experience



VISUAL APPEAL

Creativity within the group

Props and methods used to enhance the experience

Overall impression of full game day experience

Overall full visual effect for maximum effect



Music Selection

**New This
Year For
Dance**

Marching Band Music

Music appropriate HYPE for a
timeout, halftime, or quarter
break to engage crowd





PROPER USE OF SKILLS

- **IMPORTANT** – Use of skills to lead the crowd
- Choice of skills used to aid in the direction of the crowd
- Strength of skills used
- Effect of these skills on the performance and the overall crowd enhancement

ABILITY TO LEAD THE CROWD

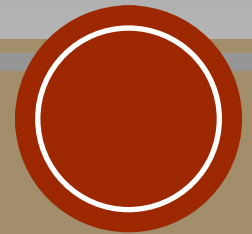


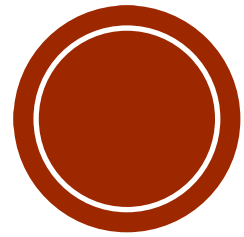
- **Energy and voice inflection**
- **Eye contact**
- **Confident**
- **Interjection words are appropriately**
- **Formations and props used to their fullest**



Overall Technique

This is a team score. Make sure the elements you choose to put in the choreography have strong technique by all team members.





SCORING ELEMENTS OF...
SYNCHRONIZATION
SPACING
EXECUTION OF SKILLS
MOTION TECHNIQUE

All of these should be scored consistently across the division and should not be more than .4-.6 different within your scoresheets.

Questions?

