



2025 SPIRIT STATE CHAMPIONSHIPS

JANUARY 16-18, 2025 | FT. WORTH CONVENTION CENTER

GAME DAY FORMAT

In the Qualifying Round, each team will showcase its best crowd-leading material in Band Chant, Crowd Leading, and Fight Song routines that will be performed individually and scored separately during a single trip to the competition floor.

Each routine has a one-minute time limit. Music used for Band Chant and Fight Song must be recorded marching band music. The use of crowd leading tools such as signs, poms, flags and/or megaphones is encouraged. Sideline practicality and effective leadership should be considered in all parts of the routine.

STATE CHAMPIONSHIPS

Teams advancing to the State Championships will be determined by Qualifying Round scores, which do not carry over. Each team competing in the State Championships FINALS will showcase its best leadership skills and sideline crowd-leading material in a three-minute Game Day presentation that will include the elements from the Qualifying Round and a definitive response to an announcer-led situational cue describing a game day offense or defense situation.

BAND CHANT

- Emphasis on crowd effectiveness, appeal, technique and practicality
- No stunts or tumbling permitted

CROWD LEADING

- Time begins with buzzer sound with the team already on the floor following the Band Chant. Performance should have an emphasis on crowd involvement.

FIGHT SONG

- In addition to Fight Song motions and movement, up to three consecutive eight counts should be incorporated with stunts, jumps and/or tumbling.

SKILL RESTRICTIONS

- No basket, sponge or elevator tosses allowed
- No inversions
- No twisting dismounts from stunts
- Single-leg extended stunts are limited to liberties and liberty hitches
- No running tumbling
- Standing tumbling is limited ONE SKILL at a time. A back tuck is the most elite tumbling skill allowed.

STATE CHAMPIONSHIPS CONFERENCES:



Stay informed and updated by referencing the SPIRIT and STATE CHAMPIONSHIPS tabs on the UIL website: uiltexas.org/spirit

- Coaches Requirements
- Championship and venue Info
- Hotel Accommodations
- Score Sheets
- Order of Performance
- Required Forms
- Spectator Information

	MAXIMUM NUMBER OF PARTICIPANTS
1A	12 participants (2 or fewer males)
2A	12 participants (2 or fewer males)
3A	20 participants (2 or fewer males)
4A	24 participants (2 or fewer males)
5A	30 participants (2 or fewer males)
6A	30 participants (2 or fewer males)
COED	30 participants (3 or more males)

The UIL reserves the right to combine or add divisions based on registration. Mascot and Flag Runners cannot be involved in the execution of stunts. All participants on the floor except mascots count toward the total number. Teams participating in the Coed division are expected to incorporate males into the execution of cheer skills including stunts, jumps, and/or tumbling.



UIL SPIRIT POLICY

ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

SAFETY RULES

UIL rules require all spirit activities to be in accordance with the safety standards prescribed by the NFHS Spirit Safety Rules, which may be purchased in electronic or print form at www.nfhs.org.

DID YOU KNOW?

- Spirit falls under its own section in the UIL Constitution. It DOES NOT fall under ATHLETIC policy.
- Coaches' education at Varsity Spirit camp fulfills the "Cheer Specific Safety Course" UIL coaching requirement.
- Spirit specific questions can be sent via email to spirit@uiltexas.org.

TEA/UIL Side by Side Manual / UIL Constitution & Contest Rules

For Spirit

One (1) contest per school week*	YES
Eight (8) hour practice rule	YES
No pass no play	YES
CPR - AED education requirement	YES
Extracurricular safety training and concussion training	YES
Eligibility for participations	YES
Limitation of awards / gifts	YES
Eligibility - athletics	NO
Varsity athletic residence rule / PAPF	NO
Athletics policy	NO
Employment of coaches	NO
Room and board restrictions	NO

*A **calendar week** is defined as 12:01 am on Sunday through midnight on Saturday. A **school week** is defined as beginning at 12:01 am on the first day of instruction in a calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays. Playoff exceptions.