

CHEER ELITE

Dance Divisions

Teams

JAZZ - A Jazz routine can encompass **any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk** or stylized hard-hitting jazz. Movement is crisp and/or aggressive in approach and can include moments of softness while complementing musicality. Emphasis is placed on style, body alignment, extension, control, uniformity, technical elements, and communication. May not exceed 2 ½ minutes.

POM - A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). Poms must be used 80% of the routine. May not exceed 2 ½ minutes.

HIP HOP - A Hip Hop routine can incorporate any **authentic** street style movement with an emphasis on execution, style, creativity, **originality**, body isolations and control, rhythm, uniformity and musical interpretation. May not exceed 2 ½ minutes.

CONTEMPORARY/LYRICAL - A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, **dynamics, alignment**, use of breath, uniformity, communication **and may incorporate purposeful elements and skills**. May not exceed 2 ½ minutes.

KICK - A kick routine emphasizes control, height uniformity, extension, toe points, timing and creativity of a variety of kick series and patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. Kicks and kick series must comprise 80% of the routine. May not exceed 2 ½ minutes.

VARIETY- A Variety routine must incorporate a blend of at least two or more dance styles. (Jazz, Pom, Hip Hop, Contemporary/Lyrical and/or Kick) All styles will compete together in this category. May not exceed 2 ½ minutes.

PROP- Any dance routine that involves props (chairs, canes, umbrellas, etc.) May not exceed 2 ½ minutes.

STEP- Step teams will perform a routine **no longer than** 4 minutes. Use of music is optional. Routine must emphasize on sharp, stepping and stomp movements. Costuming may be used in this category.

FIGHT SONG – Consists of the squad performing their school fight song/chant to the school fight song music. May not exceed 2 ½ minutes.

TIME OUT DANCE - Consists of the squad performing a routine no longer than 1 minute that they would typically perform during a time out at a ball game. Can be any style of dance.

Teams may enter in all 10 of the dance divisions at each competition.

PREP: The Prep designation is offered for emerging teams and dancers. **All Category styles in each Age Division will compete together in Prep** (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick and/or Prep Variety), or may be split when the splitting rule for Prep applies.

Individual/Duets

Individual/Duet/Trio routines - May not exceed 2 ½ minutes. See descriptions above.

CHEER ELITE

School Cheer Divisions

Teams

Non Building Cheer : No partner stunts, pyramids or tosses allowed. (Example: Thigh stands are prohibited.) May not exceed 1 ½ minutes.

Non Tumbling Cheer- Prohibits all tumbling. Tumbling is defined as any skill with feet over head rotation. (Example: Handstands, handstand roll downs, forward rolls, backward rolls, cartwheels, etc. are prohibited.) Stunts are allowed. May not exceed 1 ½ minutes.

Sideline Plain - consists of one sideline that you perform five times in a row that only consist of the cheer. No jumps, no tumbling, no stunts and no music.

Sideline Optional - consists of one sideline that you perform five times in a row. Can consist of jumps and standing tumbling. No stunts and no music.

Fight Song – Consists of the squad performing their school fight song/chant to the school fight song music. May contain standing tumbling and jumps. No stunts and no running tumbling.

2 ½ Minute Routine - May consist of cheer, jumps, tumbling, stunts, dance and music for all or part of the routine. No voice-overs or words may be recorded to make the team's vocal projection sound louder.

Game Cheer - May consist of a floor cheer, chant, tumbling, jumps and stunts. There is no music allowed in this division. May not exceed 1 ½ minutes.

Time Out Dance - Consists of the squad performing a dance or pom routine no longer than 1 minute that they would typically perform during a time out at a ball game.

Time Out Cheer - Consists of the squad performing a cheer no longer than 1 minute that they would typically perform during a time out at a ball game.

Teams may enter in all 9 of the cheer divisions at each competition.

Individuals/Stunt Groups

Individual Cheer w/music - May not exceed 1 minute and 30 seconds. MUST CONTAIN A CHEER. May contain jumps, tumbling, dance and music.

Individual Cheer w/out music - May not exceed 1 minute and 30 seconds. Must contain a cheer. May contain jumps and tumbling. No dance and no music permitted.

Partner Stunt - Max. time limit of 1 min and 30 seconds. Must contain music. Max of 2 participants= 1 base, 1 flyer. May have additional spotter.

Stunt Group - Max. time limit of 1 min and 30 seconds. Must contain music. Max of 5 participants= 4 bases and 1 flyer.