

CHEER ELITE

Dance Divisions

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 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 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 minutes.

LYRICAL - A 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 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 minutes.

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

SIDELINE DANCE - Consists of the squad performing a routine **no longer than 1 minute** that they would typically perform on the sideline of a ball game that usually repeats itself after a couple 8 counts. Can be any style of dance.

GAME DANCE - Consists of the squad performing a routine **no longer than 1 minute and 30 seconds** that they would typically perform during a time out at a ball game. Can be any style of dance

GAME DAY DIVISION -

The format for Game Day is inspired by what teams do at home throughout their season. With all three elements combined, the Game Day performance cannot exceed a 3:00 time limit.

Fight Song: The first element should reflect your school's traditional Fight Song. The skills and choreography should represent the traditional Fight Song that your team performs at games and community events. Teams can choose to incorporate crowd effective skills to enhance the overall effect. For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. Music guidelines are available at varsity.com/music.

(GAME DAY DIVISION CONTINUED)

Spirit Raising Performance: This element will follow the Fight Song. There will **NOT** be a cue given by the announcer. Teams will choose to perform **ONE** of the following elements; Sideline Routine, Stand Routine, or Drum Cadence. Squads should focus on crowd appeal, and choreography/skills need to be relevant to a game-day environment. These can be performed to band music or a piece of popular music.

Performance Routine: The final element is a 1:00 routine that can be in any of the following styles: Pom, Jazz, Kick, or Hip Hop. There will **NOT** be a cue given by the announcer. These routines should be designed for crowd entertainment and would be something your team would perform during a timeout or halftime. This is the best time to showcase your team's energy and connection to the crowd.

Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

Teams may enter in all 12 of the dance divisions at each competition.

PREP: The Prep designation is offered for new emerging teams and dancers. All Category styles in each Age Division MAY compete together in Prep (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick and/or Prep Variety).

Solo/Duo/Trio

Solo/Duo/Trio routines - May not exceed 2.5 minutes. See descriptions above.