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SCHOOL, YOUTH & ALL-STAR CHEER DIVISION DESCRIPTIONS/GUIDELINES:

School & Youth Show Cheer (2:30 max) – Routine performed with music (may use up to 1:30 of music*) and a cheer section. Incorporation of tumbling, stunts, cheer motions and dance. Please refer to specific level guidelines for limitations in skills. Must follow AACCA safety guidelines. * **Youth & College Teams may use all music.**

HIGH SCHOOL NOVICE SHOW CHEER:

Tumbling: Tumbling skills such as Aerials, Back Tucks, Punch Fronts, Layouts, Fulls, etc. are not allowed because both running and standing skills must have both hands and/or feet on the mat at all times.

Stunts: Extended freestanding stunts must always have both feet in the base(s) hands. All other extended one legged stunts such as liberty, arabesque, hitch or heel stretch must be braced on two sides by flyers who are at shoulder level or lower. A flyer must connect to the side flyers at shoulder level or lower before they are extended.

Not Allowed: Free from contact twist skills or dismounts i.e. full downs/twist cradles, single log rolls. (A 1/4 dismount to cradle is allowed.) No basket, sponge, elevator or similar tosses are allowed.

YOUTH TEAMS NOVICE SHOW CHEER:

Tumbling: Tumbling skills such as Aerials, Back Tucks, Punch Fronts, Layouts, Fulls, etc. are not allowed because both running and standing skills must have both hands and/or feet on the mat at all times.

Stunts: Only freestanding liberties are allowed. All other extended one legged stunts must be braced on at least one side by another flyer at shoulder level or lower. Basket, sponge, elevator or similar type of tosses are permitted, but are limited to one trick only (i.e. one toe touch). For example, a switch-Kick is considered 2 tricks.

Not Allowed: Free from contact twist skills or dismounts i.e. full downs/twist cradles, single log rolls. (A 1/4 dismount to cradle is allowed.)

HIGH SCHOOL INTERMEDIATE SHOW CHEER:

Tumbling: Standing Back handsprings, Round off back tucks, Round off back handspring tucks are permitted. Not Permitted: standing back tuck, standing back handspring back tuck, X-outs, layouts, full twists, and or tumbling out of an aerial flipping skill.

Stunts: Only freestanding liberties or torches are allowed. All other extended one legged stunts must be braced on at least one side by another flyer at shoulder level or lower.

Not Allowed: Any twisting stunt, toss, or dismount exceeding more than one and a quarter.

School & Youth Performance Cheer (2:00 max) – Routine performed with cheer words only (no music). Incorporation of tumbling, stunts, and cheer motions. There are no level limitations for this division. Must follow AACCA safety guidelines.



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SCHOOL, YOUTH & ALL-STAR CHEER DIVISION DESCRIPTIONS/GUIDELINES (CON'T):

All-Star Cheer (2:30 max) – Routine performed to music (may also have a cheer section). Incorporation of tumbling, stunts, cheer motions and dance. Please refer to specific level guidelines according to the USASF. Must follow USASF safety guidelines.

Stunt Group (1:00 max) – Routine choreographed of stunts and transitions. Maximum number of competitors per group is 5 and must be all female. Must follow appropriate safety guidelines.

Co-Ed Partner Stunt (1:00 max) – Routine choreographed of stunts and transitions. Couples must be male/female. Must follow appropriate safety guidelines.

Individual Cheerleader (1:00 max) – Individual may perform routine to all music or a combination of cheer and music. May incorporate use of tumbling, jumps, cheer motions and dance. Must follow appropriate safety guidelines.

SCHOOL, YOUTH & ALL-STAR DANCE & SONG/POM DIVISION DESCRIPTIONS/GUIDELINES:

Song Pom/Dance (2:30 max) – Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

***** CORRECTION (10.22.09)– CHEERpros will not be offering a NOVICE or INTERMEDIATE Song Pom/Dance division. Song Pom/Dance divisions will only be separated by size (number of competitors on the team) *****

NOVICE: The following skills may be performed: chaine turns, single pirouettes, single piques, kicks, leg holds, and kicklines, all jumps including C and tilt jumps and forward/front leaps. Any Int. or Adv. Dance skills are prohibited such as multiple turns, leg hold turns, axels, and leaps other than forward/ front leaps.

INTERMEDIATE: In the addition to the skills permitted at the novice level, the following skills will be permitted: double pirouettes, single leg hold turns, axels, jumps, and leaps except for switch/scissors. The following turning skills are not allowed: double/triple leg hold turns, triple pirouettes.

The following turn rules apply for the Intermediate Division: One or more team members may only perform a maximum of two stationary turn sequences which may not be performed consecutively. In a turn sequence only fouettes, turns in second and pirouettes may be performed for a maximum of one eight count and must be completed with both feet on the floor before executing another skill.

Jazz (2:30 max) – A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.



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SCHOOL, YOUTH & ALL-STAR DANCE & SONG/POM DIVISION DESCRIPTIONS/GUIDELINES (CON'T):

ALL-STAR Hip Hop (2:30 max) – Routine focuses on street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

SCHOOL Hip Hop & All-Male (2:00 – 3:00 max) – *(CHEERpros will be offering 2 separate Hip Hop divisions: All-Female or Co-Ed Hip Hop teams shall register to compete in the VARSITY HIP HOP DIVISION. All-Male Hip Hop teams shall register to compete in the ALL-MALE HIP HOP DIVISION. rev. 11.02.09)* Routine focuses on street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. *(All school teams competing in the Hip Hop division shall register in either the VARSITY HIP HOP (team may be made up of All-Girl or Co-Ed) or ALL-MALE HIP HOP division under the DANCE/DRILL division section).*

Individual Dancer (1:00 max) - Routine may be of any style, or combination of styles.

PEP FLAG DIVISION DESCRIPTIONS:

1 Flag (2:30 max) – Routine performed with 1 flag only. A team must use their flag for the entire routine. The use of no flag may not exceed 2 eight-counts. Partner stunts may be used only if the mounter's hips are not above the bases' head. Pyramids, basket tosses, and tumbling are prohibited.

2 Flags (2:30 max) – Routine performed with 2 flags. A team must use their flags for the entire routine. The use of no flags may not exceed 2 eight-counts. Partner stunts may be used only if the mounter's hips are not above the bases' head. Pyramids, basket tosses, and tumbling are prohibited.

DANCE/DRILL DIVISION DESCRIPTIONS:

Character Dance (2:00 – 3:00 max) – Routine using one or multiple dance styles to develop a distinct character and/or characters. The routine should create the characterization through the use of music, costuming and choreography.

Dance (2:00 – 3:00 max) - Routine may be of any style, or combination of styles that is not defined by another CADTD division (i.e. lyrical, hip hop). Teams should **dance** from one formation to the next. Routine may be thematic in nature but theme will not be considered in score assignment.



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SCHOOL Hip Hop & All-Male Hip Hop (2:00 – 3:00 max) – (CHEERpros will be offering 2 separate Hip Hop divisions: All-Female or Co-Ed Hip Hop teams shall register to compete in the VARSITY HIP HOP DIVISION. All-Male Hip Hop teams shall register to compete in the ALL-MALE HIP HOP DIVISION. rev. 11.02.09) Routine focuses on street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

Lyrical (2:00 – 3:00 max) - A routine where all dancers interpret the lyrics or mood (intent) or a song (with or without words), using a combination or styles (ballet, jazz or modern). This form includes the use of legwork, balance, and facial/body emotion.

Military (2:00 – 3:00 max) – Routine must be military in nature with emphasis on precision, straight-arm sequences and military transitions using various marching styles and pattern formations. Traditional Military style includes leading with the left foot.

Novelty (2:00 – 3:00 max) - Routine emphasis must be on characterization or be of unique thematic nature. Teams must use clever costumes, makeup, and unusual or innovative choreography. Props are permitted, but **backdrops/elaborate sets may not be used.**

Prop (2:00 – 3:00 max) - Routine emphasis must be on the use of a prop, or a variety of props, used as the major focal point. Routine may be of any style, or combination of styles that is not defined by another CADTD division (i.e. pom) as long as the prop is the main focus of the routine.

Dance/Drill Solos (1:30 – 2:00 max) - Routine may be of any style, or combination of styles. Male or female.