

CHEERSPORT

DANCE RULES

All-Star Levels 1 - 6,
College & Open

Performance Floor

Jazz, Pom and High School Dance teams compete on a 40 ft. x 40 ft. Harlequin Marley dance floor. Hip Hop Teams compete on a 54 ft. x 42 ft. AAI Power Spring Deck spring floor. 9 Strips – Carpet Bonded Floor with border. Tabs mark center front and back. White lines mark the border - there is no out-of-bounds for dance.

Team Routine / Music Guidelines

- 2 minutes 30 seconds maximum for routine
- 2 minutes 30 seconds maximum for music

Props and Staging

All staging, special effects, props or any items that may damage or otherwise alter the performance floor or environment are prohibited. You must be able to move the entire team and props onto the stage and off of the stage within 10 seconds.

Inappropriate Choreography / Music / Costumes

A 10 point deduction off of the total score on the first offense and/or a 20 point deduction off of the total score on the second offense will be given for any vulgar or suggestive movements (such as hip thrusting, inappropriate touching, slapping or positioning to one another), suggestive facials, words or music (removing improper language and replacing with sound effects or other words are still considered inappropriate). Suggestive, offensive, or vulgar choreography is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate. All costuming should be appropriate for all dancers.

Wearable items are allowed (Examples: Hats, sunglasses, gloves and jackets).

A 10 point deduction off of the total score on the first offense and a 20 point deduction off of the total score on the second offense will be assessed for faulty costumes which may cause inappropriate body exposure. All penalties will be given at the discretion of the judging panel.

Dance Stunts / Pyramids / Tumbling

Tumbling - Only forward rolls, back rolls, and shoulder rolls are allowed. Individual back bends and handstands are permitted so long as they do not involve hip over head rotation (exception: Hip Hop stalls are allowed). No back handsprings, back tucks or aials allowed). All cheer stunts and/or pyramids, or tosses are prohibited.

Dance Lifts

Dance lifts are permitted and are defined as an action in which a dancer is elevated from the performance surface and set down. The lifting dancer must maintain direct contact with the performance surface at all times. The lifting dancer must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer through hand/arm to body contact. If the lifted dancer is supported by 2 or more people, rotation below the lifting dancer's shoulders may occur.

School Teams

Middle School teams are permitted to enter into any Junior Dance division. High School teams that are all from the same school, are permitted to enter into any Senior Dance division as well as High School Dance.

Tiny Dance / Mini Dance / High School Dance

Routines can encompass one or many styles of dance including, but not limited to, Pom, Hip Hop and Jazz. Pom, Hip Hop, Jazz and/or other dance styles will be scored in the Execution of Style(s) & Technical Skills category. Pom skills will be judged on Use of Poms, Motion Execution & Style Strength, Hip Hop skills will be judged on Tricks, Kicks/Jumps, and Style Strength and Jazz skills will be judged on Leaps and Turns and Style Strength. Other dance styles will be judged according to their technical merit.

Youth Pom / Junior Pom / Senior Pom / College / Open Pom

Emphasis is on uniformity, synchronization and utilization of strong/sharp pom motions and arm placement as well as technical skills such as jumps, kicks, leaps and turns. Poms must be used for 50% of the routine.

Youth Hip Hop / Junior Hip Hop / Senior Hip Hop / College / Open Hip Hop:

Variety of funk, hip hop and street styles with tempo variations. Emphasis on execution, style, creativity, body isolation's, rhythm, uniformity and musical interpretation. Additional focus on tricks and specialties including, but not limited to, jumps, break dancing, pop and lock, floor work and partner work.

Youth Jazz / Junior Jazz / Senior Jazz / College / Open Jazz

Variety of stylized Jazz movement and combinations with an emphasis on proper technical execution of leaps and turns, body placement, control, extension, flexibility, flow and continuity.