

# Specific Rules for Cheer & Dance

## **ROUTINE TIMES AND EXPLANATIONS OF DIVISIONS**

### DANCE --ALL DIVISIONS

DIVISION	ROUTINE TIME	EXPLANATION OF DIVISION
<u><b>ALL DANCE TEAMS</b></u>	Minimum 2Min MAX---3 Min **Production Division-- --MAX 5 Min	Your team may enter more than 1 division--please see below for details about each division
<u><b>SOLO-DUET TRIO-ENSEMBLE</b></u>	Minimum 1Min-30sec MAX---2 Min	MAY DEMONSTRATE ANY STYLE OF DANCE--SOLO--1 DUET--2 TRIO--3 ENSEMBLE--4
<u><b>SCHOLARSHIP</b></u>	Minimum 1 Min-30Sec MAX-- 2 Min	Must perform "2" distinctive styles of dance Must send with registration: *Official transcript w/ a 3.35 or better * Acceptance letter from a college *Or letter from guidance counselor stating you are a college/trade school bound senior **Must send w/ registration!!!!!!!
<u><b>POWER TURN</b></u>	Minimum 40 Sec MAX -- 1 MIN	This will be performed by one person and music **You will need to incorporate a variety of turn styles & combinations **Short placement between turns are permitted

**JUMP OFF**---You will be in groups of 5-6-----1st round--toe touch & optional jump required  
2nd round--could be the same as above or judges choice  
1-3 people will be picked from each group to move on to the 2nd round etc.  
Open to males & females / Dancer & Cheerleaders will be same division

**LYRICAL**-- Routine should emphasize the use of flexibility, balance, and mood through jazz & ballet  
Routines should be fluid in movement and focus on the interpretation on the song selection

**PROP/ NOVELTY**--Routine should emphasize the use of props as a focal point

**PRODUCTION**--Routine must emphasize a theme or story--may use any style of dance

**JAZZ**-- A jazz routine should emphasize proper technical execution, extension, control, body placement and team uniformity--technical moves must be incorporated

**POM**-- Pom poms must be used 80% of the time---An emphasis should be on--creativity, level changes, visual effect clean motions, group work and technical moves must be incorporated

**HIP HOP / FUNK**--Routine emphasizes the street style movements and creativity, style, body control, rhythm--must also incorporate athletic-technical elements such as jumps-combo jumps-other tricks

**KICK**-- Routine emphasizes height uniformity, control, toe points, timing and creativity in kick patterns  
must do at least 50 kicks