

Specific Rules for Cheer & Dance

ROUTINE TIMES AND EXPLANATIONS OF DIVISIONS

CHEER--ALL DIVISIONS

DIVISION	ROUTINE TIME	MUSIC TIME	EXPLANATION OF DIVISION
<u>Youth / Rec. & School Teams</u>	MINIMUM 2 Min. MAX-2 Min-30 sec same as above	MINIMUM 1 Min. MAX-1 Min-30 Sec same as above	You must incorporate jumps, stunts, cheers, dances, tumbling transitions, pyramids etc.--Make sure you read our scoresheets so you know what we emphasize **Same as above but do NOT incorporate any building**
<u>NON MOUNT</u>			
<u>All Star Teams</u> <i>Performing only to music</i>	MINIMUM 2 MIN. MAX-2 Min-30 sec	(performing to all music)	You must incorporate jumps, stunts, dances, tumbling transitions, pyramids, & at least one cheer/chant etc. Be sure to read our scoresheets
<u>COED PARTNER STUNT</u>	MINIMUM 50 Sec. MAX--1 Min.	(performing to all music)	Must be performed to only MUSIC --NO Cheer/chant or motions--No jumps--NO dances or tumbling-EXCEPTION standing back hand spring into a stunt 1 MALE & 1 FEMALE exception #1 --Doing a synchronized clap etc. to go into the stunt is permitted-however it must be short but if we feel it is more of a dance or cheer motion then you might get a deduction exception #2 --Flyer may show spirit and sportsmanship while in the stunt However if we feel that the flyer is moving to much and causing safety issues--you may get a deduction Hoosier Open & Open National - Spotters are NOT provided--must have 2 additional spotters they do not have to pay
<u>GIRL STUNT GROUP</u> and <u>COED STUNT GROUP</u>	Minimum 1 Min MAX- 2 Min.	(performing to all music)	Must be performed to only MUSIC --NO Cheer/chant or motions--no jumps--NO dances or tumbling-EXCEPTION standing back hand spring into a stunt exception #1 --Doing a synchronized clap etc. to go into the stunt is permitted-however it must be short but if we feel it is more of a dance or cheer motion then you might get a deduction exception #2 --Flyer may show spirit and sportsmanship while in the stunt However if we feel that the flyer is moving to much and causing safety issues--you may get a deduction GIRL GROUP STUNT-- all girls--Min 4--Max 5 COED GROUP STUNT--can be male and female--Min 4--Max 5 Hoosier Open & Open National - Spotters are NOT provided--must have 2 additional spotters they do not have to pay
<u>INDIVIDUAL</u>	Minimum 1 Min-30Sec MAX-- 2 Min	Minimum 40 sec MAX-1 Min-30 sec	You must incorporate jumps, cheers, chants transitions, tumbling, dancing etc. **All Star IND--Must do and yell 1 chant or cheer**
<u>NON TUMBLE-IND</u>	same as above	same as above	**Can incorporate all of the above but NOT Tumbling** Exception --the only tumbling allowed is forward and or backward rolls--NO OTHER TUMBLING MAY BE PERFORMED
<u>SCHOLARSHIP</u>	Minimum 1 Min-30Sec MAX-- 2 Min	Minimum 40 sec MAX-1 Min-30 sec	You must incorporate jumps, cheers, chants, transitions tumbling, dancing etc.---- MUST SEND W/ 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
<u>TUMBLE GROUP</u>		Minimum 50 sec MAX----1 Min	Male & Female may be in the group min 5--max 6 Must be performed to music Max number-6 people / Min. --5 people Must consist of only tumbling-no cheer or dance movements-which includes no jumps -chants-turns etc...
<u>DUET</u>	Minimum 1 Min-30Sec MAX-- 2 Min	Minimum 40 sec MAX-1 Min-30 sec	Can be any combination of two female or male You must incorporate jumps, cheers, chants transitions, tumbling, dancing etc.-- NO STUNTING **All Star DUET--Must do and yell 1 chant or cheer**
<u>DUET NON TUMBLE</u>	SAME AS ABOVE	SAME AS ABOVE	**Can incorporate all of the above but NOT Tumbling** Exception --the only tumbling allowed is forward and or backward rolls--NO OTHER TUMBLING MAY BE PERFORMED
<u>TRIO</u>	Minimum 1 Min-30Sec MAX-- 2 Min	Minimum 40 sec MAX-1 Min-30 sec	Can be any combination of three female or male You must incorporate jumps, cheers, chants transitions, tumbling, dancing etc.-- NO STUNTING **All Star TRIO--Must do and yell 1 chant or cheer**
<u>TRIO NON TUMBLE</u>	SAME AS ABOVE	SAME AS ABOVE	**Can incorporate all of the above but NOT Tumbling** Exception --the only tumbling allowed is forward and or backward rolls--NO OTHER TUMBLING MAY BE PERFORMED
<u>PARENT TEAM</u>	MINIMUM 2 Min. MAX-2 Min-30 sec	MINIMUM 1 Min. MAX-1 Min-30 Sec	Must be all Parents of the team--male &/or female This is an exhibition team which will not compete But perform and receive scoresheets & plaque at awards
<u>JUMP OFF</u>			You may register before OR AT THE COMPETITION You will be given a number and you will be in groups of 5-6 Each athlete will have to do a toe touch and then an optional jump The judges will choose 1 or 2 to go to the next round until we are left with 5-8 athletes--then the judges will rank those athletes 1st - 5th place Remember that judges are not just looking for height BUT also form, placement, pointed toes, etc.. Open to male & female You may register before OR AT THE COMPETITION
<u>SPECIAL NEEDS</u>	MAX-2 Min-30 sec	MAX-1 Min-30 Sec	Can be male or female-- May do a routine strictly to music OR as schools-rec team perform--see their description above