

# CELEBRITY

## INDIVIDUAL EVENT ROUTINE Requirements & Restrictions

## DANCE

### AGE DIVISIONS

## DIVIDED BY GRADE

MUST FOLLOW AACCA RULES & GUIDELINES

### BEST DANCER JAZZ

*Time Limit*      Routine cannot exceed 2:00

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### BEST DANCER HIP HOP

*Time Limit*      Routine cannot exceed 2:00

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### BEST DANCER CONTEMPORARY/LYRICAL

*Time Limit*      Routine cannot exceed 2:00

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### BEST DANCER OPEN

*Time Limit*      Routine cannot exceed 2:00

*Routine*      Any style of dance or combination of styles other than Jazz, Hip Hop, or Contemporary/Lyrical.  
All routines, regardless of style, will compete against each other in the Open Category.

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### ENSEMBLE DANCE

*Time Limit*      Routine cannot exceed 2:00

*Routine*      2-3 athletes maximum (any combination of male/female). All routines, regardless of style, will compete against each other in the Ensemble Dance Category.

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# CELEBRITY

## SCHOOL/REC DANCE TEAM

### Age Divisions & Categories

# DANCE

## DIVIDED BY GRADE

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# OF ATHLETES	CATEGORIES OFFERED
4 or More Members	Open
4 or More Members	Jazz, Hip Hop, Contemporary/Lyrical, Pom, Kick, Variety/Mix, Open
4 or More Members	Jazz, Hip Hop, Contemporary/Lyrical, Pom, Kick, Variety/Mix, Open
4 or More Members	Jazz, Hip Hop, Contemporary/Lyrical, Pom, Kick, Variety/Mix, Open
4 or More Members	Jazz, Hip Hop, Contemporary/Lyrical, Pom, Kick, Variety/Mix, Open
4 or More Members	Jazz, Hip Hop, Contemporary/Lyrical, Pom, Kick, Variety/Mix, Open
4 or More Members	Jazz, Hip Hop, Contemporary/Lyrical, Pom, Kick, Variety/Mix, Open

*Celebrity Cheer & Championships reserves the right to combine, split and/or omit any division listed based on enrollment prior to event.*

\*\* If there is only one (1) team registered in the Freshmen division, that team will be combined with the Junior Varsity Division for each category to the same event.

## DANCE CATEGORIES

### JAZZ

A jazz routine encompasses traditional or stylized hard-hitting, crisp and/or aggressive approach to movement & can include moments of softness while complementing musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication & technical skills.

### POM

A pom routine contains important characteristics such as strong pom technique (clean, precise, & sharp motions), synchronization, visual effects, & may incorporate pom elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc.) Poms must be used 80% of the routine.

### HIP HOP

A hip hop routine can incorporate any street style movement with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity & musical interpretation.

### CONTEMPORARY/LYRICAL

A contemporary or lyrical routine uses organic, pedestrian, and/or traditional modern or ballet vocabulary as it complements the lyrics &/or rhythmic value of the music. Emphasis is placed on control, sustained, expressive movement, body placement, contraction/release, use of breath, uniformity, communication & technical skills.

### KICK

A kick routine emphasizes control, height uniformity, extension, toe points, timing & creativity or a variety of kick series & patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. Kicks & kick series must comprise 80% of the routine.

### VARIETY/MIX

A variety/mix routine must incorporate a blend of at least three or more of the following dance styles: jazz, pom, hip hop, contemporary/lyrical and/or kick. All styles will compete together in this category.

### OPEN

Any style of dance. All routines will compete together in this category, regardless of specific style.