

DIVISION GUIDELINES

Best Cheerleader:

- Time limit: 1-1/2 minutes maximum
- Music may be used for the entire routine
- Routine to include but not limited to:
 - Three (3) advanced jumps that show variety, two (2) of which need to be connected to receive max difficulty
 - Two (2) running tumbling passes including Level and/or Elite Level Appropriate Skills.
 - Two (2) standing tumbling passes including Level and/or Elite Level Appropriate Skills.
 - Dance and/or motion section - Choreography should be incorporated throughout the routine.

Best Stunt Group:

Time limit: 1 minute maximum

- Music may be used for the entire routine
- 5 members maximum. 1 male is permitted.
- Routine to include but not limited to:
 - Four (4) level appropriate skills
 - Three (3) elite skills
 - One (1) level appropriate toss (Level 1 and Mini 2 must execute a Show & Go)

Best Dancer:

- Time limit: 2 minutes maximum
- Music may be used for the entire routine
- Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.
- Divisions include:
 - Best Dancer Jazz:
 - Routine: Routines incorporate stylized dance movements and combinations, leaps and turns. Emphasis is placed on proper technical execution, extension, control and body placement.
 - Tumbling: Hip-over-head rotation skills without hand support are not allowed. Exception: Front Aerials and Aerial Cartwheels are allowed. Hip-over-head rotation skills with hand support are not allowed while holding poms/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.
 - Best Dancer Lyrical:
 - Routine: Routines combine the principles of Jazz/Ballet and emphasize proper technical execution. Incorporate the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.
 - Tumbling: Hip-over-head rotation skills without hand support are not allowed. Exception: Front Aerials and Aerial Cartwheels are allowed. Hip-over-head rotation skills with hand support are not allowed while holding poms/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.
 - Best Dancer Hip Hop:
 - Routine: Routines emphasize street style movements with an emphasis on execution, style, creativity, body isolation/control, rhythm and musical interpretation. Routines may include additional focus on athletic incorporations such as jump combinations and other tricks.
 - Tumbling: Non airborne skills are allowed. Airborne skills with hand support: (1) are allowed (2) are limited to two consecutive hip-over-head rotation skills. Airborne skills without hand support are allowed provided: (1) involves no more than one twisting transition (2) may not connect to another skill that is airborne with hip-over-head rotation with or without hand support. Hip-over-head rotation skills with hand support are not allowed while holding pom/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.

DIVISION GUIDELINES

Cheer Group:

- Time limit: 1-1/2 minutes maximum
- 2-4 members (M/F)
- Music may be used for the entire routine
- Routine to include but not limited to:
 - Three (3) advanced jumps that show variety, two (2) of which need to be connected to receive max difficulty. Jumps must be synchronized.
 - One (1) synchronized standing tumbling pass, plus one (1) additional pass performed including Level and/or Elite Level Appropriate Skills.
 - One (1) synchronized running tumbling pass, plus one (1) additional pass performed including Level and/or Elite Level Appropriate Skills.
 - Dance and/or motion section - Choreography should be incorporated throughout the routine.

Dance Group:

- Time limit: 2 minutes maximum
- 2-3 members (M/F)
- Music may be used for the entire routine
- Routines may incorporate any style. All styles will compete together. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.
- Tumbling: Non airborne skills are allowed. Airborne skills with hand support: (1) are allowed (2) are limited to two consecutive hip-over-head rotation skills. Airborne skills without hand support are allowed provided: (1) involves no more than one twisting transition (2) may not connect to another skill that is airborne with hip-over-head rotation with or without hand support. Hip-over-head rotation skills with hand support are not allowed while holding pom/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.
- Lifts/Partnering & Release Moves:
 - The Executing Dancer should be supported from a Supporting Dancer who is in direct contact with the floor throughout the entire skill. (Exception: Kick Line Leaps).
 - Hip over-head rotation of the Executing Dancer(s) is generally considered to not be a safety issue, as long as the Executing Dancer is returned to the performance floor on his/her feet or hands with support from the Supporting Dancer(s).
 - Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not permitted.
 - Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are generally considered to be unsafe. In order to address the safety issue, the dancer must first bear weight on the hand(s) or foot/feet.
 - It is generally not considered to be a safety issue for an Executing Dancer to jump, leap, step, or push off a Supporting Dancer, and a Supporting Dancer may generally release/toss an Executing Dancer without creating a safety issue.
 - "Basket tosses" are not considered to be safe for dance teams. However, a dancer may be safely released and caught in a dance lift if the Executing Dancer remains in a horizontal position or vertical position with his/her head above his/her feet.