

Specific Rules for Cheer & Dance

ROUTINE TIMES AND EXPLANATIONS OF DIVISIONS

CHEER--ALL DIVISIONS

DIVISION	ROUTINE TIME	MUSIC TIME	EXPLANATION OF DIVISION
Traditional <u>Youth / Rec. & School Teams</u> All Music <u>Youth/Rec & School Teams</u> NON MOUNT	MINIMUM 2 Min. MAX-2 Min-30 sec 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 A Rec/Youth Or School team may perform to all Music BUT they must incorporate all aspects of a traditional routine including at least 1 cheer must be performed over the music with MOTIONS -if this is not followed you will not receive all points on the scoresheets **If there are not 2 or more teams that perform an all music routine --we will have all traditional and all music teams together **Same as above but do NOT incorporate any building**
All Star Teams <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
COED PARTNER STUNT	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
GIRL STUNT GROUP and COED STUNT GROUP	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
INDIVIDUAL	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 even if it is over music!!!** **All Star may do an all music routine or traditional routine with music incorporated in it **All Star MUST follow the tumbling rules in the level they registered for or it will be a penalty just as a team
NON TUMBLE-IND	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
SCHOLARSHIP	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 *** MUST DO A TRADITIONAL ROUTINE may NOT perform an all music routine or a penalty will be given
TUMBLE GROUP		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...
DUO DUO NON TUMBLE	Minimum 1 Min-30Sec MAX-- 2 Min SAME AS ABOVE	Minimum 40 sec MAX-1 Min-30 sec SAME AS ABOVE	Can be any combination of two female or male You must incorporate jumps, cheers, chants transitions, tumbling, dancing etc.-- NO STUNTING ** DUO--Must do and yell 1 chant or cheer** **may do an all music routine or traditional routine **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
TRIO-ENSEMBLE TRIO-ENSEMBLE NON TUMBLE	Minimum 1 Min-30Sec MAX-- 2 Min SAME AS ABOVE	Minimum 40 sec MAX-1 Min-30 sec SAME AS ABOVE	Can be any combination of three female or male You must incorporate jumps, cheers, chants transitions, tumbling, dancing etc.-- NO STUNTING ***--Must do and yell 1 chant or cheer** **may do an all music routine or traditional routine **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
JUMP OFF			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 ***CAN only register for ONE Jump off category
POWER TUMBLER	MINIMUM 1:30 Max--2 Min.	Performing to all Music	**Perform to all music--may NOT incorporate any motions, dance, cheers, JUMPS ---ONLY TUMBLING **MUST incorporate at least (2) tumbling passes **Standing tumbling is fine but must do at least 2 passes
SPECIAL NEEDS	MAX-2 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
PARENT TEAM Only offered at the HOOSIER OPEN	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 & medals at awards