

# Specific Rules for Cheer & Dance

## ROUTINE TIMES AND EXPLANATIONS OF DIVISIONS

### CHEER--ALL DIVISIONS

DIVISION	ROUTINE TIME	MUSIC TIME	EXPLANATION OF DIVISION
Traditional <b>Youth / Rec. &amp; School Teams</b>	MINIMUM 2 Min. MAX-2 Min-30 sec	MINIMUM 1 Min. MAX-1 Min-30 Sec	You must incorporate jumps, stunts, cheers, dances, tumbling transitions, pyramids etc.--Make sure you read our score sheets so you know what we emphasize
All Music <b>Youth/Rec &amp; School Teams</b>	MINIMUM 2 MIN. MAX-2 Min-30 sec		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 score sheets **If there are not 2 or more teams that perform an all music routine--we will have all traditional and all music teams together
<b>NON MOUNT</b>	same as above	same as above	**Same as above but do NOT incorporate any building**
<b>All Star Teams</b> <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/chart etc. Be sure to read our score sheets
<b>COED PARTNER STUNT</b>	MINIMUM 50 Sec. MAX--1 Min.	(performing to all music)	Must be performed to only MUSIC --NO Cheer/chart or motions--No jumps--NO dances or tumbling-EXCEPTION standing back hand spring into a stunt 1 MALE & 1 FEMALE <b>exception #1-</b> -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 <b>exception #2-</b> 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 <b>Hoosier Open &amp; Open National</b> -Spotters are NOT provided--must have 2 additional spotters they do not have to pay
<b>GIRL STUNT GROUP and COED STUNT GROUP</b>	Minimum 1 Min MAX- 2 Min.	(performing to all music)	Must be performed to only MUSIC --NO Cheer/chart or motions--no jumps--NO dances or tumbling-EXCEPTION standing back hand spring into a stunt <b>exception #1-</b> -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 <b>exception #2-</b> 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 <b>Hoosier Open &amp; Open National</b> -Spotters are NOT provided--must have 2 additional spotters they do not have to pay
<b>INDIVIDUAL</b>	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!!** **At Star may do an all music routine or traditional routine with music incorporated in it **At Star MUST follow the tumbling rules in the level they registered for or it will be a penalty just as a team
<b>NON TUMBLE-IND</b>	same as above	same as above	**Can incorporate all of the above but NOT Tumbling** <b>Exception-</b> the only tumbling allowed is forward and or backward rolls--NO OTHER TUMBLING MAY BE PERFORMED
<b>SCHOLARSHIP</b>	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.-- <b>MUST SEND W/REGISTRATION</b> *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 *** <b>MUST DO A TRADITIONAL ROUTINE</b> may NOT perform an all music routine or a penalty will be given
<b>TUMBLE GROUP</b>		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 <b>no jumps</b> -charts-turns etc...
<b>DUO</b>	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 ** 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** <b>Exception-</b> the only tumbling allowed is forward and or backward rolls--NO OTHER TUMBLING MAY BE PERFORMED
<b>DUO NON TUMBLE</b>	SAME AS ABOVE	SAME AS ABOVE	
<b>TRIO--ENSEMBLE</b>	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 ***-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** <b>Exception-</b> the only tumbling allowed is forward and or backward rolls--NO OTHER TUMBLING MAY BE PERFORMED
<b>TRIO--ENSEMBLE NON TUMBLE</b>	SAME AS ABOVE	SAME AS ABOVE	
<b>JUMP OFF</b>			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
<b>POWER TUMBLER</b>	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
<b>SPECIAL NEEDS</b>	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
<b>PARENT TEAM</b>	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 score sheets & medals at awards