

## CHEER DANCE

CHEER/DANCE (1A, 2A, 3A, and 4A) teams are all-girl; coed teams may have an unlimited number of males. **One biological male makes a team coed.**)

1A – up to 12 team members

2A – up to 12 team members

3A – up to 16 team members

4A – up to 20 team members

Coed – up to 25 team members

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The Cheer/Dance Division is a routine with a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance. Coed squads will perform in one open division. All team members must be bona fide high school cheerleaders.

- Each team member must have at least one foot on the performing surface at the beginning of the routine. Teams may not begin in a stunt. **No formal entrances are allowed.**
- Teams are expected to walk or spirit quickly, without holding hands, from the On Deck area to their positions on the mat, get set, and begin their routine. Penalties will be assessed for stopping before reaching starting positions (such as lining up at the back of the mat). Cheerleaders may begin from any side of the performing surface except the front where the judges are seated.
- Timing begins on the first word (including chants to the crowd), motion, jump, tumbling skill, or music/voice.
- Teams must collect props and exit the performance area quickly, without holding hands, following completion of routine. Teams should refrain from any type of excessive celebration on the mat following the team's performance.

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### TIMING

- Cheer/Dance routines should be **no longer than 2 minutes and 30 seconds.**
- Music time cannot exceed **one and a half minutes** (90 seconds) of the 2 minute and 30 second routine for Cheer/Dance. Any material that is played (spoken or otherwise) is considered part of music time
- Music can be in segments throughout the routine or played all at one time in Cheer/Dance only.
- Timing will begin with the first word, motion, or taped/recorded sound portion, and end when the squad comes to a standstill or stationary position.
- A one (1) point penalty will be assessed to ANY squad in any division who exceeds the time limit for overall routine and/or music. Any squad who exceeds the time limit by more than

10 seconds will **also** receive a Delay of Performance penalty of two (2) points. **Twenty seconds or more over the time limit will result in the team being disqualified.**

- It is strongly recommended that a team's music be less than one minute and 30 seconds; **no "cushion" time is given.** Hand held stopwatches are used for official timing.

NOTE: Music must be on a digital music player (iPod, iPhone, iPad, in MP3 format). Phones must be in **airplane mode** if used. Music cannot be accessed from a website or other internet source. Music must be downloaded onto the device being used.

### **SCHOOLS MAY ONLY ENTER ONE TEAM IN THE CHEER/DANCE DIVISION.**

Any team wishing to compete UP a division needs to contact Kenna Johnson and have all the necessary paperwork filled out and turned in by September 10. Any team choosing to move up a division will be required to stay at that division for two years. This policy applies to all divisions the team enters. If a team moves up in cheer/dance, they also move up in Group Stunt and/or Game Time Spirit.

### **SCORESHEETS**

[Cheer & Dance - Jumps](#)

[Cheer & Dance - Pyramids, Tosses, Partner Stunts](#)

[Cheer & Dance - Tumbling](#)

[Cheer & Dance - Overall Impression](#)

[Cheer & Dance - Motions & Dance](#)