4. PERFORMANCE CHEER DIVISIONS

4.1. Glossary of Terms – Performance Cheer

1. **Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the individual is free of contact from a person and/or the performance surface.

2. **Airborne Hip Over Head Rotation (executed by individual):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (*Example: Round off or a Back Handspring*).

3. **Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel, but is executed without placing hands on the ground.

4. **Category:** Denoting the style of the routine (*Example: Pom, Hip Hop, Jazz, High Kick*).

5. **Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between (*Example: Double Pirouette or Double Toe Touch*).

6. **Contact (executed by Groups or Pairs):** The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

7. **Division**: Denoting the composition of a competing group of individuals (*Example: Senior, Junior*).

8. **Drop**: An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.

9. **Elevated**: An action in which an individual is moved to a higher position or place from a lower one.

10. **Executing Individual:** An individual who performs a skill as part of "Groups or Pairs" who uses support from another individual(s).

11. **Head Level**: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)

12. **Hip Level**: A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)

13. **Hip Over Head Rotation (executed by individuals)**: An action characterized by continuous movement where an individual's hips rotate over his/her own head in a skill (*Example: Back Walkover or Cartwheel*).

14. **Hip Over Head Rotation (executed by Groups or Pairs):** An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.

15. **Height of the Skill:** Where the action is taking place.

16. **Inversion/Inverted:** A position in which the individual's waist and hips and feet are higher than his/her head and shoulders.

17. **Inverted Skills (executed by individuals):** A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

18. **Lift (executed by Groups or Pairs):** A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

19. **Partnering (executed by pairs):** A skill in which two individuals use support from one another. Partnering can involve both Supporting and Executing skills.

20. **Perpendicular Inversion (executed by Individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

21. **Prop:** Anything that is used in the routine choreography that is no/was not originally part of the costume (Clarification: *Poms are considered part of the costume in the pom category*).

22. **Prone:** A position in which the front of the individuals' body is facing the ground, and the back of the individuals' body is facing up.

23. **Shoulder Inversion (executed by Individuals)**: A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

24. **Shoulder Level**: A designated and averaged height; the height of a standing individual's shoulders while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*).

25. **Supine:** A position in which the back of the individuals' body is facing the ground, and the front of the individuals' body is facing up.

26. **Supporting Individual:** An individual who performs a skill as part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.

27. **Toss:** A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

28. **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

29. **Vertical Inversion (executed by groups or pairs):** A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

4.2. General Rules

1. All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.

2. Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.

3. All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.

4. Teams may not compromise the integrity of the performance surface (*Examples: residue from sprays, powders, oils, etc.*). Violation will result in a deduction.

5. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.

6. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

4.3. Choreography and Costuming

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.

2. All choreography should be age appropriate and entertaining for all audience members.

3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.

4. Footwear is required. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt please, consult the ECU Competition Rules Committee for approval.

5. Jewelry as part of a costume is allowed.

6. All costuming should be secure and offer full coverage of body parts. Tights should be worn under briefs, hot pants or excessively short shorts. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.

7. No cheers or chants are allowed.

4.4. Props

1. Handheld props and free standing props in all categories are not allowed. Use of parts of a costume (costume elements such as a necklace, jacket, hat, etc.) are allowed and may be used and discarded (*Clarification: Poms are considered part of the costume in the Pom category and should be used throughout the entire routine*).

4.5. Specific Rules – Freestyle Pom for Junior & Senior

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required, with the following limitations:

1. Hip Over Head Rotation Skills with hand support are not allowed while holding poms in supporting hand(s). (Exception: Forward rolls and backward rolls.)

2. Airborne Hip Over Head Rotation skills without hand support are not allowed. (Exception: Front Aerial and Aerial Cartwheels are allowed.)

3. Simultaneous tumbling over or under another individual that includes hip over head rotation by both performers is not allowed.

4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.

5. Landing in a push-up position onto the performance surface from an Airborne Skill is not allowed.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
    a. The Executing Individual does not pass through an inverted position after the release.
    b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individuals.
    c. The Executing Individual is not caught in a Prone position.
    d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support / catch / release as needed.

3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided:
    a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. Vertical Inversion is allowed provided:
    a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
    b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*.)

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
    a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
    b. The Executing Individual may not pass through the Prone or Inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:
    a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
    b. The Executing Individual is not Supine or Inverted when released.
    c. The Executing Individual may not pass through a Prone or Inverted position after release.

4.6. Specific Rules – Hip Hop for Junior & Senior

A. Executed by Individuals (Tumbling & Aerial Street Style Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:
   a. Non Airborne Skills are allowed.

   b. Airborne Skills with hand support that land in a Perpendicular Inversion or shoulder inversion are allowed.

2. Tumbling Skills with Hip Over Head Rotation:
   a. Non Airborne Skills are allowed.

   b. Airborne Skills with hand support:

   i. Are allowed (*Example: Back Handspring*)
   ii. Are limited to two consecutive hip over-head rotation skills (*Clarification: both skills must have hand support*).

   c. Airborne Skills without hand support are allowed provided all of the following:

   i. Involves no more than one twisting transition.
   ii. May not connect to another skill that is Airborne with Hip Over Head Rotation with or without hand support.

   d. Hip Over Head Rotation Skills with Hand Support are not allowed while holding props in supporting hand(s). (Exception: Forward rolls and backward rolls are allowed).

3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both performers is not allowed.

4. Only Drops (airborne) to the shoulder, back, or seat are permitted provided the height of the airborne Individual does not exceed hip level (*Clarification: Drops directly to the knee, thigh, front or head are not allowed*).

5. Landing in a push-up position may involve any jump.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed but, not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
   a. The Executing Individual does not pass through an Inverted Position after the release.

   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.

   c. The Executing Individual is not caught in a Prone position.

3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. A Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*).

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
   a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
   b. The Executing Individual may not pass through the Prone or Inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:
   a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
   b. The Executing Individual may be Supine or Inverted when released, but s/he must land on their foot / feet.
   c. The Executing Individual may not pass through an Inverted position after release.

4.7. Specific Rules – Jazz & High Kick for Junior & Senior

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

1. Hip Over Head Rotation Skills with Hand Support must use free hand(s) for the supporting hand(s). (*Exception: Forward rolls and backward rolls*.)

2. Airborne Hip Over Head Rotation Skills without Hand Support are not allowed. (*Exception: Front Aerials and Aerial Cartwheels are allowed*.)

3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both individuals is not allowed.

4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.

5. Landing in a push-up position may involve any jump.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
   a. The Executing Individual does not pass through an Inverted Position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.
   c. The Executing Individual is not caught in a Prone position.

3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. A Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*).

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
    a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
    b. The Executing Individual may not pass through the Prone or Inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:
    a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
    b. The Executing Individual may be Supine or Inverted when released, but s/he must land on their foot / feet.
    c. The Executing Individual may not pass through an Inverted position after release.

4.5. Specific Rules – Freestyle Pom for Tiny, Mini & Youth

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required, with the following limitations:

1. Airborne inverted skills with or without hand support are not allowed.
2. Tumbling skills with hip-over-head rotation:
   a. Airborne skills with or without hand support are not allowed (Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation).
   b. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).
3. Simultaneous tumbling over or under another individual that includes hip over head rotation by both performers is not allowed.
4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an airborne skill is not allowed.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed but not required with the following limitations:

1. The Executing Individual must maintain contact with a Supporting Individual who is in direct contact with the performance surface (Exception: kick line leaps).
2. At least one Supporting Individual(s) must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level.
3. Hip-over-head Rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. The Executing Individual is limited to one continuous [hip-over-head] rotation.
4. A Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*.)

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
   a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level.
   b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
   a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder-level.
   b. The Executing Individual is not Supine or Inverted when released.
   c. The Executing Individual may not pass through a Prone or an Inverted position after release.

4.6. Specific Rules – Hip Hop for for Tiny, Mini & Youth

A. Executed by Individuals (Tumbling & Aerial Street Style Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:
    a. Non airborne skills are allowed (*Example: headstand*).
    b. Airborne skills with or without hand support that land in a Perpendicular Inversion or shoulder inversion may not have (airborne) backward momentum in the approach (Exception: Airborne shoulder inversions are permitted in Youth).

2. Tumbling Skills with Hip Over Head Rotation:
    a. Non airborne skills are allowed (limited to two consecutive skills).
    b. Mini and Tiny ONLY: Airborne skills with hand support are allowed provided all of the following:
        i. It is not airborne in approach but may be airborne in the descent (*Clarification: in the approach the hands must touch the ground before the feet leave the ground*). (Exception: Dive Rolls).
        ii. Is limited to two consecutive hip-over-head rotation skills.
    c. Airborne Skills without hand support are not allowed (Exception: Aerial cartwheel that is not connected to any other skill with hip over head rotation).
    d. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).

3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both performers is not allowed.

4. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.

5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed but, not required with the following limitations:

1. The Executing Individual(s) must maintain contact with a Supporting Individual who is in direct contact with the performance surface.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level.

3. Hip-over-head Rotation of the Executing Individual(s) is allowed provided:
    a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
    b. The Executing Individual is limited to one continuous [hip-over- head] rotation.

4. A Vertical Inversion is allowed provided:
    a. The Supporting Individual(s) maintain contact until the Executing Individual returns to the performance surface or is returning to the upright position.
    b. When the height of the Executing Individual's shoulders exceed shoulder-level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*).

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
   a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level.
   b. The Executing Individual may not pass through the Prone or Inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:
   a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder-level.
   b. The Executing Individual is not Supine or Inverted when released.
   c. The Executing Individual may not pass through a Prone or an Inverted position after release.

4.7. Specific Rules – Jazz & High Kick for Tiny, Mini & Youth

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

1. Airborne Inverted Skills with or without hand support are not allowed.

2. Tumbling skills with Hip Over Head rotation:
   a. Airborne skills with or without hand support are not allowed (Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation).
   b. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).

3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both individuals is not allowed.

4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.

5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed, but not required with the following limitations:

1. The Executing Individual must maintain contact with a Supporting Individual who is in direct contact with the performance surface (Exception: kick line leaps).

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level.

3. Hip-over-head Rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
   b. The Executing Individual is limited to one continuous [hip-over- head] rotation.

4. A Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintain contact until the Executing Individual returns to the performance surface or is returning to the upright position.
   b. When the height of the Executing Individual's shoulders exceed shoulder-level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*).

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
    a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level.
    b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
    a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder-level.
    b. The Executing Individual is not Supine or Inverted when released.
    c. The Executing Individual may not pass through a Prone or an Inverted position after release.

4.8. Score Sheets - Performance Cheer

Distribution of points in Freestyle Pom divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Pom Motion Technique	Clean arm lines, levels, placement is sharp, strong and precise	10
	Execution of Technique	Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension	10
	Execution of Technical Skills	Proper execution of leaps, turns, jumps, lifts, partner work, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, poms, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Hip Hop divisions:

Judging Criteria		Description	Points
TECHNIQUE	Strength of Movement	Strength and presence in movement	10
	Execution of Hip Hop Style(s) – Placement / Control	Correct placement & levels of arms / torso / hips / legs / hands / feet and body control in the extension of style of hip hop: tutting, popping, locking, waving, lyrical, etc.	10
	Execution of Skills / Athletic Incorporations	Execution of floor work, freezes, partner work, lifts, tricks, jumps, etc.	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity / Clarity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Jazz & High Kick divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Technical Skills	Proper execution of leaps, turns, jumps, lifts, partner work, etc.	10
	Placement / Control / Extension	Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension, balance	10
	Style / Strength of Movement	Style, strength and presence in movement	10
GROUP EXECUTION	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
CHOREOGRAPHY	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**

Distribution of points in Doubles divisions:

Judging Criteria		Description	Points
TECHNIQUE	Execution of Skills / Style (Freestyle Pom – Jazz – Hip Hop)	Execution of movements and skills in the style of the category	10
	Placement / Control	Exhibits control, proper levels and placement (in pom motions) arm movements. "Turnout" and proper hip/leg/foot placement in Kicks, Leaps, Turns, etc. control of torso and body parts throughout movements and skills	10
	Strength of Movement	Intensity, strength and presence in movements	10
	Extension / Flexibility	Exhibits full extension (in arms, legs, feet etc.), and when applicable, stretch and flexibility in movement	10
CHOREOGRAPHY	Musicality	Use of the music accents, rhythms, lyrics and style	10
	Difficulty	Level of difficulty of skills, movement, weight changes, tempo etc.	10
	Creativity / Style	Exhibiting creative and original movement in accordance with the style of the category	10
	Routine Staging	Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine	10
EXECUTION	Synchronization	Uniformity of all movement, moving together and with the music	10
OVERALL EFFECT	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			**100**