

COA CHEER & DANCE 2009 - 2010 PERFORMANCE REQUIREMENTS

CHEER TEAMS												
	Overall Time	Music Time	Tosses	Stunts	Pyramids	Running Tumbling	Standing Tumbling	Dance	Jumps	Motions	Cheer/Chant or Sideline	Props
School and Recreation Non Tumbling	Maximum 2:30	May perform entire routine to music						At least four 8-Counts				
School and Recreation Non Mount	Maximum 2:30	May perform entire routine to music						At least four 8-Counts				
School and Recreation Non Tumbling Non Mount	Maximum 2:30	May perform entire routine to music						At least four 8-Counts				
School and Recreation Mount	Maximum 2:30	May perform entire routine to music						At least four 8-Counts				
All Star Level 1	Maximum 2:30	May perform entire routine to music	See USASF Level Rules					At least four 8-Counts				
All Star Levels 2 - 6	Maximum 2:30	May perform entire routine to music	See USASF Level Rules					At least four 8-Counts				
Specialty Teams	Maximum 2:30	May perform entire routine to music	All Star Cannot Exceed USASF Level 5 - School/Recreation must follow NFHS Rules									
Collegiate Non Tumbling	Maximum 2:30	May perform entire routine to music						At least four 8-Counts				
Collegiate Mount	Maximum 2:30	May perform entire routine to music						At least four 8-Counts				

CHEER SPECIALTY DIVISIONS												
	Overall Time	Music Time	Tosses	Stunts	Pyramids	Running Tumbling	Standing Tumbling	Dance	Jumps	Motions	Cheer/Chant or Sideline	Props
Crowdleaders	Maximum 1:30	May perform entire routine to music						At least four 8-Counts				
Cheer Individuals School and Recreation	Maximum 1:30	May perform entire routine to music						At least four 8-Counts				
Cheer Individuals All Star and Collegiate	Maximum 1:30	May perform entire routine to music						At least four 8-Counts				
Cheer Duets and Trios and Quads	Maximum 1:30	May perform entire routine to music						At least four 8-Counts				
Coed Partners and Stunt Groups	Maximum 1:30	Entire routine to music					*					
Mascot	Maximum 1:30	May perform entire routine to music										
Power Jumpers	Maximum :45	Entire routine to music							At least 10 jumps of which 2 must be in combinations			
Power Tumblers	Maximum 1:30	Entire routine to music				At least 4 tumbling passes are required						

DANCE TEAMS											<p>* A legal tumbling or gymnastics skill into or out of a stunt or in preparation of a stunt is permitted.</p> <p>** Wearable and handheld items are allowed in all divisions and can be removed and discarded from the body. Standing Props (chairs, ladders, boxes, stairs, benches etc.) are prohibited.</p> <p>*** Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs. (Exception: aerial cartwheels are allowed) See Rules for additional tumbling skills that are allowed or not allowed.</p> <p>Choreography and music must be appropriate for family viewing. All profanity and inappropriate language must be eliminated from your music.</p> <p>See scoring breakdown for additional scoring information.</p>	
	Overall Time	Leaps	Jumps	Turns	Kicks	Motions	Partnering	Dance Lifts	Props	Tumbling		Hip Hop Tricks
Jazz	Maximum 2:30								**	***		
Pom	Maximum 2:30								Poms must be used 80% of the routine	***		
Hip Hop	Maximum 2:30								**	***		
Variety	Maximum 2:30								**	***		
Lyrical	Maximum 2:30								**	***		
Specialty Teams	Maximum 2:30								**	***		

DANCE SPECIALTY DIVISIONS (Solo, Duet, Trio, Quad)											
	Overall Time	Leaps	Jumps	Turns	Kicks	Motions	Partnering	Dance Lifts	Props	Tumbling	Hip Hop Tricks
Jazz	Maximum 2:30								**	***	
Pom	Maximum 2:30								Poms must be used 80% of the routine	***	
Hip Hop	Maximum 2:30								**	***	
Open	Maximum 2:30								**	***	

KEY	
	Required
	Optional
	Not Permitted