



10-11 Individual Dance Events

Be sure to enter Individual Divisions to Qualify for High Point. High Point is available for Individual Cheer and Dance Divisions

NEW! 2010-2011 Individual Dance Events

Best Dancer

- 1:30 maximum performance time.
- Solo Dancer, routine can be any style dance combination of choice.
- Props, Hand-held or costume may be used.
- **Tumbling Skills** are **ALLOWED**, however; at least one hand must be in constant contact with the performing surface while involved in a hip over head rotation. **Aerial Cartwheels are NOT Permitted.**

Best Dance Duo

- 1:30 maximum performance time.
- Two Dancers, routine can be any style dance combination of choice.
- Props, Hand-held or costume may be used.
- Female and Male dancers will be combined.
- **Tumbling Skills** are **ALLOWED**, however; at least one hand must be in constant contact with the performing surface while involved in a hip over head rotation. **Aerial Cartwheels are NOT Permitted.**

Best Dance Group

- 1:30 minutes maximum performance time.
- Group consists of up to 5 dancers.
- Dancers may choose ANY style of dance combination. Props are allowed. Female and Male combination will compete with one another.
- **Tumbling Skills** are **ALLOWED**, however; at least one hand must be in constant contact with the performing surface while involved in a hip over head rotation. **Aerial Cartwheels are NOT Permitted.** A Dance Lift/Trick and or Choreographed Transitional Gymnastics Stunt is Allowed. The dancers **MUST** remain in contact with at least one person at all times.

(A violation of any of these requirements will result in a **5-point deduction per violation** from final score)