

CHEER AND DANCE EXTREME – DANCE TEAM DIVISIONS & DEFINITIONS

TYPES OF DANCE TEAMS

All-Star Dance Team

An All Star Dance Team is a team that does not cheer/dance for any sport and is formed for the primary purpose of competing. The team works out in a private gym/studio and/or is coached by a paid professional.

Dance Studio

A team that is trained by paid, professional dance instructors in a dance studio and are not affiliated with a cheer and/or gymnastics team.

Varsity

A Varsity division team is a team made up of official school team members or official school competition team members. All members MUST attend that school and be in grades 9th-12th.

Recreation/Youth League

A recreation/youth league team is a community team that provides support for a sport or performs in recitals or parades. Coaches are non-paid, non-professionals.

CATEGORY DEFINITIONS

Acrobatic/Gymnastic Dance

A routine consisting of controlled acrobatic or rhythmic gymnastic movements involving balance and flexibility. Choreography should be used to blend gymnastics and dance together and include choreographed movement; bridging tricks and/or passes in a fluid style. Routines MUST be performed on the performance floor/area as designated by Cheer and Dance Extreme.

Hip-Hop

A routine where dancers replicate the style of street dance popularized in the 1980's. Choreography should consist of the latest of street dance style as seen in current dance videos. Movement may include the elements of popping, locking, footwork and freezes performed to aggressive and hard driving rhythmic music. Break dancing and some replications choreography may be included in this category.

Jazz

A routine where all dancers execute free form movement and styling characteristic of American jazz dance, whether in jazz or character shoes of any kind, half-soles or bare feet. Choreography should include technique with such moves as kicks, leaps, splits, and isolations emphasizing extension, control, body placement, style, uniformity and precision.

Lyrical

A routine where all dancers interpret the lyrics or mood (intent) of a song (with or without words) using a combination of ballet and/or jazz and/or modern technique. This form includes the use of legwork, balance, flexibility, facial and body emotion. Choreography should be fluid in movement and focus on emotion that compliments the musical selection. Dancers may wear character shoes, lyrical shoes, half-soles or be barefoot. Routine can incorporate any form of dance or gymnastics/acrobatics

Pom

Routine which must include such elements as marching, clean, strong and sharp arm movements with poms, arm placement, kicks, uniformity, jumps and splits. Choreography should include incorporating the above skills while utilizing visual effects through levels, formations and ground work. Any type of music is permissible and pom poms should be used for at least 75% of the music. Hand Held props and costuming (i.e. gloves) may be used in the category.

Variety Open

Any routine combining two dance styles, i.e. jazz and ballet or a routine utilizing but not limited to ballroom, swing and/or vintage or contemporary dance styles. Also, any routine, which does not fit in any category previously listed. Use of a prop or pantomime does not automatically place a routine in the OPEN category.

DANCE DIVISIONS		
90% Age Rule Applies with the exception of Open Dance		
DIVISION	AGE	DETAILS
MINI STARS		
Mini Jazz	8 years and younger	5+ Members
Mini Variety/Open	8 years and younger	5+ Members
Mini Pom	8 years and younger	5+ Members
Mini Hip/Hop Funk	8 years and younger	5+ Members
YOUTH STARS		
Youth Jazz	11 years and younger	5+ Members
Youth Variety/Open	11 years and younger	5+ Members
Youth Pom	11 years and younger	5+ Members
Youth Hip Hop/Funk	11 years and younger	5+ Members
JUNIOR STARS		
Junior Jazz	14 years and younger	5+ Members
Junior Pom	14 years and younger	5+ Members
Junior Hip Hop/Funk	14 years and younger	5+ Members
Junior Acro/Gym	14 years and younger	5+ Members
Junior Variety Open	14 years and younger	5+ Members
Junior Lyrical	14 years and younger	5+ Members
SENIOR STARS		
Senior Jazz	18 years and younger	5+ Members
Senior Pom	18 years and younger	5+ Members
Senior Hip Hop/Funk	18 years and younger	5+ Members
Senior Acro/Gym	18 years and younger	5+ Members
Senior Variety Open	18 years and younger	5+ Members
Senior Lyrical	18 years and younger	5+ Members
Varsity **Varsity will be combined with Senior Star Divisions if there are no more than 2 teams registered in EACH division**		
Varsity Jazz	Grade 9 - Grade 12	5+ Members; Must represent the same school
Varsity Pom	Grade 9 - Grade 12	5+ Members; Must represent the same school
Varsity Hip Hop/Funk	Grade 9 - Grade 12	5+ Members; Must represent the same school
Varsity Open	Grade 9 - Grade 12	5+ Members; Must represent the same school
OPEN		
Open Jazz	14 years and older	5+ Members
Open Hip Hop/Funk	14 years and older	5+ Members
Open Variety Open	14 years and older	5+ Members

Age of participant is August 31, 2009

COMBINED DIVISIONS POLICY

Recreation/Youth League will be separated from All-Star and Dance Studio at National competitions and specified events. Varsity teams can elect to compete in Varsity stated divisions or All Star and Dance Studio division. Cheer and Dance Extreme reserves the right to add/omit/change/combine, any division, at anytime to allow for a competition. CDE tries to eliminate teams going against a score. All teams have the option of exhibition as opposed to competing. Recreation teams with routines that do not fall into the Recreation only area may elect to compete in the Variety/Open for Recreation Teams. At any time, Recreation & Varsity can elect to compete in the All Star/Studio divisions.

TIME LIMITS & TIMING

All divisions are a maximum of 3 minutes. The entire routine must be performed to music. Please see general guidelines regarding Music Selection and CD/Tape preparations. Timing begins with the first beat of music or movement and ends with the last beat of music.