

YOUTH CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

SHOW CHEER LEVEL 1 LIMITED: (Time Limit: 2 min) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Level 1 Limited routine requirements and allowances.

CROSSTOVERS

Level 1 Limited may not cross over to any other Show Cheer Level.

SHOW CHEER: (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1, 2, 3 and 4. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances.

SHOW CHEER NON-TUMBLING: (Time Limit: 2 min 30 sec) Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Gymnastic skills are PROHIBITED. Failure to perform required skills will result in a 0. Stunts are limited to Level 3 skills. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer Non-Tumbling routine requirements and allowances.

SIDELINE PERFORMANCE CHEER: (Time Limit: 1 min 45 sec) Spirited Entrances are Required. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of stunts, tumbling, and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. Failure to perform required skills will result in a 0. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer routine requirements and allowances.

SIDELINE PERFORMANCE CHEER NON-MOUNT: (Time Limit: 1 min 45 sec) Spirited Entrances are Required. Cheer of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of tumbling and jumps as well as the use of poms and props (crowd participation tools) that a team would traditionally use on the sidelines at games. Audience participation, poms and props are allowed and encouraged. Music or amplified sound is prohibited in this category. Failure to perform required skills will result in a 0. All building skills are prohibited. Clarification: A partner pick up would not be considered a stunt. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer Non Mount routine requirements and allowances. Tumbling is allowed up to level 3 tumbling skills.

YOUTH

SIDELINE PERFORMANCE DIVISIONS

SIDELINE PERFORMANCE CHEER - MUSIC IS NOT ALLOWED - TIME LIMIT: 1 min 30 sec

DIVISION is defined by the age of the oldest athlete.

LEVEL is defined by the degree of skill difficulty you select.

New changes from last year's packet are marked in **RED**.

Not all categories/divisions/levels will be offered at every championship. Teams should check events directly for what's offered.

DIVISIONS:

Division 8 Non-Mount
Division 8 Level 1
Division 10 Non-Mount
Division 10 Level 1
Division 11 Level 1
Division 12 Non-Mount
Division 12 Level 1
Division 13 Level 1
Division 15 Level 1

AGE AS OF JULY 31, 2023:

8 years and younger
8 years and younger
10 years and younger
10 years and younger
11 years and younger
12 years and younger
12 years and younger
13 years and younger
15 years and younger

ATHLETES:

5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
5-36 members, male and/or female
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YOUTH DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

POM: (Time Limit: 2 min 30 sec) A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.

- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec) A Hip Hop routine is composed of street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.

- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. ***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING** - This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: (Time Limit: 2 min 30 sec) The focus of this performance is audience entertainment. **With no spoken word by the athlete**, this routine develops a selected theme or era through music, costuming, dance choreography and/or props. This routine should encompass and express one predominate theme and/or era. A proper theme dance should incorporate creative and innovative movements and dance choreography that help shape the intended theme. Athletic and technical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are HIGHLY recommended and should be utilized throughout the routine to maximize score. See Youth General Dance Routine Guidelines for prop specifics.

Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.



YOUTH DANCE DIVISIONS

TIME LIMIT: 2 min 30 sec

DIVISION is defined by the age of the oldest athlete.

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DIVISIONS:

Division 6
Division 8
Division 10
Division 11
Division 12
Division 13
Division 15
Division 17
Youth Open

CATEGORIES

POM/HIP HOP
POM/HIP HOP
POM/HIP HOP
POM/HIP HOP
POM/HIP HOP
POM/HIP HOP
POM/HIP HOP
POM/HIP HOP
THEME

AGE AS OF JULY 31, 2023:

6 years and younger
8 years and younger
10 years and younger
11 years and younger
12 years and younger
13 years and younger
15 years and younger
17 years and younger
17 years and younger

ATHLETES:

5-36 members, male and/or female
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