

YOUTH/REC CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

SHOW CHEER: (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1 Limited, 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, megaphones, signs, flags and banners are allowed. Please refer to the remainder of the YCADA Cheer Rules 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, megaphones, signs, flags and banners are allowed. Please refer to the remainder of the YCADA Cheer Rules for complete details on Show Cheer Non-Tumbling routine requirements and allowances.

SHOW CHEER NON MOUNT: (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. Failure to perform required skills will result in a 0. Stunts are prohibited. Clarification: A partner pick up would not be considered a stunt. Poms, megaphones, signs, flags and banners are allowed. Non Mount tumbling is limited to Level 3 tumbling skills. Please refer to the remainder of the YCADA Cheer Rules for complete details on Show Cheer Non Mount routine requirements and allowances.

SIDELINE PERFORMANCE CHEER: (Time Limit: 1 min 30 sec) This category is offered for Level 1. Cheer(s) 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 signs, flags, poms, banners and crowd participation tools that a team would traditionally use on the sidelines at games. Audience participation, megaphones, signs, flags, banners, and poms are allowed and encouraged. Music or amplified sound is not allowed in this category. Failure to perform required skills will result in a 0. Please refer to the remainder of the YCADA Cheer Rules for complete details on Sideline Performance Cheer routine requirements and allowances.

SIDELINE PERFORMANCE CHEER NON MOUNT: (Time Limit: 1 min 30 sec) Cheer(s) 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 signs, flags, poms, banners and crowd participation tools that a team would traditionally use on the sidelines at games. Audience participation, megaphones, signs, flags, banners, and poms are allowed and encouraged. Music or amplified sound is not allowed in this category. Failure to perform required skills will result in a 0. Stunts, dismounts and cradles are prohibited. Clarification: A partner pick up would not be considered a stunt. Non Mount division tumbling is limited to Level 1 tumbling skills. Please refer to the remainder of the YCADA Cheer Rules for complete details on Sideline Performance Cheer Non Mount routine requirements and allowances.

YOUTH/REC DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

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. This style of dance does NOT include pop and lock, street or excessive vibrating. Incorporating these skills may negatively affect your score.
- **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 novelty 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. 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/REC DANCE DIVISIONS

DIVISION is defined by the age of the oldest athlete.

Example: If you are a JR VARSITY team and your OLDEST athlete is 11 years old – You would select Division 11

TIME LIMIT: 2:30

YCADA DANCE:

<u>DIVISIONS:</u>	<u>CATEGORIES</u>	<u>AGE AS OF JULY 31, 2020:</u>	<u>ATHLETES:</u>
Division 8	POM, HIP HOP	8 years and younger	5-36 members, male and/or female
Division 10	POM, HIP HOP	10 years and younger	5-36 members, male and/or female
Division 12	POM, HIP HOP	12 years and younger	5-36 members, male and/or female
Division 14	POM, HIP HOP	14 years and younger	5-36 members, male and/or female
Division 16	POM, HIP HOP	16 years and younger	5-36 members, male and/or female
Division 18	POM, HIP HOP	18 years and younger	5-36 members, male and/or female
NA* - Division 8	POM, HIP HOP	8 years and younger	5-36 members, male and/or female
NA* - Division 10	POM, HIP HOP	10 years and younger	5-36 members, male and/or female
NA* - Division 11	POM, HIP HOP	11 years and younger	5-36 members, male and/or female
NA* - Division 13	POM, HIP HOP	13 years and younger	5-36 members, male and/or female
NA* - Division 15	POM, HIP HOP	15 years and younger	5-36 members, male and/or female
NA* - Division 18	POM, HIP HOP	18 years and younger	5-36 members, male and/or female
YOUTH OPEN** – Division 13	THEME DANCE	13 years and younger	5-36 members, male and/or female
YOUTH OPEN** – Division 18	THEME DANCE	18 years and younger	5-36 members, male and/or female

*See NA – Non-Affiliated Youth/Rec Divisions (Non-Traditional, Performance Rec). Description of NA Divisions

**YOUTH OPEN = Open to all Youth and Non-Affiliated Teams

YCADA EXHIBITION DIVISIONS:

<u>DIVISIONS:</u>	<u>ATHLETES:</u>
Exhibition	5-36 members, male and/or female
Special Needs – Exhibition	5-36 members, male and/or female

Exhibition: No Judging or Ranking; May perform either a Dance (style of your choice) or Cheer (following your youth league safety guidelines). Performance must not exceed 2 min 30 seconds.

Special Needs – Exhibition: No Judging or Ranking; May perform either a Dance (style of your choice) or Cheer (following your youth league safety guidelines). Performance must not exceed 2 min 30 seconds. Will allow additional time for entry and exit. May have full adult assistance on stage during performance.

WHICH TYPE OF YOUTH TEAM ARE YOU?

YOUTH DIVISIONS

Divisions identified as ‘Youth’ will provide competition for the majority of youth teams who have competed with YCADA in past years; however, the wording has been clarified to exclude teams who have left an organized program to form competition only teams, or join a program (i.e. city parks and rec. league) which has youth sports teams, but no formal cheer leading program – as defined below.

Definition of Youth Team: City/Mascot (i.e. Starbucks) + Division/Age of Play (i.e. Pee Wee).

EXAMPLE: Starbucks Pee Wee

YOUTH DIVISION GUIDELINES:

- Team is affiliated with a governing youth football organization (i.e. Pop Warner Football, P.A.L., American Youth Football, Junior All American, etc.). The youth league must include cheerleading bylaws and cheerleading safety rules as part of their charter. Team supports, is affiliated with, and is required to “cheer for” all scheduled football games in their organization during the regular season. A public game schedule must be available for review.
- Teams affiliated with any sport other than football (i.e. baseball, basketball, soccer) must compete in the Non Affiliated “NA” Youth Divisions
- Coaches **MUST** bring copies of their league/team ‘books’ containing copies of each child’s Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, or league affiliation disputed, a YCADA event official will **require this documentation**. Not having this information available at the event may result in disqualification.
- Youth divisions are determined by the age of oldest team member.
- The participant’s age on July 31, 2020 shall be the participant’s age through April 30, 2021.
- Commonly referred as “Traditional Rec”.

NON-AFFILIATED YOUTH DIVISIONS (NA)

Divisions identified as ‘Non-Affiliated Youth’ will provide competition for youth cheer teams who are not associated with a youth football organization (as defined above), or representatives of an all-star cheer gym, dance studio or registered team with USASF. This type of youth team is sometimes also referred to as “Performance Rec” or ‘Non-Traditional’.

NON-AFFILIATED YOUTH DIVISION GUIDELINES:

- Team is NOT affiliated with a youth football organization that includes cheer safety rules or cheer bylaws as part of its franchise
- Organizations or Teams may not be registered with USASF at the time of competition.
- It is not mandatory that this team supports, affiliates with, or “cheers for” an organized sport (i.e. football, basketball, etc.).
- No Official Team Roster is required in NA Divisions.
- Coaches must bring copies of each child’s Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, a YCADA event official will require this documentation.
- Non-affiliated youth divisions are determined by the age of oldest team member.
- The participant’s age on July 31, 2020 shall be the participant’s age through April 30, 2021.
- To identify a non-affiliated youth division in the registration portal and competition schedule, non-affiliated divisions will be referred to as Youth NA (Non-Affiliated) followed by the Level (i.e.: NA - Division 12 Level 2). The example indicates: A non-affiliated team, age 12 and under, selecting level 2 skills.
- Commonly referred as “Performance Rec”.

To maintain the integrity of a fair and competitive Youth NA Division, YCADA reserves the right to evaluate a team’s status to ensure compliance to the letter and the spirit of the above policies.