



## 56<sup>TH</sup> SEASON WNCAA CHEER DANCE GUIDELINES

### MIDGETS

Performers: Min 12 pax to a Max. 25 pax

Time: 2.15 – 4:00 minutes (excluding entrance and exit). Timer will start on the first choreographed movement or start of the music/drum beat/cheer/chant.

Floor Area: 16mx16m. Wooden flooring (basketball court)

Music: Drum beats or canned music. Cheers and chants are not required.

Props:

- The only props allowed in Cheer dance are Pompoms
- Pompoms must be used at least 1/3 of the routine: arm motions should be used with pompoms

Uniform/Outfit:

- No see-through material may be worn on chest, crotch & or rear.
- Underwear must not be visible.
- No tear-away uniforms or clothing is allowed.
- Jazz pants and skirts are allowed in Cheer Dance.

Shoes & Accessories:

- Non marking sports should be worn during the competition.
- All members of the team must wear the same shoe color.
- Lace must be securely tied with ends tucked away.
- Jazz shoes and ballet shoes can be used in Cheer dance. Wearing of rubber shoes is strongly discouraged.
- No barefeet.

Compulsory Elements:

Jumps	at least 2 different (cheer jumps)
Pirouette	at least 1 single
Leaps	at least 1 kind
Kicks	at least 2 different
Splits	1 kind (done on the floor)
Arm motions	4 different successive arm motion (cheer arm motions), <b>with pompoms</b>

\*\*\* compulsory elements MUST BE DONE BY ALL, IN UNISON OR SUCCESSION.

Prohibited in Routine:

- Any acrobatic/gymnastics elements with flight prohibited.
- Aerial skills and acrobatic/gymnastics elements with flight into a dance lift is prohibited.
- Tosses, team and partner stunts is prohibited.
- Forward roll and back roll; into a low position maybe allowed.

PENALTIES/DEDUCTIONS: Midgets

TIME VIOLATION	10 (ten) points will be deducted from final score.
ENTRANCE AND EXIT VIOLATION (Ex. performing a prohibited skill, obscene and inappropriate language, unsportsmanlike conduct)	5 (five) points will be deducted from final score.
AREA VIOLATION	5 (five) points will be deducted from final score <b>(per occurrence)</b> .
SAFETY GUIDELINE VIOLATION	10 (ten) points will be deducted from final score <b>(per occurrence)</b> .
COMPULSORY ELEMENTS VIOLATION	10 (ten) points will be deducted from final score. (If the athlete cannot do the compulsory exercise because of injury during the performance, it will not be considered a violation)
DROPPED PROPS (Pompoms, shoes, costume)	1 (one) point will be deducted from final score <b>(per occurrence)</b>

SPECIAL NOTE:

Hopping to execute a pirouette skill or to complete a rotation WILL NOT BE ACCEPTED. This will not be considered a pirouette and may be considered a failure to execute the skill. A deduction of 10 pts will be awarded since a pirouette is a compulsory element.

The (10 points) deduction for compulsory elements violation is applied when the team fails to perform a compulsory element. Deduction is made for every element that is not met.