

## OASSA CHEER & DANCE COMPETITION CATEGORIES 2019 REGIONAL QUALIFIER AND STATE CHAMPIONSHIPS EVENTS

### CHEER – Category Definitions:

**NON-TUMBLING:** This category does not allow any tumbling; not even a forward roll is permitted in this routine. It's a way to use signs, poms, flags, and megas creatively to showcase strong ***gameday*** cheerleaders. You are not required to use any of the props, but those may be used. It should be choreographed with dance, jumps and strong motion technique. Be sure to follow the NFHS rules.

**NON-BUILDING:** (formerly “Non-Mount”): This category does not allow any building skills. It can be choreographed with a variety of jumps, tumbling, motions and dance. You may also use signs, poms, flags and megas. Be sure to follow the NFHS rules.

**BUILDING:** (formerly “Mount”): This category is to showcase all cheerleading skills: jumps, tumbling, motions, dance and BUILDING skills. You may also use signs, poms, flags and megas. Be sure to follow the AACCA rules.

### For all 3 Cheer categories:

--Performance surface: Is a 54 feet wide by 42 feet deep carpeted foam (1 3/8” thickness) mat.

--Length of performance: Cheer teams must follow the traditional time of 2 minutes and 30 seconds (2:30) for the full routine for all events. Teams must use music for at least 45 seconds (:45) and not more than 1 minute and 30 seconds (1:30) during their routine. A .5 penalty will be assessed for every second over the time limit.

--Rules: Follow NFHS rules (*view recap of 2018-19 changes here, eff. April 2018*):

<http://www.nfhs.org/sports-resource-content/spirit-rules-changes-2018-19/>

*For complete NFHS rule book & any corrections, if issued, go here:*

<http://www.cheerrules.org/2018-2019-nfhs-rules-and-book-corrections/>

**NOTE:** Building teams must also follow AACCA rules regarding building components (*eff. Sept. 2018*): <http://www.cheerrules.org/wp-content/uploads/2018/09/2018-19-School-Rules.pdf>

### DANCE – Category Definitions:

**JAZZ:** Routine incorporates stylized dance and combinations of formation changes, group work, leaps, turns and overall dance technique. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity.

**POM:** Routine may incorporate strong sharp motions by using creativity and control to execute movements. Routines must use poms in 80% of the routine. Characteristics of a pom routine include synchronization, visual effects, and clean/precise motions. Visual effects include level changes, group work, opposing motions, formation changes, etc.

**HIP-HOP:** Routine may incorporate street style movement by using creativity and control to execute movement. Street style movements may include but are not limited to breaking, popping, locking, krumping, etc. Emphasis is placed on authentic stylized technique, a grounded approach and attention to backbeat while incorporating technical skills, musicality, creativity, flow, control, and overall quality of movement.

**For all 3 Dance categories:**

--Performance Surface: Traditional gym floor with no out of bounds.

--Length of performance: Maximum time of 2 minutes (2:00) for teams to demonstrate their style and expertise. If a team exceeds the time limit, they will be assessed a penalty.

--Rules: To ensure consistency and ease of compliance for dance teams, OASSA's competition dance rules were derived from (*but are not identical to*) the rules set forth by the Universal Dance Association (UDA). OASSA's rules have slight variations from UDA's (*for instance, # of participants allowed on team*), but our safety and technical elements ARE identical. **BE SURE TO READ THE 2019 OASSA CHEER AND DANCE RULES when posted to the website.**

OASSA events & camps abide by the **Music Copyrights Educational Initiative**. For info, go here: <https://www.usacheer.org/music>

For more information about the **2019 OASSA Cheer and Dance Regional Qualifier and State Championships events**, go to: <http://www.oassa.org/cheerdance>