



e SHOWDOWN Dance Information Packet

Xtreme Dance Xperience and Studio Xtreme Brands are thrilled to offer alternatives to the traditional live competition style with our eSHOWDOWN series. The virtual event format will allow your teams and individuals to showcase their routines in your own facilities. You will receive valuable critiques from qualified judges to boost your scores for live competitive events, create Watch parties and earn bids to national events. How cool is it to perform via video and receive recognition gifts similar to a LIVE event setting without the travel cost!

Please read the information packet in its entirety as it provides participation details you can share with your team(s), individuals, coaching staff, and parents.

DANCER MEMBER LIMITS

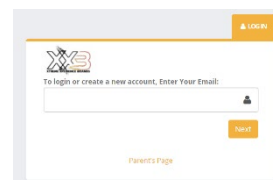
Competing teams must have at least 4 members. There is a limit of 36 members.

INFORMATION YOU NEED TO KNOW REGARDING REGISTRATION & VIDEO SUBMISSION

There is no limit on the # of team /individual entries you can submit. Listed in this section are the simple registration steps and video submission instructions. Keep in mind the registration process will be no different than if you are registering for an event onsite.

Registration Process

1. Log onto [Reg Champ](#) and create your account.
2. Select the coach, team type, division, and level type fields.
3. NO team rosters are needed.
4. Upload your video(s), pay, and submit your registration entry.
5. For inquiries concerning the virtual event process or how to receive savings for live & virtual event packages, contact the staff at info@xxbrands.com



Pricing

1. \$20 per athlete per entry
2. **PROMO DEAL: \$48 per athlete for three events to include the ULTIMATE eSHOWDOWN**
 - a. Deadline to accept the Promotional Discount: November 13, 2021; Per event pricing goes into effect on November 14, 2021.

Video Submission

1. Video entries must be filmed at your gym or studio to spotlight your team(s) and individuals at their best. Uniforms are not required. Have fun with it!
2. Videos should be filmed in landscape mode, clear distanced to see all athletes and at a front on judges' view.
3. Results and eWatch Party periods are listed on the [Reg Champ](#) Platform.

JUDGING

Certified judges have been hired to provide you with the scores and helpful comments. Scoring will be based on the team type score sheets used in live event settings.

BIDS

XDX is proud to be a proud partner with the event producers offering year end events. All entries regardless of customer type will be eligible for bid awards.



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| | | |
|--|---|--|
| | Universal Resort, Orlando, FL www.theopencheeranddance.com | Bid Credits (1 st – 3 rd place) At Large Bids |
| | Universal Resort, Orlando, FL www.theopencheeranddance.com | At Large Bids |
| | Silver Spurs Arena, Kissimmee, FL www.apexchampionships.com | Partial Bids & At Large Bids |
| | N. Kentucky Convention Center, Covington, KY www.xcxcheer.com www.xdx.dance | Xtreme Cash |

GIFTS & EVALUATION RECOGNITION

No matter the division type bragging rights are in order! All items will be mailed to each program and allow for 3-4 weeks for processing after the event. See specific event information to see what each competition offers. Amenities can range from

- 1st – 3rd place Banners
- Grand Champ Banners
- Grand Champ Gifts
- Medals
- eWatch Party Recognition

ROUTINE TIMING

All dance teams, individuals, duets, and trios will have a minimum time of 1 minute and 45 seconds to a maximum of 2 minutes and 15 seconds (2:15). Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music, or the ending motion or pose is held. Introductions and/or organized entrances are considered part of the routine and are timed as part of the performance. All participants should walk/spirit onto the floor and immediately start their routine after spacing of first formation. Any un-sportsmanlike conduct while entering or exiting the floor may result in a one (1) point deduction.

EXHIBITION PERFORMANCES

- Teams that exhibition must adhere to their designated Division and Level Safety Rules.
- A team of less than 5 participants may perform as exhibition only.
- Exhibition performances will NOT compete against another team and will NOT be scored.
- Danceabilities (Special Athlete) exhibition teams may only perform level 1 and 2 skills.

CHOREOGRAPHY – APPROPRIATE ATHLETE IMPRESSION

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane



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gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate. At the judges' discretion a one (1) point deduction for each incident will may be taken.

DIVISIONS, AGES & LEVELS

AAU – Division Information listed on www.aaucheerleading.org

USASF & NON USASF – listed in the Reg Champ Portal

Note: All divisions offerings are listed in the registration portal to include ages and levels.

GENERAL DANCE RULES

NOVICE

- Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc.).
- All Category styles in each Age Division will be combined in Novice, no exceptions.
- Members on a Novice team may crossover to a Prep or Elite team.
- Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation. Novice will only be evaluated on a rating system and not scored/ranked against other teams.
 - Recommended ratings are Superior (Highest), Excellent, and Outstanding.
 - Please check with your specific event producer for their rating system
- Novice Teams must follow the USASF Dance General Rules and USASF Prep Dance Rules with the following exceptions:
 - Routine may not exceed 1:30 (there is no time minimum)
 - No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills)
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- An Event Producer may offer a team of less than 4 athletes to perform, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

PREP

- All Category styles in each Age Division will be combined in Prep unless the Prep splitting rule applies.
- Members must follow the Prep crossover rules.
- The Prep designation is offered for emerging teams and dancers and should be scored on a traditional scoresheet.
- Prep teams must follow the USASF Dance General Rules and USASF Prep Dance Rules.
- May be offered and competed at one- and two-day events.

ELITE

- Term used to differentiate between the Prep and Novice tiers.
- The division will be referred to as Elite or simply by the Division and Category name.
Example: Senior Elite Pom or Senior Pom.
- Elite teams must follow the USASF Dance General Rules and USASF Category Specific Dance Rules for their teams' applicable division and category.



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ALL STAR | SCHOOL | RECREATION Dance Teams will be judged using a 100-point scale, which will then be averaged on a 10-point scale for the final score. (See Scoring & Judging Criteria for details.) The decisions of the judges are final.

DANCE DIVISIONS

| DIVISION | TARGET AGES | ELIGIBILITY YEAR | GENDER | TEAM SIZE |
|----------|-------------------------|------------------|-------------|-----------------------------|
| Tiny | 4-6 years old | 2015-2017 | Female/Male | 4-14 Small 15+ Large |
| Mini | 5-9 years old | 2011-2016 | Female/Male | 4-14 Small 15+ Large |
| Youth | 8-12 years old | 2008-2013 | Female/Male | 4-14 Small 15+ Large |
| Junior | 10-15 years old | 2005-2011 | Female/Male | 4-14 Small 15+ Large |
| Senior | 12-18 years old | 6/1/2002-2009 | Female/Male | 4-14 Small 15+ Large |
| Open** | 13 Years + On or before | 12/31/2008 | Female/Male | 6-15 Elite 16-30 Premier |

SOLOIST, DUET/TRIO & ENSEMBLE (TEAM) COMPETITION DIVISIONS

| DIVISION | AGE |
|----------|--------------------|
| Tiny | 7 Years & Younger |
| Mini | 10 Years & Younger |
| Youth | 12 Years & Younger |
| Junior | 15 Years & Younger |
| Senior | 18 Years & Younger |
| Open | 13 Years & Older |

Duets must have 2 participants; trios must have 3 participants. Ensembles at combined type competitions may have 2-3 participant

STUDIO DIVISIONS

| DIVISION | TARGET AGES | LEVELS | GENDER |
|-------------|---|------------------------|-------------|
| Petite | 4 years and under 5-6 years old 7-8 years old | Novice | Female/Male |
| Petite Open | 5-6 years old 7-11 years old | Novice | Female/Male |
| Junior | 10-15 years old | Novice Intermediate | Female/Male |
| Teen | 12-14 years old | Intermediate Elite | Female/Male |
| Senior | 19 years and under | Intermediate Elite | Female/Male |
| Adult | 20+ years old | ----- | Female/Male |



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DanceABILITIES for Exceptional Athletes: A team comprised of Dancers with a disability. XDX follows the American with Disabilities Act (ADA), stating: An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

GENERAL

All teams must be supervised during all official functions by a qualified director/advisor/coach.

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

All directors, advisors and coaches should have an emergency response plan in the event of an injury. Shoes are always required. Wearing socks only or one shoe is prohibited in all divisions. Jewelry as a part of a costume is allowed. All costuming should be age appropriate and acceptable for family viewing.

TUMBLING AND TRICKS

Tumbling is allowed in all divisions if one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs.

ALLOWED

Forward/Backward Roll
Shoulder Roll
Round Offs Cartwheel Headstand
Handstand
Backbends
Walkover
Front/Back Stalls
Head
Spins
Windmills
Kip Up
Aerials - Side/Front Front/Back**

** Pom Division dancers must place poms in one hand or use hands free poms while executing the skill.

** Side Aerials are permitted for School Divisions

** Front Aerials are prohibited in the High School Divisions

NOT ALLOWED

Dive Rolls
Handsprings Front/Back
Tucks



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Side Somi
Shushunova
Dive Rolls (In any position)
Head spins without proper hand support

DANCE LIFTS AND PARTNERING

Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down. The lifting dancer(s) must maintain direct contact with the performance surface at all times. The lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s) through hand/arm to body contact. Hip overhead rotation of the lifting dancer(s) may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer(s).

Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.

All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)

All tosses including toe-pitches are prohibited. Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.

CHOREOGRAPHY

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate.

All costuming and makeup should be age appropriate and acceptable for family viewing.

PROPS

Wearable and handheld items are allowed in all divisions and can be removed and discarded from the body.

DIVISION CATEGORIES

DANCE STYLES

HIP HOP - Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity, and musical interpretation. Routines may also put an additional focus on athletic incorporations such as jumps, jumps, jump variations, combo jumps and other kicks. No props allowed in this division.



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JAZZ- Routines incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity.

POM - Routines emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc. All styles of dance may be used. Poms must be in hand for at least eighty percent (80%) of the routine. Leaps, turns and jumps will be allowed. No other props allowed.

OPEN - Open division emphasizes variety, creativity, and fun. Routines should incorporate a minimum combination of two (2) dance styles listed above. Props may be used in this division.

STEP- Routine incorporates percussive dance in which the participant's entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.

TAP - A dance in which the rhythm or rhythmical variation is audibly tapped out with the toe or heel by a dancer wearing shoes with special hard soles or with taps. Routine may incorporate leaps, turns and partnering for visual effect as well as elements of jazz and hip hop.

GLOSSARY OF TERMS

Airborne - To be free of contact with a person and/or the performing surface.

Back Walkover - A nonairborne tumbling skill where one moves backward into an arched position, with the hands contacting the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Cartwheel - A nonairborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Dive Roll - An airborne forward roll where the hands and feet are off the performing surface simultaneously.

Front Walkover - A nonairborne tumbling skill where one rotates forward through an inverted position to a noninverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Handstand - A straight body inverted position where the arms are extended straight by the head and ears.

Head Spin - A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

Headstand - A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

Kip-up - From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.

Lifts - An action in which the partner is elevated to any height and set down. Refer to the USASF Rules for Dance Lifts and Partnering for a full definition.

Hip overhead rotation - A movement where hips move over the head, as in a back walkover or similar



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tumbling skill.

Partnering - Any type of trick that uses two individuals, one using the other for support.

Pony Sit - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

Prop - An object that can be manipulated.

Shoulder Roll - A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

Shoulder Sit - Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

Stall - A hip hop technique that involves halting all body motion, often in an interesting, inverted or **balance**-intensive position on one or both hands for support.

Thigh Stand - With bases in lunge positions with one leg bent and one leg straight, lifted dancers' feet are placed in the pockets of the base(s) thighs. Bases should support the top person with one arm around the back of the lifted dancers' leg and the other hand bracing the foot.

Toe Pitch - A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip overhead rotation/flip.

Toss - An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

Windmill - Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.