

Dance and Soloists

Division/Session	Participants	Time Limit (Maximum)	Music	Requirements	Costuming/Uniform	Tumbling/Stunting	Misc.
High School Dance							
Varsity Pom Div 3/4 - Session 2 Div 1/2 - Session 4	High School Students - Girls and/or Boys	2 1/2 Minutes	All Music	Poms must be used at least 50% of routine 2 Roll Offs 1 Kick Line 3 Formation Changes	School Uniform	Not Allowed	Props other than Poms Not Permitted
Varsity Jazz Divisions 1-4 - Session 3	High School Students - Girls and/or Boys	2 1/2 Minutes	All Music	A routine that demonstrates mastery of jazz style movements. Difficulty should be emphasized in creativity and originality.	Appropriate Costuming is encouraged	Jazz appropriate lifts and movements are acceptable	Small Props permitted
Varsity Hip Hop Divisions 1-4 - Session 3	High School Students - Girls and/or Boys	2 1/2 Minutes	All Music	Demonstrates mastery of movement performed to appropriate street style music. Difficulty should be emphasized in body control and rhythm	Appropriate Costuming is encouraged	Hip Hop styles of tumbling are acceptable	Small Props permitted
Soloists							
High School Dance Solo (pom, Jazz or hip hop styles) Div 3/4 - Session 2 Div 1/2 - Session 4	High School Students - Girls and/or Boys	1 Minute	All Music	Movements and Technique appropriate to Dance Style	School Uniform or Appropriate Costuming	Small hand held props are allowed	Medals awarded to 1st, 2nd and 3rd place - Cash Prize to 1st place