

**ELEMENTARY/JUNIOR HIGH**

Division Name	Session/Friday	Participants	Time Limit (Maximum)	Music	Requirements	Costuming/ Uniform	Tumbling/ Stunting	Misc.
<b>Show Cheer</b>	1/Friday	Students in 8th grade or younger All girls and/or 1 boy allowed	2 1/2 minutes	Minimum - 20 seconds Maximum - 1 1/2 minutes	1 Cheer/Chant 1 Dance & 1 Pyramid	School Uniform	Allowed	Signs and Poms allowed
<b>All Girl Stunt</b>	1/Friday	Students in 8th grade or younger All Girls - can use 4 or 5 girls	1 Minute	Can be a combination of Music and Chant/Cheer	Strong Arm Motions Creative Use of Stunting, Level Changes, Jumps and Floor use	School Uniform	Allowed	No Props
<b>Pom</b>	1/Friday	Students in 8th grade or younger Girls and/or Boys	2 1/2 Minutes	All Music	Poms must be used at least 50% of routine if used 2 Roll Offs 1 Kick Line 3 Formation Changes	School Uniform	Lifts and Aerobatics Allowed	Poms are only props allowed
<b>Dance Solo (pom, Jazz or hip hop)</b>	1/Friday	Students in 8th grade or younger	1 Minute	All Music	Demonstrate mastery style of type of dance performing	School Uniform, or Appropriate Costume	Small hand held props are allowed	Medals awarded to 1st, 2nd and 3rd place - Cash Prize to 1st
<b>Game Day</b>	1/Friday	Students in 8th grade or younger	3 minutes - Time begins with first beat of band music.	Performances must be in the order of Band Chant, Situational Element/Crowd Leading, Fight Song.	Each section should be highlighted with a clear beginning and ending crowd interaction into the next section	School Uniform	Restricted	Teams are encouraged to use poms, megaphones, flags and signs