



# Evaluations & Competitions



## 1. EVALUATIONS: Teams are allowed to perform twice if necessary.....not more!

### Cheer

#### Game Day Evaluation (taught at camp)

- At least one cheer and one chant taught at camp
- No longer than 45 seconds
- Signs, poms, megaphones and/or flags encouraged
- **NO** baskets, extended stunts, running tumbling, 2 ½ pyramids.
- Standing tucks are allowed
- **Crowd Oriented!**

#### Rally Routine (taught at camp)

- **Crowd Oriented!** (Signs, poms, megaphones and/or flags are encouraged)
- 4 – 8 count intro. (may only use tumbling skills and crowd involvement)
- 4 – 8 count incorporation (no skill restrictions)
  - Teams can NOT start building until the 1<sup>st</sup> one
- 3 – 8 count motions (taught at camp)
- 2 – 8 count transition/ending
- Must follow AACCA safety rules

#### Game Day Final Evaluation (same as above)

### Dance

#### Team Dance Mock Evaluation (taught at camp)

- Valuable feedback from the staff prior to final evaluation

#### Team Dance Final Evaluation (taught at camp)

- Approximately 20 sec. of each style: Pom, Jazz, and Hip Hop
- 2 – 8 count Technical Skills incorp.

#### New! Game Day Mock Evaluation (taught at camp)

- Valuable feedback from the staff prior to final evaluation

#### New! Game Day Evaluation (taught at camp)

- Approximately 30 sec. routine
- Style chosen by team from: Jazz, Pom or Hip Hop

## 2. COMPETITIONS: (Optional)

### Cheer

#### Rally Routine (same as above)

#### Game Day Run-Off (1 team from each division)

## Dance

Team Dance (same as above)

Game Day Run-Off (same as above)

### 3. All-American Tryouts:

#### Cheer All-American Minimum Requirements

Team members may try out for All American if they can perform the following requirements:

- Standing Back Tuck
- Toe Touch (Males & Females)
- Tumbling pass with minimum round off handspring full.
- All Girl – 4 participants maximum – Must perform an Awesome and Heel Stretch – must toss or full up the awesome to the top, power prep to heel stretch or other front facing body position and double down. If performing the full up, the bases must remain stationary.
- Co-ed – Must perform and show control a One – Arm Liberty, Awesome and Heel Stretch or other front facing body position – must toss one and must double down from one.
- All participants must be from the same team and perform the entire tryout with the same person.

#### Dance All-American Minimum Requirements

- Nominated by staff based on leadership, performance, and technical skills
- On-the-Spot audition. Combination will include 2 – 8 counts of Pom, Jazz, and Hip Hop

### 4. Top Gun Tryouts: Members from both cheer and dance teams will be eligible to compete for “Top Gun” based on the following requirements:

#### Cheer

##### Top Gun Stunts:

45 Second Stunt Routine

Minimum requirements per camp

All – Girl groups – may only have 4 girls maximum

All stunts must follow AACCA College Safety Rules

**One co-ed winner; One all-girl winner**

#### Dance

##### Top Gun Leaps:

Minimum of five leaps

Switch Leaps or better

Hyper extended toe touch

##### Top Gun Turns:

2 8ct fouette sequence

Minimum – triple pirouette

Variety of turns with excellent technique

##### Top Gun Hip Hop:

Maximum 30 sec. Hip-Hop improvisation

NDA will provide music, dancers will perform in groups

Street style please – NO choreographed routines

### 5. Nationals Bids

**SEE REQUIREMENTS AND DISTRIBUTION PROCESS ON FOLLOWING PAGES!**