

CHEER AND DANCE EXTREME – DANCE TEAM DIVISIONS**ALL STAR DANCE & STUDIO DIVISIONS****Cheer and Dance Extreme**

The age of the competitor as of August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for USASF Dance Divisions are a minimum of One (1) minute and forty five (45) seconds and a maximum of Two (2) Minutes and thirty (30) seconds. CDE reserves the right to combines or open divisions at any time. Athletes may not cross from All Star Prep to All Star divisions

All-Star Dance Team - An All Star Dance Team is a team that does not cheer/dance for any sport and is formed for the primary purpose of competing. CDE follows [USASF guidelines & divisions](#) for allstar dance. Teams can elect to compete or exhibition.

HIP HOP			
Tiny Open (Any Style)	6 years & younger	Female/Male	4+ members
Mini Hip Hop	9 years & younger	Female/Male	4+ members
Youth Hip Hop	12 years & younger	Female/Male	4+ members
Junior Hip Hop	15 years & younger	Female/Male	4+ members
Senior Hip Hop	18 years & younger	No Males	4+ members
Senior Coed Hip Hop	18 years & younger	Female/Male	4+ members
Open Hip Hop	14 years & older	No Males	4+ members
Open MaleHip Hop	14 years & older	No Females	4+ members
Open Coed Hip Hop	14 years & older	Female/Male	4+ members
JAZZ			
Mini Jazz	9 years & younger	Female/Male	4+ members
Youth Jazz	12 years & younger	Female/Male	4+ members
Junior Jazz	15 years & younger	Female/Male	4+ members
Senior Jazz	18 years & younger	No Males	4+ members
Senior Coed Jazz	18 years & younger	Female/Male	4+ members
Open Jazz	14 years & older	No Males	4+ members
Open Coed Jazz	14 years & older	Female/Male	4+ members
LYRICAL			
Mini Contemporary/Lyrical	9 years & younger	Female/Male	4+ members
Youth Contemporary/Lyrical	12 years & younger	Female/Male	4+ members
Junior Contemporary/Lyrical	15 years & younger	Female/Male	4+ members
Senior Contemporary/Lyrical	18 years & younger	No Males	4+ members
Senior Coed Contemporary/Lyrical	18 years & younger	Female/Male	4+ members
Open Contemporary/Lyrical	14 years & older	No Males	4+ members
Open Coed Contemporary/Lyrical	14 years & older	Female/Male	4+ members
POM			
Mini Pom	9 years & younger	Female/Male	4+ members
Youth Pom	12 years & younger	Female/Male	4+ members
Junior Pom	15 years & younger	Female/Male	4+ members
Senior Pom	18 years & younger	No Males	4+ members
Senior Coed Pom	18 years & younger	Female/Male	4+ members
Open Pom	14 years & older	No Males	4+ members
Open Coed Pom	14 years & older	Female/Male	4+ members
VARIETY			
Mini Variety	9 years & younger	Female/Male	4+ members
Youth Variety	12 years & younger	Female/Male	4+ members
Junior Variety	15 years & younger	Female/Male	4+ members
Senior Variety	18 years & younger	No Males	4+ members
Senior Coed Variety	18 years & younger	Female/Male	4+ members
Open Variety	14 years & older	No Males	4+ members
Open Coed Variety	14 years & older	Female/Male	4+ members
Prep			
Tiny Prep	6 years & younger	Female/Male	4+ members
Mini Prep	9 years & younger	Female/Male	4+ members
Youth Prep	12 years & younger	Female/Male	4+ members
Junior Prep	15 years & younger	Female/Male	4+ members
Senior Prep	18 years & younger	No Males	4+ members

RECREATION DANCE DIVISIONS

Cheer and Dance Extreme

The age of the competitor as of August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for Recreation Dance Divisions are a maximum of Two (2) Minutes and thirty (30) seconds.

Recreation/Youth League

A recreation/youth league team is a community team that provides support for a sport or performs in recitals or parades. Coaches are non-paid, non-professionals.

TINY RECREATION DANCE			
Tiny Rec Variety (Any Style)	6 years & younger	Female/Male	4+ members
MINI RECREATION DANCE			
Mini Rec Variety (Any Style)	9 years & younger	Female/Male	4+ members
PEE WEE RECREATION DANCE			
Pee Wee Rec Variety (Any Style)	10 years & younger	Female/Male	4+ members
YOUTH RECREATION DANCE			
Youth Rec Variety (Any Style)	12 years & younger	Female/Male	4+ members
JUNIOR RECREATION DANCE			
Junior Rec Variety (Any Style)	15 years & younger	Female/Male	4+ members
SENIOR RECREATION DANCE			
Senior Rec Variety (Any Style)	18 years & younger	Female/Male	4+ members

SCHOOL DANCE DIVISIONS

Cheer and Dance Extreme

The grade/age of the competitor on August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for School Dance Divisions are a maximum of Two (2) Minutes and thirty (30) seconds.

School

A school division team is a team made up of official school team members or official school competition team members. All members MUST attend that school.

HIP HOP			
Junior High Hip Hop	9 th grade and under	Female/Male	4+ members
Junior Varsity Hip Hop	9 th – 12 th grade	Female/Male	4+ members
Varsity Hip Hop	9 th – 12 th grade	Female/Male	4+ members
Collegiate Hip Hop	9 th – 12 th grade	Female/Male	4+ members
JAZZ			
Junior High Jazz	9 th grade and under	Female/Male	4+ members
Junior Varsity Jazz	9 th – 12 th grade	Female/Male	4+ members
Varsity Jazz	9 th – 12 th grade	Female/Male	4+ members
Collegiate Jazz	9 th – 12 th grade	Female/Male	4+ members
LYRICAL/CONTEMPORARY			
Junior High Lyrical/Contemporary	9 th grade and under	Female/Male	4+ members
Junior Varsity Lyrical/Contemporary	9 th – 12 th grade	Female/Male	4+ members
Varsity Lyrical/Contemporary	9 th – 12 th grade	Female/Male	4+ members
Collegiate Lyrical/Contemporary	9 th – 12 th grade	Female/Male	4+ members
POM			
Junior High Pom	9 th grade and under	Female/Male	4+ members
Junior Varsity Pom	9 th – 12 th grade	Female/Male	4+ members
Varsity Pom	9 th – 12 th grade	Female/Male	4+ members
Collegiate Pom	9 th – 12 th grade	Female/Male	4+ members
VARIETY			
Junior High Variety (Any Style)	9 th grade and under	Female/Male	4+ members
Junior Varsity Variety (Any Style)	9 th – 12 th grade	Female/Male	4+ members
Varsity Variety (Any Style)	9 th – 12 th grade	Female/Male	4+ members
Collegiate Variety (Any Style)	9 th – 12 th grade	Female/Male	4+ members

CDE can/may combine styles (i.e. Pom/Hip Hop) in the same age division if there are not at least (2) teams registered in each style. School Teams have the option to compete in the Junior or Senior All Star divisions if there is not competition within their overall division.

SPECIALTY TEAM DANCE DIVISIONS

Cheer and Dance Extreme

The grade/age of the competitor on August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for Specialty Dance Team Divisions are a maximum of Two (2) Minutes and thirty (30) seconds. Parent performers enter as spectators but must complete a waiver.

SPECIAL NOTE:

A soloist may be a member of a specific team/group. Entries are listed by Age first. All Dance Soloists and Duet/Trio's will be placed in divisions based on the age of the competitors. CDE has the right to combine overall divisions.

CATEGORY DEFINITIONS

Participants must pre-register for the following divisions. We will NOT take ANY on-site registrations for any divisions.

Soloist – A soloist competitor is a participant who performs a “routine” by themselves. The total routine maximum: one minute and thirty seconds/ no minimum.

Dance Duet/Trio – A routine in which two (duet) or three (trio) dancers compete as a unit and performs a “routine” together. The total routine maximum is two minutes and thirty seconds with NO minimum. Routines are broken down by age first. Routines can incorporate partner work, skills, turn series and tricks.

SOLOIST			
Mini Solo	8 years and younger	Female/Male	1 member
Youth Solo	9-11 years old	Female/Male	1 member
Junior Solo	12-14 years old	Female/Male	1 member
Senior Solo	15-18 years old	Female/Male	1 member
Open Solo	19 years and older	Female/Male	1 member
DUET/TRIO			
Mini Duet/Trio	8 years and younger	Female/Male	2-3 members
Youth Duet/Trio	9-11 years old	Female/Male	2-3 members
Junior Duet/Trio	12-14 years old	Female/Male	2-3 members
Senior Duet/Trio	15-18 years old	Female/Male	2-3 members
Open Duet/Trio	19 years and older	Female/Male	2-3 members
PARENT			
Parent Performer	Parent/Guardian of Participant / Any Style	Female/Male	4+ members
SPECIAL NEEDS			
Special Needs Dance	Any Age / Any Style	Female/Male	Unlimited