DIVISIONS & ROUTINE CLASSIFICATIONS: Soloist, Duets, & Trios

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.

Cheer and Dance Extreme will follow the USASF Dance Rules for USASF categories.

DANCE DIVISIONS FOR SOLOIST, DUETS & TRIOS – All Events
The age of the competitor as of August 31, 2014 will be the age used for competition purposes for 2015-2016.

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<th>AGE</th>
<th>GENDER</th>
<th>Dance Divisions</th>
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<tr>
<td>Mini</td>
<td>Ages 8 years &amp; younger</td>
<td>Female/Male</td>
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<td>YOUTH DANCE</td>
<td>Ages 9/10/11 years</td>
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<td>JUNIOR DANCE</td>
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<td>Ages 15/16/17/18 years</td>
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<td>OPEN</td>
<td>19 years &amp; older</td>
<td>Female/Male</td>
<td>Solo, Duet/Trio</td>
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CDE can/may combine styles (i.e. Pom/Hip Hop) in the same age division if there are not at least (2) entries registered in each style.

CATEGORY DEFINITIONS
Acrobatic/Gymnastic Dance
A routine consisting of controlled acrobatic or rhythmic gymnastics movements involving balance and flexibility. Choreography should be used to blend gymnastics and dance together and include choreographed movement; bridging tricks and/or passes in a fluid style. Routines MUST be performed on the performance floor/area as designated by 5 Star Cheer and Dance.

Hip-Hop
A routine where dancers replicate the style of street dance popularized in the 1980’s. Choreography should consist of the latest of street dance style as seen in current dance videos. Movement may include the elements of popping, locking, footwork and freezes performed to aggressive and hard driving rhythmic music. Break dancing and some replications choreography may be included in this category.
**Jazz**
A routine where all dancers execute free form movement and styling characteristic of American jazz dance, whether in jazz or character shoes of any kind, half-soles or bare feet. Choreography should include technique with such moves as kicks, leaps, splits, and isolations emphasizing extension, control, body placement, style, uniformity and precision.

**Lyrical**
A lyrical routine is a routine where the dancer interpret the lyrics or intent of a song (with or without words) using a combination of ballet, jazz and/or modern technique. This form includes the use of legwork, balance, flexibility, facial and body emotion. Choreography should be fluid in movement and focus on emotion that compliments the musical selection. Dancers may wear character shoes, lyrical shoes, half-soles or be barefoot. Routine can incorporate any form of dance or gymnastics/acrobatics.

**Variety/Open**
Any routine combining two dance styles, i.e. jazz and ballet or a routine utilizing but not limited to ballroom, swing and/or vintage or contemporary dance styles. Also, any routine, which does not fit in any category previously listed.