

## OASSA CHEER & DANCE COMPETITION CATEGORIES 2020 REGIONAL QUALIFIER AND STATE CHAMPIONSHIPS EVENTS

### CHEER – Category Definitions:

**NON-TUMBLING:** This category does not allow any tumbling; not even a forward roll is permitted in this routine. It's a way to use signs, poms, flags, and megas creatively to showcase strong gameday cheerleaders. You are not required to use any of the props, but those may be used. It should be choreographed with dance, jumps and strong motion technique. Be sure to follow the NFHS rules.

**NON-BUILDING: (formerly “Non-Mount”):** This category does not allow any building skills. It can be choreographed with a variety of jumps, tumbling, motions and dance. You may also use signs, poms, flags and megas. Be sure to follow the NFHS rules.

**BUILDING: (formerly “Mount”):** This category is to showcase all cheerleading skills: jumps, tumbling, motions, dance and BUILDING skills. You may also use signs, poms, flags and megas. Be sure to follow the USA CHEER/ AACCA rules.

**GAME DAY:** This category showcases traditional cheerleading. Teams will be evaluated on their ability to lead the crowd, performance, motions, dance and overall routine. Our Game-Day division performances should consist of these three elements: a sideline chant, a time out cheer and a band dance **or** school fight song. The use of crowd leading signs, megaphones, flags and poms are encouraged in this division. Formations should be similar to traditional game day lines used for sideline cheer.

### **For NON-TUMBLING, NON-BUILDING and BUILDING Cheer categories:**

--Performance surface: Is a 54 feet wide by 42 feet deep carpeted foam (1 3/8” thickness) mat.

--Length of performance: Cheer teams must follow the traditional time of 2 minutes and 30 seconds (2:30) for the full routine for all events. Teams must use music for at least 45 seconds (:45) and not more than 1 minute and 30 seconds (1:30) during their routine. A .5 penalty will be assessed for every second over the time limit.

--Rules: Follow NFHS rules (view recap of 2019-20 changes here, eff. April 2019):

<https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2019/>

For complete NFHS rule book, any corrections or comments if issued, go here:

<https://nfhs.org/activities-sports/spirit/>

<https://nfhs.org/sports-resource-content/comments-on-the-spirit-rules-2019-20/>

### **For GAME DAY Cheer category:**

--Performance surface: Is a 54 feet wide by 42 feet deep carpeted foam (1 3/8” thickness) mat.

--Length of performance: Game Day cheer must not exceed 3 minutes (3:00) during their routine.

--Rules: Follow NFHS rules (view recap of 2019-20 changes here, eff. April 2019):

<https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2019/>

For complete NFHS rule book, any corrections or comments if issued, go here:

<https://nfhs.org/activities-sports/spirit/>

<https://nfhs.org/sports-resource-content/comments-on-the-spirit-rules-2019-20/>

**NOTE:** Building teams must also follow USA CHEER/ AACCA rules regarding building components (eff. 08/29/2019):

<http://www.usacheer.org/wp-content/uploads/2019/08/2019-20-HS-Rules-Final-8-29-19.pdf>

**Divisional splits for Cheer categories (if needed) will be based on girls' enrollment:**

--**For all Building and Non-Building cheer categories:** If 16 or more teams qualify for States within an OASSA Cheer Division (I-VI), the qualifier list will be sorted **in order of girls' enrollment-- largest to smallest**--then divided mathematically into two equal subdivisions based on total number of teams qualified. (*Example: If eighteen teams qualify in Div. I Non-Building, 9 teams will compete in Div. I-A and 9 teams will compete in Div I-B.*) If the total number of teams qualified results in an odd number, the odd number team will be placed in Division A. (*Example: If nineteen total teams qualify in Div. IV Non-Building, 10 teams will compete in Div IV-A and 9 teams will compete in Div IV-B.*)

--**For Non-Tumbling cheer category:** If 16 or more teams qualify for States, the qualifier list will be divided into Non-Tumbling Division A (those schools whose girls' enrollment would place them in OASSA Divisions I-III) and Non-Tumbling Division B (those schools whose girls' enrollment would place them in OASSA Divisions IV-VI). *This is the same divisional split as outlined for 2018 and 2019.*

--**For Game Day cheer category:** If 16 or more teams qualify for States, the qualifier list will be divided into Game-Day Division A (those schools whose girls' enrollment would place them in OASSA Divisions I-III) and Game Day Division B (those schools whose girls' enrollment would place them in OASSA Divisions IV-VI).

### **DANCE – Category Definitions:**

**JAZZ:** Routine incorporates musicality/creativity in choreography while executing overall skills and dance technique with precision and control. Characteristics of jazz include group work, leaps, turns, extensions and control. **Emphasis on proper execution of movement, technique and skills, formation changes, team synchronization and overall cleanliness. No props.**

**POM:** Pom incorporates strong, sharp motions by using control and energy to execute movements and overall dance technique. Characteristics of pom include group work, leaps, turns, jumps, clean/precise motions. Pom routine must use poms for at least 80% of routine.

**Emphasis on proper execution of movement and skills, formation changes, team synchronization and overall cleanliness. No props.**

**HIP-HOP:** Routine incorporates street style movement by using creativity and control to execute movement. Characteristics of hip hop include skills/tricks, musicality, creativity, flow, formation changes, cleanliness and overall quality of movement. **Emphasis on proper execution of skills/tricks, formation changes, team synchronization and overall cleanliness. No props.**

**For all 3 Dance categories:**

- Performance Surface: Traditional gym floor with no out of bounds.
- Length of performance: Maximum time of 2 minutes (2:00) for teams to demonstrate their style and expertise. If a team exceeds the time limit, they will be assessed a penalty.
- Rules: To ensure consistency and ease of compliance for dance teams, OASSA's competition dance rules were derived from (but are not identical to) the rules set forth by the Universal Dance Association (UDA). OASSA's rules have slight variations from UDA's but our safety and technical elements ARE identical. **BE SURE TO READ THE 2020 OASSA CHEER AND DANCE RULES** when posted to the website.

**Divisional Splits for all dance categories will be based on team size:**

- For all dance categories dance teams will select to enter as a Small Varsity (11 team members or less) or Large Varsity (12 team members or more) at the time of Regionals.
- Teams will be able to trade out, remove or add a designated number of dancers based on their division. (*Substitutions may be made in the event of an injury or other serious circumstance.*)  
The breakdown is as follows and is based on the number of dancers performing:
  - Small Varsity teams may trade out, remove or add up to two (2) dancers.
  - Large Varsity teams may trade out, remove or add up to three (3) dancers.
- Teams will compete at the State Championships in the division (Large or Small) which corresponds with the number of paid participants shown at the time of registration.

OASSA events & camps abide by the **Music Copyrights Educational Initiative**. For info, go here: <https://www.usacheer.org/music>

For more information about the 2020 OASSA Cheer and Dance Regional Qualifier and State Championships events, go to: <http://www.oassa.org/cheerdance>