

# EVALUATIONS & COMPETITIONS

## EVALUATIONS

Teams are allowed to perform twice if necessary, but no more. This allowance will be at the discretion of your Head Instructor.

### CHEER

All cheer evaluated material will be taught at camp.

#### GAME DAY EVALUATION

- At least one cheer and one chant taught at camp
- No longer than 45 seconds
- Crowd oriented (signs, poms, megaphones and/or flags are encouraged)
- NO baskets or 2½ pyramids
- AACCA basketball rules for tumbling and building apply. Crowd oriented!

#### RALLY ROUTINE

- 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 first “one” count
- 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

- Valuable feedback from the Staff prior to final evaluation

#### TEAM DANCE FINAL EVALUATION

- Approximately 20 sec. of each style: pom, jazz, and hip hop
- 3 – 8 count Technical Skills incorporation

#### GAME DAY RUN THROUGH

- Time allotted for teams participating in the Game Day Bid Evaluation to practice on the floor prior to the competition

#### GAME DAY BID EVALUATION

- Participation is Optional
- Teams learn and perfect a Game Day routine by video link prior to camp and perform in the Game Day Run Off on Night One
- Approximately 30 sec. routine
- Style chosen by team (Jazz, Pom or Hip Hop)

## COMPETITIONS

ALL competitions are completely optional. Note: No crossover participation by individuals is allowed.

### CHEER

- Rally Routine (same as above)
- Game Day Run-Off (1 team from each Division)

### DANCE

- Team Dance (same as above)
- Game Day (same as above)

# EVALUATIONS & COMPETITIONS

## **ALL-AMERICAN TRYOUTS (RESIDENT CAMPS ONLY)**

### CHEER ALL-AMERICAN MINIMUM REQUIREMENTS

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

- Standing toe touch to back tuck (males and females)
- Running round-off back handspring to layout with a full twist (males and females)
- All Girl Stunt: 4 female participants maximum, must perform the following stunt sequence:  
Full up to awesome/target, drop toss to opposite liberty, tic-toc to stretch, double down
- Coed Stunt: Must perform the following continuous stunt sequence:  
Toss awesome, pump-and-go to 1-arm liberty, pump-and-go to liberty heel stretch, double twisting dismount
- All participants must be from the same team and perform all skills with the same person(s); stunt partners or groups must be from the same team, not just the same program

### DANCE ALL-AMERICAN MINIMUM REQUIREMENTS

- Dancers will be nominated by the NDA Staff based on leadership, performance and technical skills
- Nominees will perform Team Dance for their audition

## **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 Coed winner; One All Girl winner (participant must be from same team, not program; individuals may only compete once)**

### **DANCE**

Each team is allowed up to 4 participants for each Top Gun Competition. This does not have to be the same 4 dancers for each category. Selection of participants for each team is up to the discretion of the Coach.

#### TOP GUN LEAPS & JUMPS

- Minimum of five leaps and jumps
- Variety of Advanced/Elite leaps and jumps with excellent technique

#### TOP GUN TURNS

- Variety of Advanced/Elite turns with excellent technique

#### TOP GUN HIP HOP

- Maximum 30 sec. hip hop improvisation
- NDA will provide music, dancers will perform in groups

## **NATIONALS BIDS**

SEE REQUIREMENTS AND DISTRIBUTION PROCESS.