



# CHEERpros The Cheer and Dance Games

## General Information

- The Cheer & Dance Games are open to individuals and teams in the Cheer and Dance industry. School, Recreation, Club and Studio individuals are welcome.
- We have CHEER & DANCE Solo divisions as well as category divisions including Best Jumper, Best Tumbler, Best Leaper and Best Turner!
- Video submission window is open through Friday, February 12th.
- Smart phone recordings are accepted! Please record in landscape view from your smart phone.
- Please upload your video to the link sent in your confirmation email.
- **Video- Please record your footage horizontally when using your smart phone.**
  - **Introduce yourself tell us your FIRST NAME, Grade, and Team you are representing.**
  - **Upload your MP4 or MOV file as an Unlisted on YouTube and send us a link!**

## Cheer Division Descriptions

**Cheer Solo Novice** - Routine incorporating Motion Technique, Jumps and flexibility, Tumbling, Dance/Rhythm and Showmanship. **Time limit 1 minute 15 seconds!**

Novice Skills are limited in tumbling to Hand Contact Skills. No Airborne skills.

Max tumbling – Handspring

**Cheer Solo Intermediate** - Routine incorporating Motion Technique, Jumps and flexibility, Tumbling, Dance/Rhythm and Showmanship. **Time limit 1 minute 15 seconds!**

Intermediate Skills are limited in tumbling to Standing Handspring and Running Tuck passes.

Max Tumbling – Running Tumbling Tuck, Standing Tumbling Handspring.

**Cheer Solo Advanced**- Routine incorporating Motion Technique, Jumps and flexibility, Tumbling, Dance/Rhythm and Showmanship. **Time limit 1 minute 15 seconds!**

Advanced Skills are **limited in tumbling to a FULL TWIST Single Rotation.**

**Best Jumper Novice** - 3 Jumps 1 must be different. No Tumbling in addition to Jumps. Please send us up to three 8 counts.

**Best Jumper Intermediate** - 3 Jumps, tumbling may be included up to standing back handspring. Please send us up to three 8 counts.

**Best Jumper Advanced** - 3 Jumps plus tumbling. Max skill Full Twist Single Rotation. Please send us up to three 8 counts.

**Best Tumbler Novice** - Hand Contact Skills, Handsprings maximum. No Air Borne Skills. Please send us up to three 8 counts.

**Best Tumbler Intermediate** – Skills up to a Back Tuck. Please send us up to three 8 counts.

**Best Tumbler Advanced** – Skills up to a Full Twist Single Rotation. Please send us up to three 8 counts.



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### **Dance Divisions**

**Dance Solo Novice** - Routine incorporating Style, Creativity, Technique, Flexibility, Strength of movement, and Showmanship. The Novice division is for beginning level dancers. No Airborne Skills, No Inverted skills while holding Poms. No Drops to the body on the performance surface unless dance first bears weight on the hand or foot/feet. Connected skills (without a step or pause) are limited to (2). Exception Kicks and not limited. No C-jumps or Tilt Jumps. No Switch Leaps, Turns are limited to two rotations with working leg in passe or coupe position. **Time limit 1 minute 15 seconds!**

**Dance Solo Intermediate** - Routine incorporating Style, Creativity, Technique, Flexibility, Strength of movement, and Showmanship. Front tucks, back tucks and/or layouts are not permitted. Airborne skills may not jump backwards onto the neck, back, shoulders and/or hands. Any "kip up" motion must initiate from the back/shoulder area touching the ground. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet. **Time limit 1 minute 15 seconds!**

**Dance Solo Advanced** - Routine incorporating Style, Creativity, Technique, Flexibility, Strength of movement, and Showmanship. Front tucks, back tucks and/or layouts are not permitted. Airborne skills may not jump backwards onto the neck, back, shoulders and/or hands. Any "kip up" motion must initiate from the back/shoulder area touching the ground. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet. **Time limit 1 minute 15 seconds!**

**Best Leaper Intermediate Skills** - Please send us up to three 8 counts. Please follow guidelines for solo routine restrictions.

**Best Leaper Advanced Skills** - Please send us up to three 8 counts. Please follow guidelines for solo routine restrictions.

**Best Turner Intermediate Skills** - Please send us up to three 8 counts. Please follow guidelines for solo routine restrictions.

**Best Turner Advanced Skills** - Please send us up to three 8 counts. Please follow guidelines for solo routine restrictions.

**Team Division** - Sideline Spirit - Please submit videos that follow physical distance requirements for your area. These divisions are limited to teams who have learned CHEERpros 20-21 Camp material [Available Here](#)