Hip Hop and High Kick Championship

REQUIREMENTS AND GENERAL INFORMATION

TIME LIMIT: 3 1/2 minute maximum for all routines including entrance and exit. There is a 1 minute & 45 second minimum time limit for any division. **A STRUCTURED ENTERENCE AND EXIT IS NO LONGER REQUIRED!** Timing will begin with the first note of the music and end as the team is exiting the floor. Any team using small props for the High Kick division will have a maximum of two minutes to set up and remove their props. A five point deduction will be assessed for any team that exceeds the allotted time. The floor at The Dow Event Center is a standard size basketball court.

ORIGINALITY: Mid American Pompon considers "original" to be movements that were created by your team. Choreography learned at camps, taken from ESPN, other competitions, music video's, movies or television shows will not be considered in a teams original score. Points may be deducted at the individual judge's discretion for movements they feel are not originated from your team.

MUSIC: Music is required for all routines. A representative from the team will be asked to bring a mp3 player (i.e. ipod, galaxy player, etc.) with the team's music on it ready to play. The mp3 player will be plugged into our sound system but the coach/representative will be responsible for choosing the track and pressing start/play and stopping the music for their team. As a back-up, please bring 2 copies of your music to the competition on a CD. Please refer questions regarding this process to Jillian at jillian@pompon.com. Please use good judgment in the selection of your music. Teams that select music that is inappropriate or contains sexual overtones or profanity may be disqualified from award placing. VOLUME LEVEL - the volume level of your music must remain consistent, so that the volume need not be adjusted once it has been set at the beginning of your routine. A short segment of your music, approx. 20 seconds, will be tested at the main table in the arena from 9:00-10:00 a.m. on a first come first serve basis. For the afternoon teams, music will be tested immediately following the final collegiate High Kick performance, and prior to awards.

QUEUING: Any team being queued by their coach during their performance will receive a 5 point deduction. Examples of queuing; clapping in order to keep the team in time with the music, counting out loud for the team, etc.

MAPP COMPETITION RULES & GUIDELINES

THE FOLLOWING ITEMS ARE NOT ALLOWED AND WILL RESULT IN A 10 POINT DEDUCTION (unless otherwise stated below) FROM THE TOTAL SCORE IF THEY ARE TO OCCUR.

Tumbling and gymnastics

1. Tumbling is allowed as long as one hand, foot or body part remains in constant contact with the performance floor. Skills can be performed individually or in combination. Airborne skills are not allowed when hip overhead rotation occurs.

ALLOWED	NOT ALLOWED
Forward/backward rolls	Dive rolls
Shoulder rolls	Roundoffs*
Cartwheels	Front/back handsprings*
Handstands	Front/back tucks
Backbends	Aerials
Front/back walkovers	Layouts
Stalls	*see below for exceptions
Head spins	
Windmills	
Kip Up	

2. *Allowed only for hip hop: airborne skills with hip overhead rotation must involve hand support with at least one hand.
3. Tumbling while holding poms or props is not allowed.
4. Slams/drops to the knee, thigh, seat, front or back position onto the performance floor from a jumping or standing position. Must first bare weight onto hands or feet in order to break the impact of the drop.

Lifts/partnering stunts

1. Jumping or tossing from one athlete to another is not allowed.
2. Jumping or tossing from one athlete to or from the performance floor is not allowed.
3. Jumping off another athlete while sitting is allowed as long as there is hand/arm to body contact with a third athlete the entire time.
4. All cheer stunts and/or pyramid/mounts are no allowed (exception: piggy back)
5. Throwing/tossing is not allowed including basket tosses.

Lifts

1. Lifts are allowed and defined as an action in which an athlete(s) is elevated from the performance floor and set down.
2. A lifting athlete must maintain direct contact with the performance floor at all times.
3. Lifting athlete must have hand/arm to body contact, of the lifted athlete(s), at all times.
4. Swinging lifts are allowed, provided the lifted athlete(s) body does not make a complete rotation. The athletes head/face must be facing the performance floor or audience/judging panel.

General Guidelines

1. Suggestive, offensive or vulgar choreography or music is inappropriate for the audience and could result in a deduction.
2. Poms are not allowed to be put in the mouth of an athlete.
3. Queuing your team while they are performing will result in a deduction.

Code of Conduct

To ensure the most positive experience Mid American Pompon asks that the following code of conduct be adhered to during all Mid American Pompon events:

- Any questions or concerns regarding a team's performance or scores must be communicated by the coach ONLY. Coaches are to contact the MAPP director only after 48 hours following any event.
- Participants, coaches or spectators are not allowed to make contact with the judges or director during any event.
- Judges rulings are final related to placements or deductions.
- Any unruly or aggressive behavior by participants, coaches or spectators toward any other spectator or MAPP staff could result in team disqualification, removal from the event or suspension from future events.

Overall, if a movement is done that is not within the above-specified guidelines and is determined inappropriate, offensive OR dangerous the judging panel will have the option of assessing a 20-point deduction.

If you have any questions at all about any requirement or a possible deduction, PLEASE call the Mid American Pompon office and speak with Julie Hobbs-Julian before putting any questionable moves into your routine.

Categories on All Judging Sheets:

- **APPEARANCE** (10) - clean, neat and appropriate costume or uniform coordinating with your routine. Hair is to be neat and appropriate for your competition routine and consistent among all team members. It does not need to be French braided, but it should not distract from your presentation. Gym shoes, dance shoes or bare feet only.
- **FORMATIONS OR STAGING/TRANSITIONS/SPACING** (10) - attractive, organized, creative, unique, straight lines and evenly spaced. Formations should complement movements performed. Also good use of the floor is considered here.
- **TEAM UNITY** (10) - movements are performed uniformly, the performs as one. Timing and precision are also scored in this category. (In **High Kick** competition, the unity of levels, angles and timing of the kicks is considered here.)
- **EXECUTION, FORM, AND TECHNIQUE** (10) - placement of arms and legs, pointed toes, straight arms and legs, quality of turns, leaps and stunts. (In High Kick, arm hooks are also considered here.) Precision, sharp & clean movements are also considered in this category.
- **UNIQUE/ORIGINAL IDEAS AND CHOREOGRAPHY** (20) Choreography compliments music & music cues, tempo changes, etc. Choreography is original to team and creative.
- **MUSIC: USE AND CHOICE** (10) Music enhances the choreography of the routine. All changes of tempo within the music are being used in order to highlight the overall performance. Choice of music is appropriate for venue and audience.
- **SMILES & SHOWMANSHIP; ENTERTAINMENT** (10) How much does the judge and the entire audience (not just those supporting this team) enjoy this routine? Smiles and facial expressions should enhance performance and not be distracting.
- **OVERALL PERFORMANCE** (10) Overall performance considers all of the judging categories as well as your entrance onto and exit off of the floor. Mistakes throughout the routine will also be reflected in this category.

Additional Categories for specific divisions:

HIP HOP

TEAM ABILITY/DIFFICULTY (10) The level of ability of each team member is considered in this category. In the Hip Hop category, unity of movements, style and skill will be considered.
VISUAL APPEAL (10) This category applies to our Hip Hop category.
TECHNIQUE AND STYLE IS WORTH 10 POINTS IN THE HIP HOP CATEGORY

HIGH KICK COMPETITION

FORM OF KICKS (10) - pointed toes, foot to knee, form, and posture, straight kicks (no bent knees) that are performed with ease.
HEIGHT OF KICKS (10) - uniform levels (low, waist, and high); high kicks should be eye level or higher.

Required Kicks for High Kick Division:
A minimum of 40 kicks ***(waist high and above)*** *are required to be done in unison by the entire team. These 40 kicks do not necessarily have to be done one right after the other. Any formation may be used for the kickline category. It is* ***not*** *mandatory to perform in a single, straight kickline at any time during the routine. PLEASE REMEMBER this is a* ***"HIGH KICK"*** *division. Full height kicks will enhance your score if done well. A variety of kicks should be used throughout the routine (i.e. fans, levels, angles). You may disconnect at any point (s) during your routine. Several teams have received deductions in past years for* ***not*** *having at least 40 kicks- it is recommended that you do at least 44 kicks, in the event that the requirements and other judges interpret the kicks differently.*

SMALL PROPS ARE PERMITTED IN BOTH CATEGORIES. Examples; scarves, hats, chairs, etc.. NO BACK DROPS or a large prop that would have to be brought out by anyone other than the team is permitted. Please consider the floor when choosing props. Damage to the performance floor could result in a fee billed to the team. Timing will end when the floor is cleared of any props or discarded items used in your routine.

RE-STARTS – If the re-start of a routine is necessary due to the injury of a team member, the team may re-perform at the end of their division, however, they must perform without the injured person. NO EXCEPTIONS. The judging will begin where the injury occurred. If the re-start of a routine is necessary due to a music problem and the music had been tested, the team will be asked to completely re-start their routine and perform at the end of their division. If they are one of the last teams in their division, they will perform within approximately 15 minutes. This will be determined with the coach before they leave the music table.