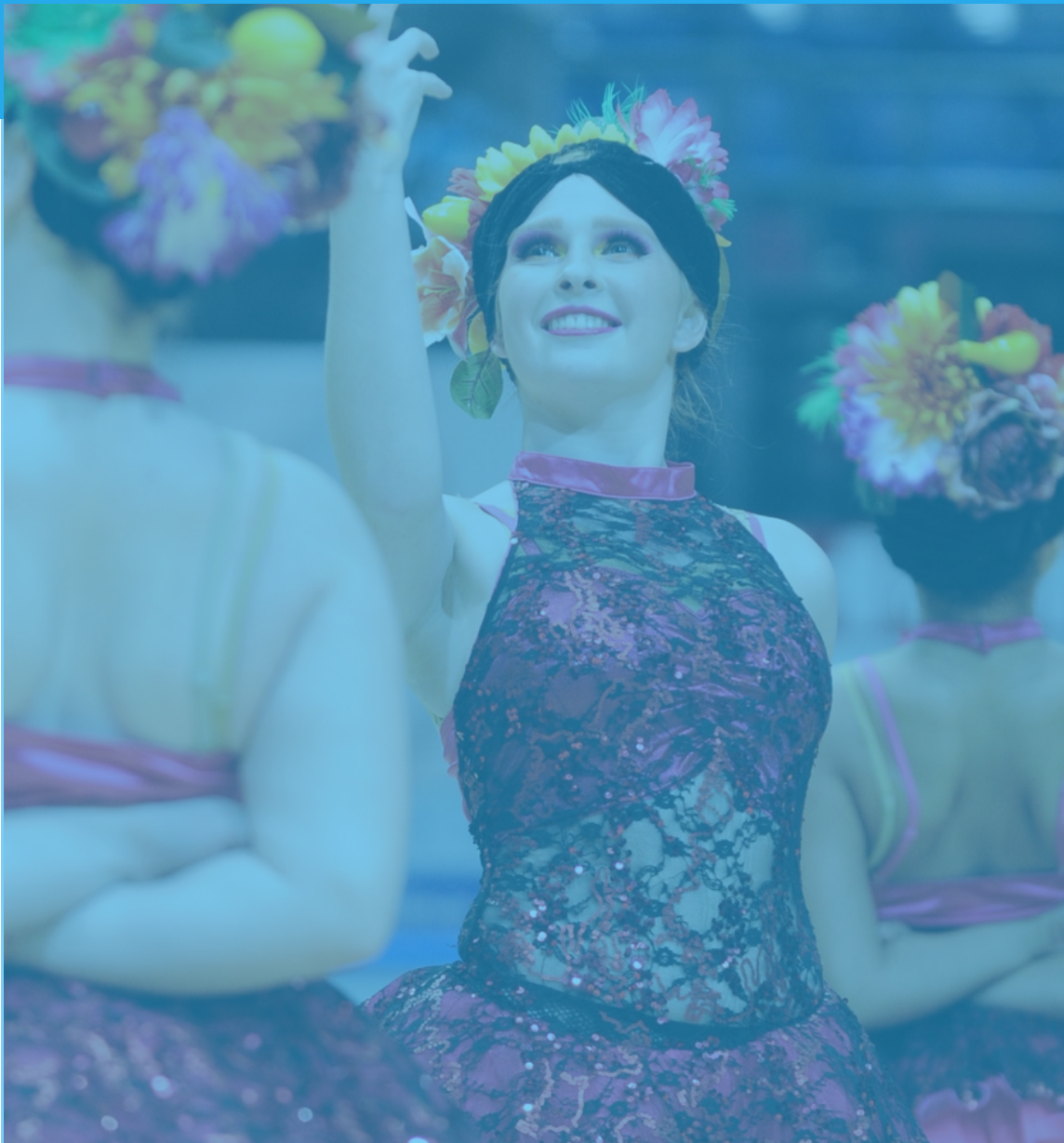




# HIP HOP & HIGH KICK CHAMPIONSHIPS

GUIDELINES & REQUIREMENTS



# ROUTINE REQUIREMENTS

GUIDELINE VIOLATIONS MAY RESULT IN POINTS BEING DEDUCTED FROM TEAMS' FINAL SCORE AT THE DISCRETION OF THE JUDGING PANEL.

## TEAM REQUIREMENTS

In order to compete at any Mid American Pompon competition, teams need to have a minimum of 6 performing members. Exemptions are given to teams that lose their minimum member status after registration is submitted with prior approval from Mid American Pompon.

### MINIMUM KICK COUNT

These kicks do not need to be completed consecutively & may instead be spread throughout your routine.

- JV, Varsity, & Collegiate: A minimum of 40 kicks (waist level or above) must be performed in unison by the entire team.
- Middle School: A minimum of 30 kicks (waist level or above) must be performed in unison by the entire team.

### HIGH KICK REQUIREMENTS

It is not mandatory to perform in a single, straight kickline at any time during a High Kick routine. A variety of kicks should be utilized throughout the routine (e.g. fans, levels, angles). It is recommended that you choreograph at least one additional 8 count of kicks above your total kick count requirement, in the event that some are not interpreted as being performed in unison by judges.

## TIME LIMIT

There is a 3:00 minute maximum and a 2:00 minute minimum for all routines, including any choreographed entrance & exit. Choreographed entrances & exits are not required. An additional maximum of 2:00 minutes will be allotted to teams in the High Kick division to accommodate setup of any/all props. Time begins with the music or the first movement, whichever comes first. Time stops when the floor is cleared of props & discarded items used in routine.

## MUSIC

Music is a requirement for all routines. A representative from each team is required to bring an mp3 player (i.e. iPod, iPad, etc.) with the team's music. No music source that requires an adapter will be permitted. Team music representatives/coaches will receive assistance in plugging their mp3 player into MAPP sound system, but it is the responsibility of the representative/coach to select, play, & stop their team's music track. Please refer questions regarding this process to [allison@pompon.com](mailto:allison@pompon.com).

Please use good judgment & consider your audience 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. Ensure that the volume level of your music remains 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 on a first come first serve basis prior to the Welcome Ceremony for either the morning or afternoon sessions.

# GENERAL GUIDELINES

GUIDELINE VIOLATIONS MAY RESULT IN POINTS BEING DEDUCTED FROM TEAMS' FINAL SCORE AT THE DISCRETION OF THE JUDGING PANEL.

## ORIGINALITY

Mid American Pompon defines "original" as movements that were created by your team. Choreography learned at camps and/or movements taken from other teams, music videos, movies, or television shows will not be considered in a team's original choreography score. Points may be deducted at the individual judge's discretion for movements they feel are not originated from your team.

## RE-STARTS

If re-starting a routine is necessary due to the injury of a performing team member, the team will be allowed to re-perform at the end of their division without the injured person. There are no exceptions to this rule. Judging will resume where the injury occurred.

If re-starting a routine is due to a music problem, the team will be asked to re-perform their routine at the end of their division. Judging will resume where the music issue occurred.

## COACH CUES

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

# SPECIAL GUIDELINES

## COLLEGIATE GUIDELINES

In order to compete at any Mid American Pompon competition, collegiate athletes must meet the following guidelines:

- Must be enrolled in a minimum of 8 credit hours at an accredited College or University at time of competition participation.
- GPA minimum of 2.0 must be maintained
- Team members are NOT required to attend the same college/university
- Must be between 17 & 24 years of age at time of competition participation.

It is the responsibility of the team's coach(es) to ensure these guidelines are adhered to. Failure to adhere to these requirements may prevent competition registration.

## ALL-STAR TEAMS

"All-Star Team" is defined by Mid American Pompon as a team that is not affiliated with either a school or a dance studio. All-Star team members may not be pulled from any school that has an affiliated team competing at Mid American Hip-Hop & High Kick Championships. In other words, classmates should not compete against each other. This applies to Middle School, Junior Varsity, Varsity, & Collegiate teams. Single-case exceptions are evaluated on a case-by-case basis, and are only considered if a school transfer has occurred.

# LIFTS, STUNTS, & TUMBLING

VIOLATIONS WILL RESULT IN AN AUTOMATIC 10 POINT DEDUCTION WITH THE POTENTIAL FOR A 20 POINT DEDUCTION IF THE JUDGING PANEL DEEMS THE MOVE SERIOUSLY DANGEROUS OR INNAPPROPRIATE.

## TUMBLING & GYMNASTICS

Tumbling is allowed at MAPP Hip Hop & High Kick Championships 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. Tumbling while holding poms or props is not allowed

Some examples:

### ALLOWED

- Forward/backward rolls
- Shoulder rolls
- Cartwheels
- Handstands
- Backbends
- Front/back walkovers
- Stalls
- Head spins
- Windmills
- Kip ups

### NOT ALLOWED

- Dive rolls
- Front/back tucks
- Aerials
- Layouts

### ALLOWED IN HIP HOP ONLY

Airborne skills with hip overhead rotation. Must involve hand support with at least one hand. Examples:

- Roundoffs
- Front/back handsprings

## DROPS & SLAMS

Slams & drops to the knee, thigh, seat, front, or back positions onto the performance floor from a jumping or standing position. Performers must first bare weight onto hands or feet in order to break the impact of the drop.

## LIFTS & PARTNER STUNTS

Lifts are defined by Mid American Pompon as an action in which an athlete(s) is elevated from the performance floor and set down. Lifts are allowed, with the distinction that the lifting athlete must maintain direct contact with the performance floor and have hand/arm to body contact with the lifted athlete(s) at all times.

### ALLOWED

- Jumps in which lifted athlete jumps off a seated athlete are allowed as long as there is hand/arm-to-body contact with a third athlete throughout the jump.
- Swinging lifts are allowed, provided the lifted athlete(s) body does not make a complete rotation. The athletes head/face must be facing either the performance floor or audience/judging panel throughout.

### NOT ALLOWED

- Jumping or tossing from one athlete to another is not allowed.
- Jumping or tossing from one athlete to or from the performance floor is not allowed.
- Throwing/tossing athletes is not allowed, including basket tosses.
- All cheer stunts and/or pyramid/mounts are no allowed (exception: piggy back).

# CODE OF CONDUCT

GUIDELINE VIOLATIONS MAY RESULT IN POINTS BEING DEDUCTED FROM TEAMS' FINAL SCORE AT THE DISCRETION OF THE JUDGING PANEL.

- By participating in this competition, each team agrees that all decisions made by the judges will be final and will not be subject to review. Each team acknowledges the need for judges to make prompt, experienced, and fair decisions in this competition and each team therefore expressly waives any legal, administrative or procedural review of such decisions.
- Videotaping or personal use of live streaming apps (such as periscope, Facebook live, etc.) to capture all or any part of a performance during the event by a spectator, coach, or participant is not permitted and will result in a 5-point deduction from the offending team's total score.
- 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, and/or suspension from future events.
- Coaches must abide by all MAPP rules & guidelines, and must adhere to any requests made by an MAPP official during the course of competition.





# PROP GUIDELINES

THE FOLLOWING GUIDELINES HAVE BEEN PROPOSED BY THE COACH ADVISORY BOARD, REVIEWED BY MAPP LEADERSHIP, AND WILL BE ENFORCED BY MAPP CERTIFIED JUDGING STAFF.

## PROP Q&A

1. What about a curtain at the back of the floor, behind which we house props?
  - a. This curtain is a backdrop and is not allowed. Only the actual prop receptacle is allowed.
2. Can we use a prop that is used in routine choreography but sits on the floor through the rest of the routine, such as an item on wheels or a chair?
  - a. Items used in routine choreography that are able to be lifted and maneuvered by an individual performer are considered props and are allowed. These items do not necessarily need to be discarded in a prop receptacle if they are able to stand on their own on the performance floor.
3. Does each prop have to originate from a receptacle?
  - a. No. Props may be carried out by individual pomers.
  - b. Must each prop be returned to a receptacle after it is used?
  - c. Yes. Props may not be thrown off of or onto the floor after being used. If a prop needs to be discarded after being used in choreography, it must be placed inside of a receptacle of some kind.
  - d. Alternatively, a prop may be held and utilized throughout the entire routine. If a prop is able to be "discarded" by placing it in a pocket or other "receptacle" on the performers' costumes, that is allowed as well.
  - e. If your item meets "prop" criteria but is able to stand on it's own on the performance floor while not being utilized, that item does not need to be discarded in a receptacle. For example, a chair that is used in choreography.
4. Does the "receptacle" count as "set decor"?
  - a. No. If an item is being used as a receptacle to hold props before and/or after use, it is not counted as "set decor" or staging.

## REMAINING QUESTIONS?

If after reading through this document thoroughly you have remaining questions about props, guidelines, or requirements, please reach out to MAPP as soon as possible to discuss. Send questions via email to [julie@pompon.com](mailto:julie@pompon.com)