



# REGIONAL & STATE CHAMPIONSHIPS

**GUIDELINES & REQUIREMENTS**



# GUIDELINES

**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 fall below the minimum member count after their registration has been submitted due to team member injury, team member departure, or other emergency scenario. The team will be allowed to compete with less than 6 members. The team will still be scored as normal on formations and transitions as well as overall impression, so attempts should be made to fill any gaps in formations in order to maintain high scores in these areas.

## TIME LIMIT

There is a 3:00 minute maximum and a 2:00 minute minimum for all routines, including any choreographed entrance & exit. Note: Choreographed entrances & exits are not required. Time begins with the music or the first movement, whichever comes first. Time stops when the last team member exits the performance floor. Note that the timing will not stop between the entrance and the beginning of the music, or between the end of the music and the exit. Placement of poms prior to routine start & pick-up of poms after the routine is also included in total routine time. Your team may line up/begin anywhere on the gymnasium floor. A deduction of 5 points from your total score will be taken if the time minimum is not met or time limit is exceeded.

## 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. Music source must be compatible with a standard 3.5mm auxiliary cable. 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 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.

If there are issues noticed with your music at the time of your team's performance, the coach/team representative must respectfully bring this to the attention of MAPP Staff within the first 30 seconds of team's performance. For information on performance re-starts, see section "Re-Starts".

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## **ORIGINALITY**

Mid American Pompon defines "original" as movements that were created for this specific routine 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. Teams may hire external choreographers, so long as the choreography produced is not a replication/duplication of choreography found elsewhere or with other teams.

## **PROPS & POMS**

Mid American Pompon advises that a pom which is accidentally dropped during a performance be picked up as quickly as possible during the routine, for safety reasons. Pick up of a pom which was dropped accidentally during the routine, is not included in timing and must be done by a performing team member. Poms may not be placed in a performer's mouth at any time during performance.

Props are not permitted at MAPP Regional or State Competitions. A prop is defined as anything you perform with that is not attached to your uniform. Poms are the only exclusion to this rule. Backdrops & staging are also not allowed at MAPP Regional or State Competitions.

## **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.

## **KICKLINE**

Each routine must include a kickline. Kickline must be a minimum of 32 consecutive counts (four 8-counts). Team must remain connected throughout these 32-counts. These 32-counts must include a minimum of 4 consecutive high kicks. High kicks are defined by MAPP as straight leg kicks following the vertical center line of the body, directed at the nose, that are at eye-level or above.

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## COLLEGIATE GUIDELINES

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

- At time of competition, participant must be enrolled in a minimum of 8 credit hours for the semester in which the competition occurs at an accredited College or University.
- 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 Regional Competition or State 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.

# CODE OF CONDUCT

- 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.

# RULES

**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 INAPPROPRIATE.**

## TUMBLING & GYMNASTICS

Tumbling is allowed at MAPP Regionals & State Championships so long as one hand, foot or other 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 that involves full weight of athlete being placed onto the athlete's hands (e.g. cartwheels, handstands, etc) must not be performed while the athlete is holding poms.

Allowed	Not Permitted
Forward and/or backward rolls	Front and/or back tucks
Cartwheels and/or round offs	Dive rolls
Handstands and/or head stands	Aerials
Backbends and/or kip ups	Layouts
Front and/or back walkovers	Front and/or back handsprings
Stalls, headspins, and/or windmills	Running and/or standing full

## DROPS & SLAMS

Slams & drops to the knee, thigh, seat, front, or back positions onto the performance floor from a jumping or standing position are not permitted. Performers must first bear weight onto hands or feet in order to break the impact of the drop.

Allowed	Not Permitted
Jump landing in squat or pretzel	Jump landing in a split
Fall forward that is caught by hands	Full-body fall landing on forearms
Drop to knees through a squat	Knee drop from standing or jumping

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## LIFTS & PARTNER STUNTS

Lifts are defined by Mid American Pompon as an action in which an athlete(s) is elevated from the performance floor by another athlete. Lifts are allowed with some important distinctions.

Distinction	Examples
There must be continuous contact between the lifted athlete (flyer) and another athlete (base).	<b>Allowed:</b> A flyer is lifted onto the shoulders of a base. The flyer is in contact with the base and the base is in contact with the performance floor throughout the lift.
	<b>Not Permitted:</b> A base tosses a flyer into the air, breaking the contact line.
If the flyers' weight is being supported via base contact with flyers' hands and/or feet as opposed to via contact closer to flyers' core, the lift should maintain continuous motion throughout without pausing for more than 2 counts.	<b>Allowed:</b> Two bases lift a flyer by pushing the flyers' feet up to an extension and the flyer then immediately falls forward where they are caught by other bases. Bases maintain contact with flyers' feet throughout.
	<b>Allowed:</b> A flyer stands with arms in an airplane position. Bases stand on each side of flyer. Bases place one hand under flyers' arm, close to flyers' body, and the other hand holds flyer at the wrist. Bases then press to lift flyer to an extension and hold this position for 4 counts.
	<b>Not Permitted:</b> Two bases lift a flyer by pushing the flyers' feet up to an extension and the flyer is held steadily at that level for more than 2 counts before falling forward where they are caught by other bases.
If flyer places full weight on base(s) for more than 2 counts by stepping or walking on top of base(s), the flyer must be connected to a another base throughout the duration of the lift.	<b>Allowed:</b> One base is on all fours. A flyer steps up onto the base, stands on base for more than 2 counts, and then steps back down onto the performance floor. One of the flyers' hands is held by a fourth base throughout the lift.
	<b>Allowed:</b> One base is on all fours. A flyer places one foot on the back of the base, pushes up to straighten their supporting leg, and immediately returns to the performance floor.
	<b>Not Permitted:</b> One base is on all fours. A flyer steps up onto the base, stands on base for more than 2 counts, and then steps back down onto the performance floor.
If both a flyers' hands and feet are held by bases, the flyer must not not be fully rotated hips-over-head.	<b>Allowed:</b> A flyer lays face down on the performance floor and their hands and feet are all held by bases. The bases swing the flyer forward so that flyer's face and chest are toward the audience and then the flyer swings back so that chest and face are toward the performance floor.
	<b>Not Permitted:</b> A flyer's feet and hands are held by bases. The flyer is lifted with face and chest toward the performance floor. Flyer is flipped forward, making a full hips-over-head rotation while hands and feet are supported by bases.