



**COMPETE
WITH THE
BEST!**

36th Annual

Hip Hop & High Kick CHAMPIONSHIP

Sunday, November 8, 2026

**Dort Federal Event Center
3501 Lapeer Road
Flint, MI 48503**

**NEW THIS YEAR...
MINI POM TEAM HIP HOP DIVISION!**



Presented by:
**mid american
pompon**



MID AMERICAN POMPON PRESENTS:

The 36th Annual Hip Hop & High Kick CHAMPIONSHIP

Over the last 36 years, hundreds of pompon teams have competed for top honors in hip hop and high kick – don't miss out on your opportunity this year! The Hip Hop & High Kick Championship is creative, colorful, competitive and, above all, FUN!

Enrollment is open to any dance, pom or drill team from elementary through collegiate level. Dance studios community and All Star teams are also welcome to compete.

WHAT TO EXPECT

Your team may enter in both Hip Hop and High Kick or just one of the categories.

The number of team members that perform a routine may vary in each category (i.e. you can have 20 team members compete in high kick and only 9 compete in hip hop). There is a 6 person minimum for each routine.

Categories with 10 or more teams entered will be split into divisions. Divisions will be determined once registration is complete. If there is only one team in a category, (for example, JV hip hop) they will be judged against a scale rather than automatically receiving 1st place.

Elementary routines will be judged against a scale (not against other teams). It is possible for more than one elementary team to achieve a first place rating, depending upon the quality of the performance.

Enrollment is
open to any dance,
pom or drill team from
elementary through
collegiate level.

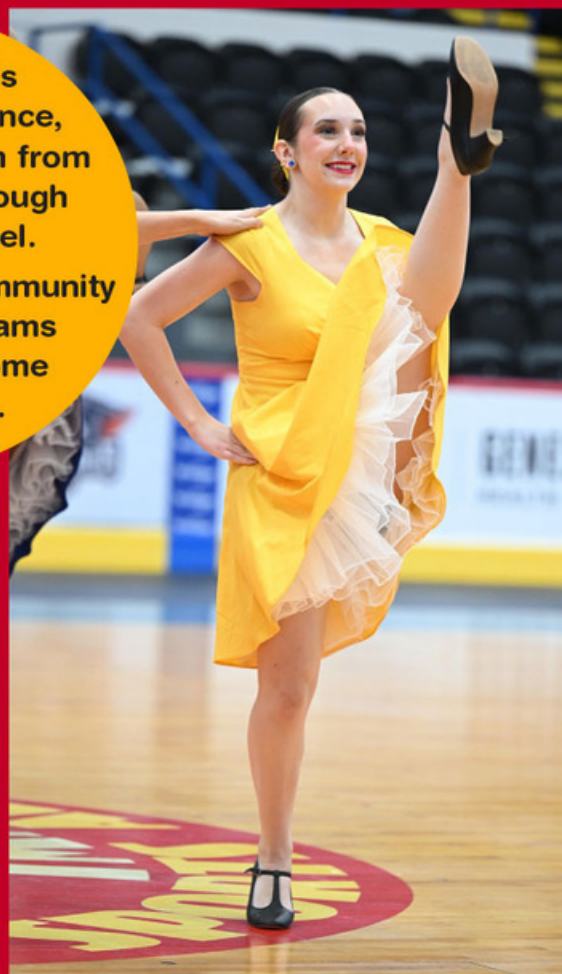
Dance studios, community
and All Star teams
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to compete.

CATEGORIES & REQUIREMENTS

HIP HOP: Energetic combination of freestyle and precise choreography.

HIGH KICK: Must include 40 kicks done in unison by the entire team.

Middle School routines must include 30 kicks done in unison. Many times, a theme is used to coordinate music, costumes and at times, movements. (No poms allowed.)



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Our team loves competing at the Mid American High Kick Competition because it gives us the opportunity to transform an idea into an engaging performance. Every routine begins with a vision, and through choreography, music, costumes and performance, we bring that story to life on the floor. High Kick challenges us to be innovative, expressive, and entertaining, making it one of the most rewarding experiences of our season!”

—Jessica Wildauer Divine Child Varsity Pom Coach

ROUTINE & MUSIC INFORMATION

PERFORMANCE FLOOR: Routines will be performed on the Dort Federal Event Center hardwood basketball court. No substance is permitted on the bottoms of team shoes to prevent slipping. Any team that leaves residue on the performance floor will be fined by Mid American Pompon.

PROPS: Small props are permitted in both High Kick & Hip Hop Divisions. All props must be taken from the building by the team that brought the prop following the event. No props are to be left behind.

NEW GUIDELINES:

- Staging, backdrops, and/or set pieces are not permitted.
- All props must be set up and removed from the performance floor by performing team members.
- Special effects & other items that may damage or alter the performance floor are not permitted (e.g., water, powder, hair-spray, fire, etc.).
- Props must be used within the routine choreography. Set decor and other such stationary and unused items are not permitted. The one exception to this rule is small prop receptacles in which to store props when not in use. For example, a bin, bucket, or other container in which to store your team's props while they are not in use is permitted.
- Each team is allotted a two-minute maximum time limit for BOTH setup & removal of small props and receptacles. **This time limit will be strictly enforced.**

These guidelines have been proposed by the Coach Advisory Board, reviewed by MAPP leadership, and will be enforced by MAPP certified judging staff. Please consider the performance floor when selecting your props. Damage to the performance floor caused by a prop will result in a fee billed to the offending team.

LINEUP: Teams will compete in the reverse order in which their registration and payment is received. (i.e. Teams registering first will compete last in their category.)

TIME LIMIT: 3-minute maximum; 2-minute minimum time limit for all routines. Mini team routines are limited to 2 minutes, maximum.

A structured entrance and exit is not required! Time will begin on 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.

COSTUMES/UNIFORMS: A uniform look is required. The same costume or a variation of the costume can be used for each category you enter. Dance shoes, gym shoes, or bare feet only on the gym floor (non-marking soles). Teams may not use any substance on the bottom of their shoes to prevent slipping. Any residue left on the performance floor will result in a fine by Mid American Pompon.

ORIGINALITY: "Original" choreography means that your team created the movements. Choreography learned at camps, or taken from ESPN, competitions, television shows or movies will not enhance a team's original score.

HIGH KICK: All High School and Collegiate teams must perform forty kicks done in unison by all team members must be incorporated into the routine. To be counted as a kick done in unison, a kick waist high or higher must be done by the entire team. (Please note that kicks done in opposition are not counted.) Teams are permitted to connect. Middle School teams must perform thirty kicks done in unison by all team members.

MUSIC: Music is required for all routines. A representative from the team will be asked to bring an mp3 player (i.e., iPod, iPad, 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. Please have at least one additional music source with you as a back-up. No music source that requires an adapter will be permitted! **DO NOT USE A DEVICE THAT REQUIRES A DONGLE!!**



TENTATIVE SCHEDULE

8:00-9:00 am	Doors Open
9:00-9:10 am	Welcome
9:15-11:40 am	MINI, MS, JV & Varsity Hip Hop Competition/ Middle School & JV High Kick Competition
12:10-1:15 pm	Awards & Lunch break.
1:15-4:00 pm	Collegiate & Varsity High Kick Competition
4:00-4:30 pm	Tally/Break & Awards

Schedule subject to change depending upon enrollment.

TO REGISTER:

Visit www.pompon.shop. Look for the item labeled "2026 Hip Hop and High Kick". If paying via **school check, certified check, cashier's check or money order**, send to Mid American Pompon (after registering on pompon.shop). Be sure to note the team's name somewhere on the check. **Teams that submit a credit card payment will be assessed a 3% fee.**

COST: The cost per participant for the first category is \$63 given payment is received by Friday, October 16th. Beginning Saturday, October 17th the cost will increase to \$65 per participant. Each additional category is \$75/team. Payments will only be accepted via check. **No credit card payments will be accepted for this event. Credit card payments will be assessed a 3% fee.**

The cost for the mini pom teams participating in the Mini Hip Hop Division is \$25 per participant and must be received to Mid American Studio by Friday, October 16th. Payments should be made via school check, certified check, cashier's check, or money order. Be sure to note the team's name somewhere on the check. Credit card payments will be assessed a 3% fee.

A Google drive will be shared with the email used to register the team where each coach will submit their team's roster and PEN forms.

Judging specifics, a map, and other pertinent information will be emailed to the coach upon receipt of your completed registration and payment.
No refunds are made once a team is registered.

THINKING ABOUT ATTENDING FOR THE FIRST TIME? Ask about our INTRODUCTORY OFFER for teams who are new to the competition. Please contact julie@pompon.com to receive your Introductory Offer coupon prior to registering.

REGISTRATION DEADLINE

Wednesday, October 21, 2026

Send payments to:

Mid American Pompon
Hip Hop & High Kick
Championship

24425 Indoplex Circle
Farmington Hills, MI 48335

Phone: (248) 477-5248

Fax: (248) 477-1133

www.pompon.com

For general questions, please email julie@pompon.com.

Mid American Pompon

24425 Indoplex Circle
Farmington Hills, MI 48335
(248) 477-5248

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WHAT TO EXPECT

- Beautiful, clean and spacious venue: Dort Federal Event Center
- Friendly and helpful staff and an athletic trainer on duty
- An organized event; on time with the schedule posted online prior to the event
- Awesome souvenirs for the event
- Ribbons for each participant and a trophy for top 5 teams
- Verbal critiques recorded and emailed to each team
- High quality competition

ADMISSION INFORMATION

Spectators:
\$23 Adults 16 & over
\$16 Students 6-15
5 & under free

Tickets to be purchased in advance via QR Code or in person the day of the event

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3501 Lapeer Road
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The schedule of the day and line-up can be found at www.pompon.com on Friday, October 23, 2026

