

## HIGH KICK

A High Kick routine is one choreographed and executed with an emphasis on kicking. Teams in this category will be judged on the number and variety of kicks incorporated into their routine. Each team member must individually execute a minimum of 50 kicks at any level. Preps, toe touching the floor, or hooks will not be counted. Backdrops, props, or costumes that are used as a tangible element in this routine are prohibited. American All-Star strongly advises that teams entering this category submit a video prior to competition, so that the kick count can be checked.

## PROP/NOVELTY

A prop/novelty routine is one choreographed and executed with an emphasis on a character, theme, or prop. The routine should develop the theme or character. If a prop is being used it should be an important element of the routine. Backdrops and props are permitted and encouraged. BACKDROPS AND PROPS MUST BE PADDED TO PROTECT THE FLOOR.

## JAZZ

A jazz routine includes a combination of rhythmic, creative body movements which interpret and emphasize a music selection. Backdrops, props, or costumes that are used as a tangible element in this routine are prohibited.

## POM PON

A Pom Pon routine is a routine which uses poms to show visual effects and combines pom techniques with dance techniques. Pom routines are upbeat, energetic, and lively. Poms must be used for 90% of the routine from start to finish, although they can be put down briefly. Backdrops, props, or costumes that are used as a tangible element in this routine are prohibited.

## HIP HOP

A Hip Hop routine is any routine with a variety of street dance styles, abstract movements, and body isolations. Movements should be tight and upbeat with style, control, rhythm, and uniformity. Use of costume (shirts, hoodie, pants, glasses, etc.) to enhance a routine is allowed. For confirmation of use of costume, email [Kristen@americanallstar.com](mailto:Kristen@americanallstar.com). Backdrops & use of an object not included in costuming are prohibited in this category.

## AUXILIARY

Auxiliary teams may perform any style of routine. Teams may use tall flags, swing flags, rifles, or any combination. Squads must be comprised of no less than three members. Any number of standard styles of batons may be used. Hoop batons may be used. Knives, fire, and other feature twirling equipment may not be used.

## OPEN

An Open routine is any dance entry not adhering to the above team categories. Examples include but are not limited to: ballet, contemporary, modern, lyrical, show production, and combination routines. Backdrops, props, and any costume that is used as a tangible element in the routine are prohibited. A team may enter all categories.

## GAME DAY

Game Day performances will be judged on a team's ability to entertain the crowd as they would for a school event. This will consist of three components: 1) Fight song, 2) Spirit Performance such as sideline routine, stand routine, or drum cadence, and 3) Performance Routine for crowd appeal (one minute or less). Teams may use poms but no other props or signs are allowed. Total time allowed on the floor is 3 minutes.