

HIGH KICK

A high kick routine is one choreographed and executed with an emphasis on kicking. Teams in this category are judged on the number and variety of kicks incorporated into their routine; the creative use of kick combinations with an inclusion of dance skills and staging is encouraged. Each routine must have a minimum of 50 kicks. At least 75% of the team must execute a kick in unison for it to be counted. Group work that meets this requirement will be counted. Preps, toe touching the floor, or hooks will not be counted. Backdrops, props, or costumes that are used as a tangible element in the routine are prohibited. American All-Star strongly advises that teams entering this category submit a video prior to competition so that kicks can be counted prior to performance; it is suggested that your routine have more than 50 kicks to ensure minimum requirements.

PROP/NOVELTY

A prop novelty routine is one choreographed and executed with an emphasis on character, theme, or props. 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 routine is a routine which uses poms to show visual effects and combine 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. Backdrops and 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 tail 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 other listed 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.

STEP

Stepping is a form of dance in which the participants' entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken words and hand claps. All props are prohibited. No music will be used during the routine. The team has 5 minutes to perform which includes the entrance and exit. Time will begin on the first sound (step or word) and end on the last sound (step or word).

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 will be permitted to use poms, signs, and rally towels in their routine. Total time allowed on the floor is 3 minutes 30 seconds.