



Evaluations & Competitions



1. EVALUATIONS: Teams are allowed to perform twice if necessary.....not more!

Cheer

Game Day Evaluation (taught at camp)

- At least one cheer and one chant taught at camp
- No longer than 45 seconds
- Signs, poms, megaphones and/or flags encouraged
- **NO** baskets, extended stunts, running tumbling, 2 ½ pyramids.
- Standing tucks are allowed
- **Crowd Oriented!**

Rally Routine (taught at camp)

- **Crowd Oriented!** (Signs, poms, megaphones and/or flags are encouraged)
- 4 – 8 count intro. (may only use tumbling skills and crowd involvement)
- 4 – 8 count incorporation (no skill restrictions)
- 3 – 8 count motions (taught at camp)
- 2 – 8 count transition/ending
- Must follow AACCA safety rules

Game Day Final Evaluation (same as above)

Dance

Team Dance Mock Evaluation (taught at camp)

- Valuable feedback from the staff prior to final evaluation

Team Dance Final Evaluation (taught at camp)

- Approximately 20 sec. of each style: Pom, Jazz, and Hip Hop
- 3 – 8 count Technical Skills incorp.

2. COMPETITIONS: (Optional)

Cheer

Rally Routine (same as above)

Game Day Run-Off (1 team from each division)

Dance

Team Dance (same as above)

3. All-American Tryouts: Members from both cheer and dance teams may try out for "All American" if they can perform the requirements listed below with a high level of perfection:

Cheer All-American Minimum Requirements

- Standing Back Tuck
- Toe Touch (Males & Females)
- Tumbling pass with minimum round off handspring full.
- All Girl – 4 participants maximum – Must perform an Awesome and Heel Stretch – must toss or full up the awesome, power prep to heel stretch and double down. If performing the full up, the bases must remain stationary.
- Co-ed – Must perform a One – Arm Liberty, Awesome and Heel Stretch – must toss one and must double down from one.
- All participants must be from the same team.

Dance All-American Minimum Requirements

- Nominated by staff based on leadership, performance, and technical skills
- On-the-Spot audition. Combination will include 2 – 8 counts of Pom, Jazz, and Hip Hop

4. **Top Gun Tryouts:** Members from both cheer and dance teams will be eligible to compete for “Top Gun” based on the following requirements:

Cheer

Top Gun Stunts:

45 Second Stunt Routine
Minimum requirements per camp
All – Girl groups – may only have 4 girls maximum
All stunts must follow AACCA College Safety Rules

One co-ed winner; One all-girl winner

Dance

Top Gun Leaps:

Minimum of five leaps
Switch Leaps or better
Hyper extended toe touch

Top Gun Turns:

2 8ct fouette sequence
Minimum – triple pirouette
Variety of turns with excellent technique

Top Gun Hip Hop:

Maximum 30 sec. Hip-Hop improvisation
NDA will provide music, dancers will perform in groups
Street style please – NO choreographed routines

5. **Nationals Bids**

SEE REQUIREMENTS AND DISTRIBUTION PROCESS ON FOLLOWING PAGES!

ENROLLMENT REQUIREMENTS FOR BIDS

- All teams with 8 or more participating team members will be considered to qualify to attend the NCA/NDA Collegiate Cheer and Dance Championship
- Teams with 8-12 participating team members will only be considered for a Partial Paid Bid
- Teams with 13 or more participating team members will be considered for both Paid and Partial Paid Bids