



## **AACD NATIONAL SCHOLARSHIP INVITATIONAL INFORMATION AND COMPETITION RULES**

**The following are the competition rules for each of our categories in the AACD National Scholarship Invitational. Please use this information to decide which category you are entering and complete the Competition Registration Form that will be sent to you. If you do not plan to compete in the Invitational, you will still participate in the halftime show. You will need to indicate on the Competition Registration Form that you do not plan to compete and return the form to our office along with the other required forms.**

### ***5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> GRADE COMPETITORS***

- ❖ Please note that we do not have separate cheer categories (tumbling or non-tumbling) for the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade competitors. There is one combined Cheer Division. Competitors may or may not include tumbling in their routine. All of the other rules apply to the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade cheer competitors as stated in the cheer tumbling or non-tumbling rules.
- ❖ Dance Team, Studio Dance and Twirling competitors will follow the same rules as the 9<sup>th</sup> – college freshman grade competitors under the respective categories. 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> competitors will only compete once.
- ❖ There will not be a final competition for the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade age groups. Scholarship awards are for the 9<sup>th</sup> – college freshman grade competitors only.

### ***CHEER TUMBLING***

**Each cheer tumbling competitor must include the following within the allotted time of one minute 30 seconds:**

- ❖ Entrance (timing starts at competitors first movement of the entrance not including set up)
- ❖ Either a cheer and/or chant and a portion of dance
- ❖ Music – there is no time limit for music but you must use at least 30 seconds of music if you do not plan to do the entire routine with music
- ❖ Tumbling and gymnastics must be included in your routine
- ❖ You may wear your school or All Star team cheerleading uniform or an appropriate shorts outfit
- ❖ The cheer and/or chant and dance may be performed in any order
- ❖ Penalties (deduction in points) will be applied for any time violations
- ❖ The competition area will be either a 40 X 40 mat (not a spring floor) for the prelims and finals

### ***CHEER NON-TUMBLING***

**Each cheer non-tumbling competitor must include the following within the allotted time of one minute 30 seconds**

- ❖ Entrance (timing starts at competitors first movement of the entrance not including set up)
- ❖ Either a cheer and/or chant and a portion of dance
- ❖ Music – there is no time limit for music but you must use at least 30 seconds of music if you do not plan to do the entire routine with music
- ❖ NO tumbling or gymnastics may be included in your routine (use of any tumbling including forward rolls, cartwheels, back handsprings, etc. will result in disqualification)
- ❖ You must include at least three jumps in your routine, two of which must be different jumps
- ❖ You must use a prop in your routine (sign, poms, etc.)
- ❖ You may wear your school or All Star team cheerleading uniform or an appropriate shorts outfit
- ❖ The cheer and/or chant and dance may be performed in any order
- ❖ Penalties (deduction in points) will be applied for any time violations or omission of any requirements
- ❖ The competition area will be a 30 X 30 carpeted ballroom floor for the prelims and finals

### ***CO-ED CHEER***

**This division is only open to male and female cheer couples. Both the male and the female can be judged as a team splitting any scholarship money they may win, or either the male or the female may be judged individually with any scholarship money awarded to that individual. Each competitor must include the following within the allotted time of one minute 30 seconds:**

- ❖ Entrance (timing starts at competitors first movement of the entrance not including set up)
- ❖ Either a cheer and/or chant and a portion of dance
- ❖ Music – there is no time limit for music but you must use at least 30 seconds of music if you do not plan to do the entire routine with music
- ❖ A minimum of three different partner stunts must be included
- ❖ Tumbling and gymnastics may be included in your routine
- ❖ You may wear your school or All Star team cheerleading uniform or an appropriate shorts outfit
- ❖ The cheer and/or chant and dance may be performed in any order
- ❖ Penalties (deduction in points) will be applied for any time violations or omission of any requirements
- ❖ The competition area will be either a 40 X 40 carpeted ballroom floor or a 40 X 40 mat (not a spring floor) for the prelims and finals

### ***DANCE TEAM***

**This division is for individuals selected from a high school or jr. high school dance team. Each competitor in this division must perform at least one minute 30 seconds of dance, not to exceed two minutes and will adhere to the following rules:**

- ❖ Routine can follow a jazz, funk, pom, lyrical or hip hop format
- ❖ No forceful knee, seat, split or thigh drops
- ❖ Competitors may choose their own costume/must be appropriate dance team attire
- ❖ A 30 X 30 wood dance floor will be used for the competition area
- ❖ Penalties (deduction in points) will be applied for any time violations

### ***STUDIO DANCE***

**Each studio dance competitor must adhere to the following rules:**

- ❖ You may only enter one category: 1.) Jazz/Acro 2.) Clogging/Tap 3.) Lyrical/Ballet
- ❖ The maximum time for a performance is 2 minutes, 45 seconds
- ❖ Competitors may choose their own costume and music
- ❖ Penalties (deduction in points) will be applied for any time violations
- ❖ A 30 X 30 wood dance floor will be used for the competition area
- ❖ You may perform either solo or in a duo or trio. If competing in a duo or trio, any scholarship money awarded will be split between the competitors of the group

### ***BATON TWIRLING***

**Each studio dance competitor must adhere to the following rules:**

- ❖ The maximum time for a performance is 2 minutes, 45 seconds
- ❖ Penalties (deduction in points) will be applied for any time violations
- ❖ Routine is limited to one baton only
- ❖ No more than two tumbling tricks during the routine
- ❖ A 30x 30 wood dance floor will be used for the competition area
- ❖ You may perform either solo or in a duo or trio. If competing in a duo or trio, any scholarship money awarded will be split between the competitors of the group
- ❖ Competitors may choose their own costume and music
- ❖ There is a height restriction of 11ft in the performance area

