

## +1.1 Time Out Cheer

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### Timing and Routine

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- A. Each team will perform a routine not to exceed **1 minute and 15 seconds**.
- B. Any dance style that is appropriate for a time-out situation within a sideline cheering setting is acceptable (i.e. jazz, pom, hip hop, etc.).
- C. Traditional sideline uniforms required.
- D. Poms are the only props permitted.

### Judging

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Judging will be based of the following criteria:

- A. Creativity and musicality, variety and the execution of transitions and formations.
- B. Placement, synchronization and strength of motions/movement.
- C. Visual effect and spacing.
- D. Overall impression and crowd appeal.
- E. Emphasis will be on audience appropriateness and appeal. This is a performance-based division. Crowd leading components will not be judged.

### Restrictions

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- A. Stunting of any kind is prohibited.
- B. Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.

### Standing Tumbling

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- A. All basic skills with hand support performed from a standing position are allowed.
- B. For example: forward rolls, backward rolls, front walkovers, back walkovers, cartwheels, round-offs, handstands.
- C. Connection of more than one of the above skills is allowed.  
Ex: cartwheel/back walkover
- D. At least one hand must remain in contact with the floor during skill execution.
- E. Front and back handsprings, flips and aerials are prohibited.

### Running Tumbling

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- A. Front and back handsprings, flips and aerials are prohibited)
- B. At least one hand must remain in contact with the floor during skill execution.
- C. Series tumbling is allowed.

Score Sheet

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TEAM:  
 DIVISION: mini / peewee / junior / senior  
 JUDGE:

<b>Criteria</b>	<b>Description</b>	<b>Points</b>
<b>Creativity and musicality</b>	Exhibiting creative and original movement in accordance with the style of the category.	/15
<b>Placement, synchronization and strenght of motions and movements</b>	Clean arm lines, levels, placement is sharp, strong and precise. Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension, balance, style in movement. Proper execution of leaps, turns, jumps, lifts, partner work, etc.	/15
<b>Visual effect and spacing</b>	Equal / correct spacing between individuals on the performance surface during the routine and transitions. Formations and transitions, visual impact of group work, levels, opposition, etc	/10
<b>Overall impression and crowd appeal</b>	Flow of the routine and crowd appeal	/10
<b>Tumbling</b>		/5
<b>TOTAL</b>		/50

Comments: