

2025-2026



# SSAP - Regional Dance Rules and Guidelines



## SSAP Cheer – N – More

2307 Oak Lane, suite 215  
Grand Prairie, Texas 77051

Email: [ssapcheernmore@yahoo.com](mailto:ssapcheernmore@yahoo.com)

Website: [www.ssaporg.com](http://www.ssaporg.com)

SSAP mission: “Helping America’s youth become the best they can be in sports and education.”

# Regional Dance Division

## Safety Rules and Guidelines

### Age Groups/Division:

Elementary:	K-3 & 4-6
Intermediate /Middle School:	7 & 8 grade
High School:	Freshman /J.V. Team (Freshman and J.V. teams compete in one division) Varsity Team <b>Co-ed (must have 2 or more males)</b>

### Categories:

Hip Hop	Jazz
Drill/High Kicks	Lyrical/Contemporary/Modern
Novelty/Prop	Pom

<b>Total Routine Time:</b>	<b>Maximum - 2:30 minutes</b> <b>Minimum - 1:30 minutes</b>
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1. Timing will begin with the first organized movement, sideline, dance or first note of music, or the building of a pyramid or stunt where the/an individual is lifted or supported off the performance floor-whichever comes first.
2. A minimum number of 5 participants are required.
3. All routines should be in good taste and suitable for family viewing. Music should be age appropriate all suggestive or vulgar elements will be penalized and may result in disqualification and are the sole discretion of the judges.
4. Tumbling and stunting is not permitted (Excluding forward rolls, one shoulder backward rolls and side rolls)
5. Dance Lifts are permitted as long as they do not go above shoulder level. (Excluding a dead man lift must have a minimum of 4 bases and the Flyer must be in a horizontal position).
6. **Have 2 copies of your music that is ready to go.** There will be a penalty if your music is not ready.
7. **MUSIC MUST BE ON CD, USB & LABELED. Label must include "Dance," "team name" and "squad name" if different. Music file on thumb drive in a labeled envelope may be permitted; however, please check with office. Cell Phone and YouTube are generally not permitted due to possible interference.**
8. Dancers may wear approved jewelry as part of their costume. Approved jewelry includes legal post such earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings-belly rings, tongue rings and/or nose rings etc. are prohibited and will result in a **5-point penalty**.
9. Have hair pulled back and out of face.
10. Soft-soled shoes must be worn while competing. Wearing "socks only" is prohibited.
11. Backdrops are permitted in all categories. The backdrop may not be manipulated during the routine. The Backdrop is not permitted to be taller than 8' high. It must fit through a gymnasium door without the center pole being removed.
12. Hand-held props are not permitted in any category, except Prop/Novelty category.
13. Manipulating/Discarding of costuming is permitted.



### **CHOREOGRAPHY:**

All choreography should be suitable for family viewing and always in good taste. Therefore, point deductions will be assessed for profanity (in music or spoken), inappropriate and vulgar movements, and displays of arrogance. All routine performances should showcase athletic talent with emphasis on teamwork and dance ability.

### **SPORTSMANSHIP:**

SSAP, LLC. strongly believes sportsmanship at any of our events is of the most importance and value. Because of this belief, SSAP, LLC. will assess a **20-point penalty** per infraction to any team whose coaches, team members, parents, and/or fans display any acts of unsportsmanlike behavior during competition.

Unsportsmanlike conduct will include, but is not limited to, approaching the competition judges **FOR ANY REASON** or any competition official with inappropriate comments, outbursts or gestures.

### **PARTICIPANTS:**

No Dance participant may represent more than one Dance division, or school, per competition, and no dancer may represent more than one dance team per Dance. division or school. In the event of an injury or emergency, one dancer from another team of the same Dance division, may substitute.

### **Below you will find the sections you may choose from to enter the competition.**

1. **Dance Team: Hip Hop** - latest street/urban style techniques and movements, and musical interpretation. Emphasis on execution, uniformity, control, rhythm, isolations, style and creativity. Additionally include single or double turns, jete leaps. Switch leaps (optional) and other advance techniques enhance routine.
2. **Dance Team: Jazz** – in this section you have to incorporate stylized dance movements and combinations, formation changes, group work, right and left splits, leaps and turns to include single or double turns and jete leaps. Switch leaps (optional), deer leaps (optional). Routine enhanced by creativity and other advance techniques. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.
3. **Dance Team: Drill/High Kicks** - in this section the group must perform right and left continuous kicks, as well as right and left fans, side kicks, right and left splits. The judges will be looking for pointed toes, kicking with a straight back (no hunching over), and how high the kicks will be. Emphasis is on execution, uniformity and control. In the kick routine the group is allowed to have techniques such as turns as well, but the majority of the routine should be "ALL KICKS."
4. **Dance Team: Lyrical/Contemporary** - Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection. Additionally, right and left splits, leaps and turns to include single or double turns and jete leaps. Switch leaps (optional), deer leaps (optional). Routine enhanced by creativity and other advance techniques.
5. **Dance Team: Novelty/Prop/Pom** - REVISIONS TO BE ADDED BUT WILL INCLUDE In the dance, there should be creative use of pom or original props. In this dance, you can include all type of techniques; however, for the majority of the time, the group should be using their "POMS or PROPS." (Males are not required to use poms.) Pom routine must also contain 60% of kicks.



## *What Dance Judges Look For?*

### FUNDAMENTAL SKILLS

- **Dance Technique** – Style (suitable for family viewing), and proper execution of movements.
- **Turns/Leaps/Kicks** – Variety of skills showing stamina, and endurance, proper technique, fully extended legs, toes pointed, turn out, height, difficulty according to the age level and flawless execution.
- **Arm/Leg Placement** – Correct motion placement and sharpness.
- **Body Position/Posture** – Fully extended body, and fluidity of movement.

### GROUP TECHNIQUE

- **Synchronization & Timing** – Performing all elements of choreography as one unit, clean and polished routine.
- **Formations & Spacing** – Variety of arrangements, logical formations on the floor, and proper spacing between team members.
- **Precision** – Proper placement and clean execution of elements as a group.

### OVERALL EFFECT

- **Confidence & Showmanship** – enthusiasm, mood and/or theme conveyed to the crowd through eye contact and facial expressions (expressions should enhance routine, not distract).
- **Choreography** – Variety of forms of dance with difficulty appropriate to the age level, and proper execution, fluid transitions, creativity and innovative visual effects.
- **Interpretation of Music** – Choreography that complements the music style.
- **Routine Impression** – Overall showmanship, expressions, high level of excitement and crowd appeal as well as music and dance style which is appropriate for the age and suitable for family viewing.



# STRENGTH, SPEED & AGILITY PROGRAM, LLC.

## OFFICIAL COMPETITION DANCE SCORE SHEET

**Competition:** Regionals   Nationals (*circle one*)                      **Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_                      **Judge:** \_\_\_\_\_

**Team:** \_\_\_\_\_ **Division:** \_\_\_\_\_ **Category:** \_\_\_\_\_

**# on Squad:** \_\_\_\_\_

Category	Poor	Fair	Average	Superior	SCORE
<b>DANCE FUNDAMENTALS</b>					
<b>TECHNICAL SKILLS</b> Leaps / Turns / Kicks	1 2	3 4 5	6 7 8	9 10	
<b>JAZZ</b> Style / Control / Uniformity	1 2	3 4 5	6 7 8	9 10	
<b>FUNK</b> Latest Street Style Moves / Uniformity	1 2	3 4 5	6 7 8	9 10	
<b>KICK</b> Control / Creativity / Uniformity / Stamina	1 2	3 4 5	6 7 8	9 10	
<b>CHOREOGRAPHY EXECUTION</b>					
<b>STAGING</b> Spacing / Formations / Use of Floor / Transitions / Flow	1 2	3 4 5	6 7 8	9 10	
<b>ORIGINALITY</b> Creativity / Variety	1 2	3 4 5	6 7 8	9 10	
<b>DEGREE OF DIFFICULTY</b> Incorporation of Technical Skills	1 2	3 4 5	6 7 8	9 10	
<b>PERFORMANCE IMPRESSION</b> Projection / Expression / Audience Appeal	1 2	3 4 5	6 7 8	9 10	
<b>Maximum Points = 80</b>					<b>TOTAL</b>
<b>Comments</b>					

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