

2023 -2024



ALL DAY CHEERLEADING, INC.

DANCE

AGE GRID & DIVISIONS



[ALLDAYCHEERLEADING.COM](http://alldaycheerleading.com)



Allstar Dance Age Grid & Divisions

Dance Divisions & Categories

Birth Year	Division	Female / Male	Team Size
2016 – 2019	Tiny	Female / Male	5 – 30 Athletes
2013 – 2018	Mini	Female / Male	5 – 30 Athletes
2010 – 2015	Youth	Female / Male	5 – 30 Athletes
2007 – 2013	Junior	Female / Male	5 – 30 Athletes
2005 – 2011	Senior	Female / Male	5 – 30 Athletes
2009 or Before	Open	Female / Male	5 – 30 Athletes

*Email Nicole@alldaycheerleading.com for Select Age Divisions

*All athletes must be born within the birthyear listed on the age grid. Ex: if the required birth year is 2010, the athletes date of birth must be between January 1, 2010 – December 31, 2010.

Hip Hop

Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity, and musical interpretation. Routine may also add an additional focus on athletic incorporation such as umps, jump variations, combo jumps and other kicks.

Jazz

Routines incorporate stylized dance movement and combinations. Emphasis is placed on proper movement, execution, extension, control, body placement and team uniformity.

Pom

Pom Routines emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effects include level changes, group work, formation changes, the use of different color poms, etc. All Styles of dance may be used. Leaps, turns and jumps will be allowed. No other props allowed.

Kick

Kick routines emphasize control, height uniformity, extension, top points, timing, and creativity of a variety of kick series and patterns. Kicks should be performed throughout the routine. A kick is described as one foot remaining on the floor while the other foot lifts with force.

Contemporary / Lyrical

A contemporary or lyrical routine is a style of expressive dance that combines elements of several dance genres including modern, jazz, and classical ballet. Emphasis is placed on control, expressive movement, dynamics, alignment, uniformity and communications.

Variety

Open division emphasizes variety, creativity, and entertainment. Routines should incorporate a minimum combination of two dance styles listed above. Props are allowed.

