



Divisions	Ages	Members/Size	Levels
MINI PREP			
Rec Mini Prep Pom	5 years & younger Show division, performance only	Small, Large	Performance Only
Rec Mini Prep Hip Hop	5 years and younger Show division, performance only	Small, Large	Performance Only
Rec Mini Prep Jazz	5 years and younger Show division, performance only	Small, Large	Performance Only
MINI			
Rec Mini Pom	7 years and younger	Small, Large	PO, Competitive
Rec Mini Hip Hop	7 years and younger	Small, Large	PO, Competitive
Rec Mini Jazz	7 years and younger	Small, Large	PO, Competitive
YOUTH			
Rec Youth Pom	9 years and younger	Small, Large	PO, Competitive
Rec Youth Jazz	9 years and younger	Small, Large	PO, Competitive
Rec Youth Hip Hop	9 years and younger	Small, Large	PO, Competitive
JUNIOR PREP			
Rec Junior Prep Pom	11 years and younger	Small, Large	PO, Competitive
Rec Junior Prep Jazz	11 years and younger	Small, Large	PO, Competitive
Rec Junior Prep Hip Hop	11 years and younger	Small, Large	PO, Competitive
JUNIOR			
Rec Junior Pom	10 – 13 years	Small, Large	PO, Competitive
Rec Junior Jazz	10 – 13 years	Small, Large	PO, Competitive
Rec Junior Hip Hop	10 – 13 years	Small, Large	PO, Competitive
SENIOR			
Rec Senior Pom	12 – 16 years	Small, Large	PO, Competitive
Rec Senior Jazz	12 – 16 years	Small, Large	PO, Competitive
Rec Senior Hip Hop	12 – 16 years	Small, Large	PO, Competitive
SENIOR OPEN			
Rec Senior Pom Open	18 years & younger	Small, Large	PO, Competitive
Rec Senior Jazz Open	18 years & younger	Small, Large	PO, Competitive

Rec Senior Hip Hop Open	18 years & younger	Small, Large	PO, Competitive
SMALL= 16 members or less		LARGE= 17 members or more	PO= Performance Only

CATEGORIES

TECHNICAL JAZZ: Costumes should be worn. Routines must incorporate the technical aspect of “true” jazz with an emphasis on body placement, style, control, extension, and precision. Props are allowed, but should not be the main focus of the routine (poms are not allowed). This category is open to all age divisions.

HOP DANCE: Costumes should be worn. Routines must incorporate urban funk, with latest street-style, sharp, progressive movements with an emphasis on creative tricks. Props are allowed, but should not be the main focus of the routine (**poms are not allowed**). This category is open to all age divisions.

POM DANCE: Costumes or Cheer Uniforms may be worn. Majority of routine must include the use of poms. All styles of dance may be used in pom dance. Poms must be used. Routine should consist of visual formations and strong visual effects with an emphasis on uniformity and utilization of strong/sharp motions and arm placement, as well as visual groundwork. This category is open to all age divisions.