

# MID AMERICAN POMPON REGIONAL AND STATE-WIDE COMPETITION REQUIREMENTS

## JUDGING CATEGORIES

**APPEARANCE– 10 Points** - This is based on clean and neat uniforms, socks, shoes and poms, hair back and off of face (the whole team should wear their hair the same). (Check poms - they may need a trim, and white or light-colored poms may need to be washed/replaced.) Appearance should be neat, uniform and not distracting. For safety and appearance reasons, pins and buttons, necklaces, or dangling jewelry should not be worn during performances.

### **SKILL OF KICKLINE – 10 Points**

Includes pointed toes, straight knees, height, arm connection, posture, approach (prep) at knee (with pointed toe), unity, and difficulty. A minimum of 32 continuous counts of connected kick sequence (all members must remain connected at all times) is required. **You may not disconnect at any time during the 32 counts.** Any formation may be used for the kickline as long as all members are connected. Poms are not required for the kickline. At least four consecutive full height straight-forward kicks must be included somewhere within the 32 count kickline.

### **SMILES & SHOWMANSHIP – 10 Points**

Smiles and enthusiasm, poise, showmanship, audience interest, eye contact, and projection (Does this team look like they are having fun?). It is not required that all team members smile throughout the entire routine as long as the facial expressions used are appropriate for the choreography and are a part of the overall presentation of the routine. No speaking, singing or counting.

### **SKILL, LEVEL OF ABILITY/TALENT – 10 Points**

Each team will be evaluated upon the level of skill/talent demonstrated in the routine. However, although a team may do a difficult move, stunt, jump, etc., it must be executed well and uniformly by each team member in order to receive a higher score in this category. The move must also be appealing to watch and choreographed into the “flow” of the routine. Please note that judges are not looking for a number of stunts back to back. Stunts, etc. should be used to enhance the choreography and music.

### **FORM, EXECUTION, PRECISION – 10 Points**

This includes straight arms, snappy heads, clean and uniform leg and foot positions (for example, all diagonals or points are at the same angle), execution, and posture. This also includes uniform positions among team members (are all of the V's and diagonals the same among all team members?). Judges are looking for strength behind the movements.

### **FORMATIONS, TRANSITIONS, – 10 Points**

Attractive and orderly transitions with even spacing, straight lines, unique and organized movements into formations. Formations should be original and evenly spaced. The transitions should be smooth, organized, unique, attractive and centered on the performance floor. When changing formations, team members arrive simultaneously into their formations. (i.e. when moving from a column to a horizontal line, the two end people should arrive in their spaces at the same time.)

### **TEAM UNITY, RHYTHM AND TIMING – 10 Points**

All members should be executing the movements the same way, at the same moment. The team remains on beat with the music throughout the routine.

**USE OF POMS– 10 Points** - Poms should be used to visually enhance the choreography and music. Use of color is a large component in this category.

**CHOREOGRAPHY, USE OF MUSIC, LEVEL OF DIFFICULTY – 20 Points**

Choreography should complement the music and be original to the team. Using music cues, tempo changes, formation changes, kickline, and wow moves should be enhanced by the music. Overall adaptation to and creative use of music, as well as flow of the routine will be considered (Choose original music that has definite beats, 3 or 4 rhythm changes, and a good tempo that accents your routine). Keep in mind that sometimes too many music splices makes your routine appear choppy and can be distracting to the judges. Avoid music that is to screechy, heavy, fast, slow, or uses explicit language. Deductions for music with suggestive, offensive or sexual content will be at the discretion of the judges.

**OVERALL IMPRESSION – 10 Points**

Each judge will give your team an overall performance score indicating their overall impression of the routine. Entrance and exit will be scored within this category. The quality of the music track and starting set point will also be considered in this category. At regionals, mistakes will be considered in this category.

**OTHER RULES/REQUIREMENTS/RESTRICTIONS/INFORMATION**

**TIMING / ENTRANCE and EXIT** – Routines have a 3 ½ minute maximum time limit including entrance and exit. A two minute minimum performance is required.

A deduction of 5 points from your total score will be taken if the time limit is not met, or is exceeded. Timing begins after the announcement of the team with the first motion, or the start of the music, whichever happens first. Timing ends when the last team member crosses the border of the performance floor. Note that the timing will not stop between the entrance and the beginning of the music, or between the end of the music and the exit. Your team may line up/begin anywhere on the gymnasium floor.

**MUSIC** - Please use good judgment in the selection of your music. Points will be deducted for music which is inappropriate or contains sexual overtones or profanity.

**RE-STARTS** – If the re-start of a routine is necessary due to the injury of a team member, the team may re-perform at the end of their division, however, they must perform without the injured team member. NO EXCEPTIONS. The judging will begin where the injury occurred.

**POM PLACEMENT OR REMOVAL** - Placement of poms prior to the routine and pick-up of poms after the routine is included in the stated time limits, and must be done by performing team members only. Mid American Pompon advises that a pom which is accidentally dropped be picked up if at all possible during the routine, for safety reasons. Pick up of a pom (after the routine exit is finished), which was dropped accidentally during the routine, is not included in timing and must be done by a performing team member.

**SIX MEMBER MINIMUM TEAM MEMBERS** - There must be a minimum of six performing team members (there is no maximum number).

**NO PROPS MAY BE USED**

## **MAPP COMPETITION GUIDELINES**

**THE FOLLOWING ITEMS ARE NOT ALLOWED AND WILL RESULT IN A 20 POINT DEDUCTION (unless otherwise stated below) FROM THE TOTAL SCORE IF THEY ARE TO OCCUR.**

### **Tumbling and gymnastics**

1. Tumbling is allowed as long as one hand, foot or body part remains in constant contact with the performance floor. Skills can be performed individually or in combination. Airborne skills are not allowed when hip overhead rotation occurs.

#### **ALLOWED**

Forward/backward rolls  
Shoulder rolls  
Cartwheels  
Handstands  
Backbends  
Front/back walkovers  
Stalls  
Head spins  
Windmills  
Kip Up

#### **NOT ALLOWED**

Dive rolls  
Roundoffs\*  
Front/back handsprings\*  
Front/back tucks  
Aerials  
Layouts  
\*see below for exceptions

2. \*Allowed only for hip hop: airborne skills with hip overhead rotation must involve hand support with at least one hand.
3. Tumbling while holding poms or props is not allowed.
4. Slams/drops to the knee, thigh, seat, front or back position onto the performance floor from a jumping or standing position. Must first bare weight onto hands or feet in order to break the impact of the drop.

### **Lifts/partnering stunts**

1. Jumping or tossing from one athlete to another is not allowed.
2. Jumping or tossing from one athlete to or from the performance floor is not allowed.
3. Jumping off another athlete while sitting is allowed as long as there is hand/arm to body contact with a third athlete the entire time.
4. All cheer stunts and/or pyramid/mounts are no allowed (exception: piggy back)
5. Throwing/tossing is not allowed including basket tosses.

## Lifts

1. Lifts are allowed and defined as an action in which an athlete(s) is elevated from the performance floor and set down.
2. A lifting athlete must maintain direct contact with the performance floor at all times.
3. Lifting athlete must have hand/arm to body contact, of the lifted athlete(s), at all times.
4. Swinging lifts are allowed, provided the lifted athlete(s) body does not make a complete rotation. The athletes head/face must be facing the performance floor or audience/judging panel.

## General Guidelines

1. Suggestive, offensive or vulgar choreography or music is inappropriate for the audience and could result in a deduction.
2. Poms are not allowed to be put in the mouth of an athlete.
3. Queuing your team while they are performing will result in a deduction.

## Code of Conduct

To ensure the most positive experience Mid American Pompon asks that the following code of conduct be adhered to during all Mid American Pompon events:

- Any questions or concerns regarding a team's performance or scores must be communicated by the coach ONLY. Coaches are to contact the MAPP director only after 48 hours following any event.
- Participants, coaches or spectators are not allowed to make contact with the judges or director during any event.
- Judges rulings are final related to placements or deductions.
- Any unruly or aggressive behavior by participants, coaches or spectators toward any other spectator or MAPP staff could result in team disqualification, removal from the event or suspension from future events.

***Overall, if a movement is done that is not within the above-specified guidelines and is determined inappropriate, offensive OR dangerous the judging panel will have the option of assessing a 20-point deduction.***

If you have any questions at all about any requirement or a possible deduction, PLEASE call the Mid American Pompon office and speak with Julie Hobbs-Julian before putting any questionable moves into your routine.

**MID AMERICAN POMPON TRADEMARK - REGISTERED!!**

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*THE MID AMERICAN POMPON STAFF WISHES YOU  
THE BEST OF LUCK AT THE  
REGIONAL AND STATE COMPETITIONS!!*