



Traditional Pom

(Cheer Dance)

Routines should incorporate Poms and Cheer inspired dance without technical dance skills. The main judging aspects are Formations, Synchronization, visual effects, and clean and precise motion technique as well as perfection and technique of the skills allowed.

Dance Technical skills such as leaps of all kinds, pirouettes, fouettés, and kick lines are not permitted. Kicks, splits and jumps are permitted. Tumbling is not allowed. Dance lifts are allowed following the IASF Pom Guidelines.

Scoring

Traditional Pom will follow the same dance scoresheet for dance genres at ICC events. Dance technical skills will be scored on difficulty & execution of kicks, jumps, splits, and lifts.

Inclusion of skills such as leaps, turns and other dance technical skills will not be credited and will impact your Overall performance score.

Bids

This division is not eligible for Summit or Worlds bids as it is only a recognised division in the UK.