



Pom Squad Divisions, Guidelines and Deductions



AAU POM SQUAD DIVISIONS FOR THE 2008-2009 SEASON		
Pom Division	Age	Number on Squad
Tiny Pom		
Tiny Pom	5 yrs & younger	5-36 members
Mini Pom		
Mini Pom	8 yrs & younger	5-36 members
Youth Pom		
Small Youth Pom	11 yrs & younger	5-20 members
Large Youth Pom	11 yrs & younger	21 – 36 members
Junior Pom		
Small Junior Pom	14 yrs & younger	5-20 members
Large Junior Pom	14 yrs & younger	21 – 36 members
Senior Pom		
Senior Open Pom	18 yrs & younger	5-36 members
Small Senior Pom	11 - 18 yrs old	5-20 members
Large Senior Pom	11 - 18 yrs old	21 – 36 members
Open Pom		
Open Pom	17 & older	5-36 members

Pom Squad Guidelines & Deductions

Routines must have a minimum of 50 % of the total squad performing a minimum of 3 different jumps.	Failure to have 3 different jumps: -25 pts
50% of team must perform 2 different turns or leaps.	Failure to perform 2 different leaps or turns: -25 pts
Must use poms for a minimum of 75% during routine.	Failure to use poms min. of 75 % of routine: -25 pts
Maximum time – 2 minutes & 30 seconds	Overtime: -10 pts
Teams are encouraged to incorporate high kicks, different dance styles and creative formations. Routine will be judged on: Jumps- height, execution, timing & variety/ Dance-creativity, difficulty & appeal/ Choreography- flow of routine, innovation, precision/Turns & Leaps/ Formations- use of floor, spacing & transitions/Style/Technique/Overall Difficulty/ Overall Impression	