



2009-2010 DANCE Divisions and Categories

Updated 02-26-09

LEGEND

RED, BOLD FONT Please read these carefully as anything highlighted in red is a deliberate change to the divisions and categories that were decided upon at the USASF Dance Rules Meeting.

BLUE, BOLD FONT Anything bolded in blue includes newly discovered clarifications to the divisions and categories. These rules haven't changed. However, they have been clarified for better understanding.

Please contact USASF Representative Tegan Reeves (treeves@usasf.net) or Dance Committee Chairman Catherine Morris (cmorris@varsityspirit.com) for further explanation with regards to any of these topics.

AGE DIVISIONS and GUIDELINES

| Divisions | Age | Categories | Time Limit |
|-----------|--------------------|--------------------|-------------------------|
| Tiny | 5 years & younger | Jazz, Pom, Hip Hop | 2 minutes 30 sec |
| Mini | 8 years & younger | Jazz, Pom, Hip Hop | 2 minutes 30 sec |
| Youth | 11 years & younger | Jazz, Pom, Hip Hop | 2 minutes 30 sec |
| Junior | 14 years & younger | Jazz, Pom, Hip Hop | 2 minutes 30 sec |
| Senior | 18 years & younger | Jazz, Pom, Hip Hop | 2 minutes 30 sec |
| Open | 14 years & older | Jazz, Pom, Hip Hop | 2 minutes 30 sec |

The information below is associated with the Division Chart above.

The list above is a "menu" of divisions that may be offered by an event producer.

An event producer does not have to offer every division listed above. However, a USASF member event producer may only offer divisions from the grid above or combine/split divisions based upon the guidelines below.

COMBINING AND SPLITTING

- Event producers may split divisions to accommodate **overall team size, all male or coed**. There must be a minimum of 10 teams in a division/category before **one** split may occur. No division may be split if it means that one team will be left in a division alone. When splitting a division, it is up to the event producer to determine where the split occurs in terms of the number of participants.
- Event producers CANNOT further divide or add categories and/or divisions by style, level, skill, age or ability. (Examples: Event producers cannot offer a Stylized Jazz category and a Character Jazz category)

DIVISION CATEGORIES

- Event Producers may offer an Open category (any style) instead of separate categories, i.e. Jazz, Pom, Hip Hop, at any age division. (Example: An event producer **may** offer Tiny Open instead of Tiny Jazz, Tiny Pom and Tiny Hip Hop.)
- Event producers may offer separate categories in Open Division (14 years & older). (Example: An Event Producer **may** offer Open Jazz, Open Pom and Open Hip Hop.)

AGE DIVISIONS

- The age of the competitor as of August 31st 2009 will be the age used for competition purposes throughout the 2009-2010 season for all divisions (Exception: the cut-off date for the maximum age of the Senior teams (18) will**



remain May 31st 2009 for the 2009-2010 season. For the 2010-2011 competition season it will change to August 31st 2010.

- International teams may enter any USASF division as long as they abide by the age restrictions of that division.
- Event producers may offer any USASF optional category as listed below in any age division.

CATEGORIES

JAZZ

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

POM:

Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

HIP HOP

Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation.

Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. *(Examples: Dance Crew, Krumping, Breaking, Stepping, etc.)*

OPEN

An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity.

Optional categories:

USASF Event Producers may choose, but are not required to, add the following categories:

KICK

Routines emphasize control, height uniformity, extension, toe points, timing and creativity of a variety of kick series. Fifty kicks must be performed in the routine. For a kick to be counted, at least half of the team must perform the kick. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor.

VARIETY

Routines will incorporate a blend of jazz, pom and hip hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.

LYRICAL

Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

PROP

Routines emphasize the use of props or a variety of props. The manipulation of the prop must be the main focal point of the routine. Each team will be given 2 minutes to set up and 2 minutes to take down their props before and after the performance if necessary.

PRODUCTION

Production teams must have at least 25 members, and routines must emphasize a theme or a storyline. Routines may be any style of dance that is outlined in the USASF category listing. Production routines will have a maximum of 5 minutes to complete their routine.

MODERN

Routines implement the principles of fall and recovery and/or contraction and release and weight sharing to express inner feeling as related to the musical or narrative piece.