



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 & younger	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.