



# 2016 - 2017 POWER DANCE



## ALL STAR AGE DIVISIONS

<b>JAZZ</b>				A Jazz routine encompasses traditional or stylized hard-hitting, crisp and/or aggressive approach to movement and can include moments of softness while complimenting musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & JAZZ RULES
<b>Mini</b>	9 yrs and younger	Female/Male	4 or more members	
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Junior</b>	15 yrs and younger	Female/Male	4 or more members	
<b>Senior</b>	18 yrs and younger	Female/Male	4 or more members	
<b>Open</b>	14 yrs and older	Female/Male	4 or more members	
<b>HIP HOP</b>				A Hip Hop routine can incorporate any street style movement with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & HIP HOP RULES
<b>Mini</b>	9 yrs and younger	Female/Male	4 or more members	
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Junior</b>	15 yrs and younger	Female Only	4 or more members	
<b>Junior Coed</b>	15 yrs and younger	1 or More Males	4 or more members	
<b>Junior Male</b>	15 yrs and younger	Males Only	4 or more members	
<b>Senior</b>	18 yrs and younger	Female Only	4 or more members	
<b>Senior Coed</b>	18 yrs and younger	1 or More Males	4 or more members	
<b>Senior Male</b>	18 yrs and younger	Males Only	4 or more members	
<b>Open</b>	14 yrs and older	Female Only	4 or more members	
<b>Open Coed</b>	14 yrs and older	1 or more Males	4 or more members	
<b>Open Male</b>	14 yrs and older	Males Only	4 or more members	
<b>POM</b>				A Pom routine contains important characteristics such as strong pom technique (clean/precise and sharp motions), synchronization, visual effects and may incorporate pom elements (i.e. leaps/turns, pom passes, jump sequences, kick lines, etc.). Poms must be used 80% of the routine. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & POM RULES
<b>Mini</b>	9 yrs and younger	Female/Male	4 or more members	
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Junior</b>	15 yrs and younger	Female/Male	4 or more members	
<b>Senior</b>	18 yrs and younger	Female/Male	4 or more members	
<b>Open</b>	14 yrs and older	Female/Male	4 or more members	
<b>CONTEMPORARY / LYRICAL</b>				A Contemporary or Lyrical routine uses organic, pedestrian, and/or traditional modern or ballet vocabulary as it compliments the lyric and/or rhythmic value of the music. Emphasize is placed on control, sustained, expressive movement, body placement, contractions/release, use of breath, uniformity, communication and technical skills. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & LYRICAL/CONTEMPORARY RULES
<b>Mini</b>	9 yrs and younger	Female/Male	4 or more members	
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Junior</b>	15 yrs and younger	Female/Male	4 or more members	
<b>Senior</b>	18 yrs and younger	Female/Male	4 or more members	
<b>Open</b>	14 yrs and older	Female Only	4 or more members	
<b>Open Coed</b>	14 yrs and older	1 or More Males	4 or more members	
<b>PROP</b>				A Prop routine emphasizes the use of props or a variety of props. The manipulation of the prop must be the main focal point of the routine. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & JAZZ RULES
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Senior</b>	18 yrs and younger	Female/Male	4 or more members	
<b>VARIETY</b>				A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF categories. (Jazz, Pom, Hip Hop and/or Contemporary/Lyrical). All Styles will compete together in this category. The style of dance performed will determine which "category" rules a team will follow in the appropriate age division. 1:45 minimum time / 2:30 maximum time.
<b>Mini</b>	9 yrs and younger	Female/Male	4 or more members	
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Junior</b>	15 yrs and younger	Female/Male	4 or more members	
<b>Senior</b>	18 yrs and younger	Female/Male	4 or more members	
<b>Open</b>	14 yrs and older	Female/Male	4 or more members	
<b>PREP</b>				The Prep Category is offered for emerging teams and dancers. All category styles in each age division will compete together in Prep (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical) or may be split when the splitting rule for Prep applies (See USASF Rules about participating on Prep and Non-Prep teams within the same style). 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & PREP RULES
<b>Tiny</b>	6 yrs and younger	Female/Male	4 or more members	
<b>Mini</b>	9 yrs and younger	Female/Male	4 or more members	
<b>Youth</b>	12 yrs and younger	Female/Male	4 or more members	
<b>Junior</b>	15 yrs and younger	Female/Male	4 or more members	
<b>Senior</b>	18 yrs and younger	Female/Male	4 or more members	

See USASF Division Guidelines for rules on splitting, combining teams by size and/or classification.

