



2016 - 2017 POWER DANCE



SCHOOL AGE DIVISIONS

JAZZ				<p>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. 1:45 minimum time / 2:30 maximum time.</p> <p>MUST FOLLOW USASF GENERAL & JAZZ RULES</p>
Elementary	6th Grade & Below	Female/Male	4 or more members	
Junior High	9th Grade & Below	Female/Male	4 or more members	
Varsity	12th Grade & Below	Female/Male	4 or more members	
HIP HOP				<p>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.) 1:45 minimum time / 2:30 maximum time.</p> <p>MUST FOLLOW USASF GENERAL & HIP HOP RULES</p>
Elementary	6th Grade & Below	Female/Male	4 or more members	
Junior High	9th Grade & Below	Female/Male	4 or more members	
Varsity	12th Grade & Below	Female Only	4 or more members	
Varsity Coed	12th Grade & Below	1 or More Males	4 or more members	
POM				<p>POM: Poms must be use 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. 1:45 minimum time / 2:30 maximum time</p> <p>MUST FOLLOW USASF GENERAL & JAZZ RULES</p>
Elementary	6th Grade & Below	Female/Male	4 or more members	
Junior High	9th Grade & Below	Female/Male	4 or more members	
Varsity	12th Grade & Below	Female/Male	4 or more members	
OPEN				<p>OPEN: 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. The style of dance performed will determine which "category" rules a team will follow in the appropriate division. 1:45 minimum time / 2:30 maximum time.</p> <p>MUST FOLLOW USASF GENERAL & CATEGORY RULES</p>
College	College	Female/Male	3 or more members	

Power Dance reserves the right to split, combine and/or omit any division listed based on enrollment prior to events.

