



DANCE TEAM RULE BOOK

PROGRAM TYPE

1. **ALL STAR:** All athletes must be registered with the USASF in the Athlete ID system. A team that does not dance for any sport, but is formed for the primary purpose of competing/training. The team works out in a private gym/studio and/or is coached by a paid professional. USASF Dance Rules apply.
2. **SCHOOL:** A team that is made up of official school team members or official school competition team members. All members must attend that school. USASF Dance Rules apply.

DANCE ROUTINE CATEGORIES

1. **JAZZ:**
A Jazz routine can encompass any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk or stylized hard-hitting jazz. Movement is crisp and/or aggressive in approach and can include moments of softness while complementing musicality. Emphasis is placed on style, body alignment, extension, control, uniformity, technical elements, and communication.
2. **POM:**
A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate purposeful Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). Poms should be used throughout the routine. Inadequate use of poms may also affect the panel judges' overall impression and/or score of the routine.
3. **HIP-HOP:**
A Hip Hop routine can incorporate any authentic street style movement with an emphasis on execution, style, creativity, originality, body isolations and control, rhythm, uniformity and musical interpretation.
4. **CONTEMPORARY/LYRICAL:**
A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, dynamics, alignment, use of breath, uniformity, communication and may incorporate purposeful elements and skills.
5. **VARIETY:**
A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF Categories. (Jazz, Pom, Hip Hop, Contemporary/Lyrical and/or Kick) 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.



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NON-COMPETING DANCE TEAMS

1. **SHOW/EXHIBITION TEAMS:** Each participant receives an award. Maximum time limit is 2:15. Routine can be in any style. All routines must follow USASF Dance Rules.
2. **DANCEABILITIES (SPECIAL ATHLETE) TEAMS:** Each participant receives a trophy. Maximum time limit is 2:15. Routine can be in any style. All routines must follow USASF Dance Rules.
3. **PARENT TEAM:** Maximum time limit for a routine is 2:15. Routine can be in any style and must be suitable for family viewing. Routine must follow USASF Dance Rules. Only allowed at events where time permits.

DANCE TIERS

NOVICE

- Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc).
- All Category styles in each Age Division will be combined in Novice, no exceptions.
- Members on a Novice team may crossover to a Prep or Elite team.
- Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation.
- Novice will only be evaluated on a rating system and not scored/ranked against other teams.
- Novice Teams must follow the USASF Dance General Rules and USASF Prep Dance Rules with the following exceptions:
 - Routine may not exceed 1:30 (there is no time minimum)
 - No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills) •
- Novice teams will only perform ONE TIME at 2-Day Events.

PREP

- All Category styles in each Age Division will be combined in Prep, unless the USASF Prep splitting rule applies
- The Prep designation is offered for emerging teams and dancers.
- Prep teams must follow the USASF Dance General Rules and USASF Prep Dance Rules
- Will compete BOTH days at 2-Day Events.

ELITE

- Term used to differentiate between the Prep and Novice tiers.
- The division will be referred to as Elite or simply by the Division and Category name. Example: Senior Elite Pom or Senior Pom.
- Elite teams must follow the USASF Dance General Rules and USASF Category Specific Dance Rules for their teams applicable division and category.



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POWER DANCE GENERAL SAFETY GUIDELINES

A Safety Violation will be assessed for violation of the following:

1. **DIVISION VIOLATIONS:** If your division changes at the event, you are subject to a 2-point penalty.
Examples:
 - a. Team number changes that ultimately change your competition division.
 - b. Age division or category changes.
 - c. In lieu of the penalty, you may be given the option to pay the 'event change fee' and be placed in the correct division (if applicable).
2. **CHOREOGRAPHY AND COSTUMING:**
 - a. Suggestive, offensive, or vulgar choreography, costuming, and/or music are not allowed.
 - b. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
 - c. All choreography must be age appropriate.
 - d. All costuming and makeup should be age appropriate and acceptable for family viewing.
3. **ROUTINE MUSIC:**
 - a. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family listening.
 - b. Music or words unsuitable for family listening, which includes, but not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body.
 - c. Removing improper language or words from a song and replacing with sound effects or other words, may still constitute 'inappropriate'.
4. **JUDGE'S DISCRETION:** Judges reserve the right to assess warnings and/or deductions when a team's choreography, costuming, makeup, music, etc. do not meet the standards of what Power Dance deems 'appropriate'.
5. **TIME VIOLATIONS:** Maximum time limit is 2:15, minimum is 1:45. Timing will begin/end with the first/last choreographed movement or note of music. Exception: Teams competing in the Novice Tier have no time minimum and a maximum of 1:30.
 - a. Teams must enter and exit in a timely manner.
 - b. Organized entrances are not allowed. Teams should walk on the floor, place their props and immediately go to their starting positions.
6. **COACHES BOX:** Coaches must remain in the designated coach's area during the team's performance. Coaches will not be allowed to assist the team during the team's entrance, routine performance or exit. Exception: Teams competing in the Tiny age division will be allowed to have coaches assisting at the front of the floor (not directly in front of the judges).
7. **SPORTSMANSHIP:** Coaches must display good sportsmanship and require the same from members of their program. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or ACP/Power Dance Event Staff may result in potential deduction, team disqualification, removal from the event and/or barred participation from future Power Dance Championships.



DANCE TEAM RULE BOOK

POWER DANCE COMPETITION POLICIES

1. **MUSIC GUIDELINES:** Power Dance will follow the Varsity Spirit Music Guidelines for all competitions. Please visit varsity.com/music for the most up-to-date guidelines and latest resources.
 - a. You must provide a representative from your program to play music.
 - b. We will NOT provide CD players. We will require playing music from MP3 player or phone (MUST be in airplane/do not disturb mode).
 - c. We highly recommend using an iPod or other music-playing device without cellular connection for music playback. Avoiding using a cellular phone during performances is best, however if this is a must follow these tips:
 - Use a phone with a headphone jack. The newest phones, including the iPhone 7, 8, 10 and Samsung Galaxy S7 do not have headphone jacks and this can cause issues during playback.
 - Take off the case! Failure to do so may disconnect the phone jack from the playback system causing a skip in the music or complete cut off.
 - Make sure the device is turned on airplane mode.
 - Download the music directly to the device and play using the playback software. Using a secondary platform, online services, or streaming music can cause disruptions during playback due to internet connections within convention centers and venues.
 - Update the Operating System on the device. Failure to do so may cause interruptions during playback.
 - d. If there is a music interruption that occurs during a performance and is the fault of YOUR adapter or equipment, you will NOT be able to do your routine again. Music interruption that is due to the fault of OUR equipment, will be addressed immediately by the event official and you will be able to do your Routine, full out, in its entirety again.
2. **INTERRUPTION OF PERFORMANCE POLICY:**
 - a. **Injury/Illness:** The Safety Judge, Panel Judge, Coach, Athlete or Competition Official reserves the right to stop a routine due to an obvious injury/illness. In the event that an injury causes the team's routine to be interrupted, the team will be given up to 30 minutes or until right before the award ceremony, whichever comes first, before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. The routine must be performed full-out from the beginning of the routine. If a team prefers not to re-work the routine then, at the coach's discretion, they may take the score they have received up to that point.
 - b. **Music:** In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance. The team may perform that routine again in its entirety or let the performance stand as-is. If a team performs again, the routine must be performed full out, from the beginning and the judges will begin evaluating the routine from the point of interruption as determined by the Judges.

DANCE RULES AND AGE DIVISIONS

Power Dance will adhere to USASF Dance Rules, Age Divisions, splitting/combining divisions, World splits, etc.

Go to usasf.net for more detailed information.



DANCE TEAM RULE BOOK

2020-2021 ALL STAR DANCE AGE GRID

PRIMARY AGE DIVISIONS

Note: Divisions are listed by 1) Age, 2) Team Size (if applicable), 3) Gender (if applicable) 4) Category (Jazz, Pom, etc.). Ex: Senior Large Coed Hip Hop

Coed*: female(s) & male(s), Ex: Senior Coed Hip Hop

All Male:** 0 females, Ex: Senior Male Hip Hop

All Female: 0 males, Ex: Senior Hip Hop (do not include gender in title)

* Coed will only be offered in the Youth, Junior, Senior & Open Hip Hop Divisions

**All Male will only be offered in the Junior, Senior & Open Hip Hop Divisions

Competition Divisions will be split/combined according to the USASF Dance Guidelines

Division	Target Ages	Eligibility by Birth Year	Gender	Team Size
Tiny	4-6 years old	2013 - 2016	Female/Male	4-14 Small 15+ Large
Mini	5-9 years old	2010 - 2015	Female/Male	4-14 Small 15+ Large
Youth	8-12 years old	2007 - 2012	Female/Male	4-14 Small 15+ Large
Junior	10-15 years old	2004 - 2010	Female/Male	4-14 Small 15+ Large
Senior	12-18 years old	6/1/2001 - 2008	Female/Male	4-14 Small 15+ Large
Open	13 years +	On or before 12/31/2007	Female/Male	6 -15 Elite 16-30 Premier



DANCE TEAM RULE BOOK

2020-2021 SCHOOL DANCE AGE GRID

JAZZ			
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
College	College	Female/Male	4 or more members
POM			
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
College	College	Female/Male	4 or more members
HIP HOP			
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
College	College	Female/Male	4 or more members

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