

2022-2023



COMPETITIONS



VERSION 10.29.22

**2022 – 2023 USA HIGH SCHOOL DANCE
EVENT INFORMATION PACKET
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Visit usa.varsity.com for the most up-to-date competition and camp information this season!

Information is subject to change.

Ready to Compete?

See the Various Competition Types Below That the United Spirit Association is Proud to Offer

Regionals – No prior qualification is required to compete at this one-day event. Regionals are local qualifying competitions for USA High School Dance Nationals, as well as stand-alone events for those who wish to compete but have no goal to attend the USA Dance Nationals event. All performers receive a participation ribbon (or other commemorative item). Regional awards are presented to top teams in each division.

Classics – No prior qualification is required to compete at this one-day event. Classics are qualifying competitions for USA High School Dance Nationals, as well as stand-alone events for those who wish to compete, but have no goal to attend the USA Dance Nationals event. All performers receive a participation trading pin (or other commemorative item). Sponsorship “give-aways” may be distributed at select events. Trophies or plaques are awarded to 50% of the teams in each division. For all divisions, an exclusive “Champion” event pin is presented to each first place competitor.

Opens – No prior qualification is required to compete at this one-day event. These are independent events that have no implications for, and/or relation to, USA High School Dance Nationals. All performers receive a participation trading pin (or other commemorative item) and/or sponsorship “give-aways.” Trophies or plaques are awarded to 50% of the teams in each division. For all first place teams, each individual member on the team receives an exclusive 1st place “Champion” event T-shirt.

NOTE: Not all divisions are offered at every Regional, Open or Classic competition.

High School Dance Nationals – USA Dance Nationals began in 1986. The event takes place in Anaheim, CA and draws teams from throughout the western United States and beyond. Specialty Awards include Judges Award of Excellence, Best Choreography, Sweepstakes Style Awards and Grand Champion. Perform in the Anaheim Convention Center – steps from Disneyland Resort in sunny Southern California. Win scholarships, Championship Backpacks, Banners, Medallions & More!

The USA is thrilled to offer multiple events for high school teams this season!

Save the Date!



March 17 - 18, 2023
Anaheim Convention Center
Anaheim, CA

Take the stage in beautiful and sunny Southern California at the 36th Annual USA Dance Nationals.

This premier event attracts nearly 2,000 competitors to compete for the Champion title in one of over 55 different divisions.

Visit usa.varsity.com for more information or contact
USACompetitions@varsity.com

**We look forward to seeing you at the
2023 USA Dance Nationals in Anaheim**

2023 NATIONALS REGISTRATION PROCESS

2023 USA Dance Nationals in Anaheim, CA on **March 17 - 18, 2023**.

Please visit <https://www.varsity.com/usa/school/competitions/dancenationals/> for the most accurate and up to date event information.

REGISTRATION

Please do not wait to qualify before registering as registration will close before all regional competitions have taken place. No money is due until February 3, 2023. At Nationals, schools may enter up to **seven (7) routines per team and two (2) soloists in the Super Dancer division and (1) soloist in the Solo Champion division per school.** If a school has a JV team, up to 7 additional team performances are permitted for the JV team.

Performance order will be determined by registration date if payment is received by the deposit due date. If payment is not received by the deposit due date, performance order will then be determined by the date payment is received. Performance order subject to change based on event flow, costume change needs, etc.

You cannot register for the 2023 USA Dance Nationals event on myVarsity.com.

Event registration is done on-line. Please find the link to registration on the USA Dance Nationals 2023 website at <https://www.varsity.com/usa/school/competitions/dancenationals/>.

Please have the following ready before you start the registration process:

- myVarsity.com account login username and password. If you cannot find or need a login, please contact the USA office at 800-886-4872 or USARegistration@varsity.com.
- Information for all athletes (first name, last name, gender, and birthdate) for team roster
- Divisions in which your teams will compete

PAYMENT INFORMATION

Registrations are not confirmed until payment is received.

Acceptable forms of payment are school check, money order, cashier's check, purchase order or credit card. USA does not accept business checks, personal checks, or multiple check payments from individual squad members.

Registrations, even with payment, do not guarantee event entry as the competition may close prior to the deadlines due to capacity. Registrations that are not paid in full, or guaranteed by school purchase order, by **March 3, 2023**, are subject to cancellation.

DEADLINES

December 31, 2022 – Registration must be submitted online on or before December 31st.

February 3, 2023 – \$100, per competitor, deposit and additional paperwork must be received in the USA Office.

February 21, 2023 – Deadline for Division and/or Roster changes. **There are no division or soloist name changes after February 21, 2023.**

March 3, 2023 – Final balance due

ONE DAY EVENT REGISTRATION

How to find event pricing

- Go to www.myvarsity.com and click "Search for Competitions." You are not required to log in to search for and/or view events.
- On the next page, filter results for "Varsity Brand" and select "United Spirit Association." This will automatically refresh your page to display all the USA events. You may also filter by "Event Type" and by checking the box next to "Dance" and "School."
- Scroll down to the competition for which you would like to view the pricing.
- Expand the event to view additional information by clicking on the event name or by clicking on the blue "More Info" button to the right.
- Once the event expands down, you may scroll down to view prices by Division Group.
- **After the event information is expanded – confirm that school dance is offered at an event**
 - Under the "Event Paperwork" section is the "Pricing" section.
 - In the pricing breakdowns, the "Division Group" column must say "School Dance Divisions" or "Solo Dance Divisions."

How to submit a competition registration (Regionals & Classics)

- Login to your myVarsity account with your associated email and password. If you do not have a myVarsity account and you are the coach, please contact our office at USARegistration@varsity.com to get set up with an account.
- Once you are logged in, hover your mouse over the "COMPETITION" menu dropdown and select the first option called "Competition Search."
- Follow the steps for "How to find event pricing" above to find the event for which you wish to register.
- Once you have the information expanded for the event you wish to register for, click the blue button that says, "Register Now!"
If the button says, "Call to Register," you will need to call our office, 1.800.886.4USA, to submit your registration. Registrations will only be accepted if there is still space in the event.
- Follow the steps in the registration portal to complete and submit your registration.

Please note that if you have multiple teams you are registering (JV Dance vs. Varsity Dance or Varsity Dance vs. Varsity Dance/Drill), you will need to do this process separately for each team.

At Regionals and Classics, teams may enter up to seven (7) routines per team and three (3) soloists per school. At Solo Classics, teams may enter unlimited soloists. If a school has a JV team, up to 7 additional team performances are permitted for the JV team.

myVarsity is most accessible using a desktop computer or laptop. If you are viewing the website on a mobile device or tablet, you may have trouble viewing or working within the site. If you are having trouble utilizing the website on a desktop computer/laptop, try using Google Chrome as a browser as it is the most compatible with our platform. Contact our office, 1.800.886.4USA, if you are having further difficulties.

One Day Registration Policy and Fees

Early Bird Registration Fee The registration must be paid in full 21 days or more prior to the event for which you wish to register to lock in the early bird rate.

On-Time Registration Fee The on-time registration fee will apply to those registrations paid in full 8-20 days prior to the event for which you wish to register. New registrations will not be accepted the week of the event. Competitions may close to additional participants at any time, including before the “Early Bird” registration/entry deadline.

Acceptable forms of payment include school purchase order, school check, money order, cashier’s check and/or credit card. Personal checks, organizational checks, cash or individual payments are not accepted. The school's name must appear on the PO. School purchase orders must be paid in full at least 5 days prior to the event.

Alternates - for regional events, the team fee only covers those individuals taking the floor to compete. Additional team members in attendance but not competing must register and pay the alternate fee if competition registration is a per person fee or pay the spectator admission price if the registration fee is per team for the event.

Requests for refunds, transfers of registration fees (registration fees may be transferred only once and registration fee transfers may not be split) or category/division changes will be accommodated only if notice is submitted in writing 10 days or more prior to the affected event. After that time, all funds become non-transferable and non-refundable. Teams are responsible for the full registration fee(s) for cancellations past the refund deadline, regardless of payment status. Teams will be responsible for the full registration fees for cancellations past the refund deadline, regardless of payment status, and/or “no shows” on the day of the event.

TEAM ONSITE REGISTRATION INFORMATION

All teams should report to the registration table no later than 45 minutes prior to the beginning of the division in which they are competing. Team registration fees only cover those performers taking the performance floor. Additional tickets for team alternates may be purchased at the event with cash only, unless otherwise noted.

You will need to submit an alphabetized list of all participating students as well as a signed USA participant release and waiver form (school and rec teams) for each participating student. We ask that all release and waiver forms be alphabetized by last name.

USA CHEER “DANCE COACH” MEMBERSHIP

Varsity Spirit requires that all school dance coaches, choreographers and personnel wishing to access the warmup area, backstage, coaches’ box or music table at our competitions have a USA Cheer “Dance Coach” Membership as proof that safety/security compliance elements have been met to gain access to these competition areas. Visit usacheer.org/usa-cheer-membership-for-varsity-spirit to learn more and to complete the steps required before your first competition.

2022–23 USA DANCE COMPETITION DIVISIONS

How to qualify for USA Nationals:

If your team competes in any of the divisions listed under “Qualifying Divisions”, and you would like to compete at USA Dance Nationals, you must first pre-qualify at a USA Dance Regional or Classic to be placed in either the Open or Championship division at Nationals. *If you do not have a USA Dance Regional in your area, you must attend a virtual regional. Register early!* **Teams do not need to wait to qualify for Nationals before registering.** The USA will place each team in the “Open” or “Championship” division based on their performance score at a USA qualifying event.

QUALIFYING DIVISIONS

For qualifying divisions, teams who receive an average score of 85 points or greater (excluding penalties) for a given routine will qualify for (and must compete in) the “Championship” division at Dance Nationals. Teams who score an 84.9 or below for a given routine will qualify for (and must compete in) the “Open” division at Dance Nationals. Only the judges’ scores can determine the qualification into the “Open” or “Championship” divisions. The qualifying divisions include:

- Dance – X-Small (2-5), Small (5-10), Medium (11-17), Large (18+)
- Hip Hop - Small (5-10), Medium (11-17), Large (18+)
- Lyrical - Small (5-10), Medium (11-17), Large (18+)
- Jazz - Small (5-10), Medium (11-17), Large (18+)
- Military - Small (5-14), Large (15+)
- Prop (5+)
- Kick (5+)
- All-Male (5+)
- Novelty/Musical Theater (5+) **
- Character Dance (5+) **
- Dance/Pom (5+)

**** At any USA competition a school may enter either the Novelty/Musical Theater or the Character Dance division but may not enter both.**

NON-QUALIFYING DIVISIONS

The following divisions **do not** require prior qualification at a USA qualifying event in order to compete at USA Dance Nationals. The non-qualifying divisions include:

- Co-Ed (5+)
- Dance/Drill (5+)
- JV Dance (5+)
- JV Hip Hop (5+)
- JV Dance/Pom (5+)
- **New** - JV Jazz (5+)
- Solo

Divisions specific to JV teams are: JV Dance, JV Hip Hop, JV Dance/Pom, JV Jazz. In categories not specific to JV teams (i.e: Kick, Novelty, etc.), JV teams can compete in Varsity categories as a JV team. JV teams are not permitted to compete in Varsity categories (Sm/Med/Large: Dance, Hip Hop, Dance/Pom or Jazz) already offered as separate JV divisions. A team can only compete in a JV division if their school has a separate JV and Varsity team. An individual may not crossover as a member of both the Varsity team and JV team under any category. JV and Varsity teams may not combine under any category. If a school has separate JV and Varsity teams, these teams must always compete separately, with no dancer (including alternates) crossing over between JV and Varsity.

2022 – 2023 USA DANCE COMPETITIONS SAFETY RULES & GUIDELINES

GENERAL INFORMATION

1. Rules are designed to help dancers avoid injury, while allowing for many skills that can be executed safely with proper training and coaching.
2. We want to ensure a penalty free experience for your team. Therefore, if you have any questions regarding our safety rules or would like to submit a video/music for review in preparation for the competition season or prior to the event, please contact USADanceRules@varsity.com.

COSTUMING/FOOTWEAR/JEWELRY

1. Shoes are not required when performing, but participants that wear shoes must have soft, non-marking soles. Penalty of marking floor results in disqualification. The performing school will be responsible for any charges that may occur as a result of damage to any floor. Performers who do not wear shoes while performing do so at their own risk. Shoes are required at all other times when not directly performing.
2. Costuming must be well secured and appropriate for a family friendly environment.
3. Jewelry and accessories are allowed, provided they are secured appropriately to the dancer.

ROUTINE TIMING

1. **Timing:** Begins with the first note of music or movement, whichever is first. Timing will end with the last note of music or movement, whichever is last.
2. **Solo Routine:** Up to 2 minutes (maximum) per routine - entrance and exit up to 15 seconds each.
3. **ALL Dance, Military, Hip Hop, Jazz, Lyrical, Kick, Dance/Drill, Co-Ed Dance, All-Male and Dance/Pom divisions:** Up to 3 minutes (maximum) per routine - entrance and exit up to 30 seconds each.
4. **Prop & Novelty or Character Dance:** Up to 3 minutes (maximum) per routine - entrance and exit up to 1 ½ minutes each.

LIFTS/STUNTS/PARTNERING

1. **Horizontal Lift** – A horizontal lift occurs when the lifted dancer's head is in line with his/her/their hips. While the base is standing on the performance floor, this type of lift is legal if the base(s) maintain direct contact with the lifted dancer throughout the entire skill above the bases' head level, and at least one base maintains direct contact with the head/neck/upper body of the lifted dancer.

2. An **Upside Down Lift** occurs when the lifted dancer's head is below his/her hips. While the base is standing, this type of lift **is legal if** the base(s) maintain direct contact with the lifted dancer throughout the entire skill above the bases' head level, **and** at least one base maintains direct contact with the head/neck/upper body of the lifted dancer.
3. Standing or stepping on another dancer's torso (whether directly or indirectly) is legal, as long as the lifted dancer is physically supported by at least two other dancers. The torso is defined as the front or back of the upper body area, shoulders to hips.
4. Elevators (lifted dancer's feet are being held at shoulder level by the bases with the dancer in an upright position), thigh stands, chair sits, and shoulder sits are permitted.
5. The following **cheer based stunts are not permitted** and will result in routine **disqualification**:
 - Extended cheer stunts (the lifted dancer is extended in an upright position over the base(s) who maintain fully extended arms)
 - Pyramids and basket tosses

INDIVIDUAL SKILLS/TUMBLING

1. Front tucks, back tucks (including toe pitch back tucks) and/or layouts are not permitted.
2. Airborne skills may not jump from a standing or squatting position backwards onto the neck, back, and/or shoulders. Any "kip up" motion must initiate with the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band"/"bronco" kip up skill.)
3. NEW LANGUAGE* If a team chooses to use non-hands free poms for aerial cartwheels they **must be moved to one hand**. If a dancer fails to move both poms to one hand or touches down with the hand that holds both poms during the skill, a 3-point penalty will be assessed.

APPROPRIATENESS

1. All routine choreography, movements, and costuming should be appropriate and entertaining for a **family friendly environment and for audience members of all ages.**
2. Any movement(s) implying something indecent, offensive, or sexual in content are not allowed.
3. NEW LANGUAGE* Music cannot contain inappropriate words, phrases, and/or sounds, in any language; this includes direct and/or specific references to the act of consuming alcohol (ex: "sipping champagne"), pejorative words, illegal activities for minors (ex: "smoking cigarettes"), acts of violence or inciting violence against others, sexual references, or offensive language referencing any groups.

Inappropriate examples provided above are included to help illustrate potential violations. Violations are not limited to those specific examples.

4. It is the coach's responsibility to screen all music to ensure that it is appropriate for the students, audience, and community.
5. Explicitly inappropriate music/lyrics, costuming and/or movements will incur a 3-point penalty per infraction.

PROPS / SETS

1. Handheld and wearable props (individually used and carried by dancers i.e. ball, box, or scarf) are permitted in ALL divisions.
2. Sets and backdrops are **only** permitted in the Dance, Prop, Character and/or Novelty divisions. Sets and backdrops may not be used in Lyrical, Hip Hop, Kick, Dance/Drill, Co-Ed, Military, Solo, Dance/Pom, and All Male.
3. All props must be non-marking. Padding and/or rubber wheels must be used. Penalty is disqualification. The performing school will be responsible for any charges that may occur as a result of damage to the floor.
4. Any props/sets/accessories must be able to fit through a standard door measuring 7 feet high x 63 inches wide. Once your entrance and/or exit time begins, teams may start to assemble props/sets to any size they wish, but must be able to assemble all props/sets within the entrance and exit time allotted. Props may be assembled prior to entrance time and before entering the gym only if they meet the 7 feet high x 63 inches wide requirement after assembly. Otherwise, teams **cannot assemble props/sets/backdrops until they are called on to the performance floor and their entrance time begins.** All teams must enter and exit the gym with ALL props/sets at the time of performance. Storing of props/sets in the venue (before performance or after) will not be permitted, unless otherwise noted in competition information. **Penalty is 10 points per prop infraction.**
5. If a prop/set/accessory stands higher than 4 feet from the performance floor, a dancer can only jump, tumble, or fall from the prop/set/accessory at the point of 4 feet or below. USA Competition Directors reserve the right to measure assembled props.

MUSIC

Note the music rules that are in place for the 2022-23 competition season. Be sure you are familiar with these prior to taking any competition floor. Failure to comply may lead to disqualification and forfeiture of all fees (registration, admission or otherwise) associated with a team's performance.

Music Rules & Restrictions

Music is defined as any recorded sound amplified through the competition sound system. One or several selections of music may be used, as long as they follow the music licensing

rules. Failure to comply may lead to disqualification and forfeiture of all fees associated with a team's performance.

- Coaches are responsible for reading and understanding the USA Cheer Music Copyrights Educational Initiative and understanding that all sound recordings used in their team music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, teams should email musicinfo@varsity.com. Please periodically check the provider list for updates and changes.
- Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- If your team is featured in a TV and/or virtual broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.
- When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.
- If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music for more details.
- If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (provided by Varsity Spirit).
- If a team does not have the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
- If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.

Challenge Process

- All music challenges must be submitted in writing to the event director.
- There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
- Fees collected will be voided if challenge is correct.

- If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
- If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- A sound system will be provided. Speed control is not available. Music must be recorded at the correct tempo. Music checks on the main sound system are not permitted.
- All teams must provide their own MP3 device (or smart phone) for use on the event-provided sound system. Although it is not recommended due to potential interference that may be caused during a routine, a smart phone may be used for playing music.
- Each team is required to have a representative (responsible adult) that knows the routine and music remain at the music station (no alternates or team members allowed). This representative is responsible for starting the music and stopping the music at the routine's end, or in case of technical malfunction or injury. Should an adult choose not to stay at the music station for the duration of the routine, and a malfunction occurs, the team may or may not be permitted to perform the routine again. Please hold on to your music until the time of your performance. If using an MP3, smart phone, etc. please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack. If you are using a smart phone, please ensure that no interruptions (i.e., phone call, alarm, etc.) occur during your performance. Place the smart phone in "airplane mode," ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of contest penalty.

Virtual Competitions Music Rules

- The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event and all sound recordings used in your team's music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, teams should email musicinfo@varsity.com. Please check the Music Provider list for updates and changes periodically.
- All routines will be judged with sound and available for Varsity TV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours, the routines will be available without sound for Varsity TV subscribers. After 5 days, routines will be available free of charge without sound for the duration of the competition season.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation. Any team traveling with a video crew may be disqualified.

LOGO USAGE

Teams will not be allowed to use any USA Varsity Spirit Brand logo, the USA logo or the Game Day logo on banners, rings, bows, t-shirts, etc. without prior approval from the USA office. However, the use of the USA letters (not unique to the USA logo) will be allowed.

INSURANCE

Each participant must have their own personal insurance. All competitors must submit a USA Medical Release and Appearance Form at each competition in order to compete. The host facility, the host facility district, the directors/sponsors and/or the USA will not be responsible or held liable for any injuries occurring at a USA competition.

First aid staff will be on site at all competitions to provide assistance for emergencies only. Taping of wrists/ankles for individual performers will not be provided, unless medically necessary to treat an injury that occurs at the competition site.

FOOD

At most locations, food and drinks will be available for purchase throughout the competition. Food purchased at the competition venue may or may not be permitted inside the performance venue. Food purchased outside of the competition venue is not permitted inside the performance venue at any location.

DRESSING ROOMS

Dressing rooms, locker rooms and/or restrooms may be available on a limited basis. The USA and/or the host facility will not be responsible for any lost or stolen articles.

GENERAL ADMISSION

Team registration fees only cover those athletes taking the performance floor. Additional team members in attendance but not competing must register and pay the alternate fee if competition registration is a per person fee or pay the spectator admission price if the registration fee is per team for the event.

“Alternates” must be registered on the team roster and be in the proper team uniform on the day of the competition in order to gain entry into the venue and have paid the “alternate” fee.

SAFETY RULES SUBMISSIONS

We want to help ensure a penalty free experience for your team! Submitting a video is the only way to review a routine for potential safety violation prior to them being performed at a USA competition. For all legality questions regarding specific performance elements, you may email a video that contains the skill in question.

All emailed videos must include the following:

1. Name of the **School** and **Division** in the *Subject Line* of the email
2. Videos should be in either Quicktime formats (.mov) or MPEG-4 Format (.mp4).
3. Clear, close up view of skill in question
4. **Do not send the entire routine**, only the skill(s) in question
5. Include your name, team name, division, and phone number in the body of the email
6. USA will also review any music and/or questionable lyrics prior to USA competitions.
7. All video submissions must be emailed to USADanceRules@varsity.com.
8. All safety video submissions for one-day events must be submitted 14 days or more prior to the competition date.

***Note that submission of a routine and/or its elements does not preclude a team from being assessed a penalty while at a specific USA competition, as performances from the video submission may differ from those executed on the competition floor. Submission of a routine does not guarantee that it can be reviewed.**

Please contact USADanceRules@varsity.com if you need clarification on any of the above safety rules.

DIVISION DESCRIPTIONS

Please note: the only divisions which have gender restrictions are Co-Ed Dance & All-Male Dance (see below).

Scoresheets and Safety Rules & Guidelines are available at <https://www.varsity.com/usa/school/competitions/rulesandscoreing/>

The contest director may cancel, combine, or divide divisions as deemed necessary. If divisions are sub-divided, adjustments will be made in the number of available awards. Multiple teams from a school will be allowed (i.e., Drill Team vs. Dance Team or JV vs. Varsity) as long as individuals are not competing on both teams. For example, if the same dancer competes on both the Dance Team and the Drill Team for their high school, those teams will then need to share the **seven (7)** maximum number of routines. An individual may not compete against her/himself in the same division/category (i.e., perform in two X-Small Dance routines).

Individual Solo Competition

All contestants must perform a solo dance routine up to 2 minutes (maximum) in length: entrance up to 15 seconds and exit up to 15 seconds. Any dance style or combination of styles may be used. **A soloist from any team may compete only one solo per USA event.**

Dance

Overall effect must be dance in nature. Any dance style or combination of styles are acceptable. Dance attire or school uniforms may be used.

Dance Showcase

This division is the perfect opportunity for any performing arts program or team to gain valuable performance experience for evaluation only. Performances in this division will be evaluated against the USA scoresheet for an overall rating based on scoring. **This division is for evaluation only.** Any dance style or combination of styles are acceptable. This division is currently offered at USA Regional and Classic events only.

Co-Ed Dance

This team must consist of at least 2 males and 2 females. Routine may be of any dance style or combination of styles. Routine emphasis must be on partnering interactions for at least 50% of the routine.

All-Male Dance

This team must consist of all males. Routine may be of any dance style or combination of styles.

Lyrical

A routine where all dancers interpret the lyrics, mood or intent of a song (with or without words), using ballet and/or jazz and/or modern technique. This form has a quality of movement that uses the music and/or lyrics as the guide. Incorporating balance / sustained movement, as well as facial and body emotion, is expected.

Dance/Pom

Routine emphasis must be on the use of pom. Teams must use two poms for at least three-fourths of the routine. Standard school uniforms, dance or military clothing may be worn.

Hip Hop

A routine where dancers perform a variety of street style movements that showcases the artistry and technique of hip hop, or that have evolved as part of hip-hop culture. Difficulty should be emphasized through body awareness/muscle control, textures, dynamic and diversity in the various hip hop styles. (Ex: Vogue, Locking, Breaking, Popping, Whacking, House). Any genre of music may be used as long as the routine as a whole focuses on hip hop style.

Military

Routine must be military in nature with an emphasis on precision & sharpness through the dancer's entire body. Routine must include: military maneuvers, pattern formations, visual effects, various arm/hand sequences and a variety of marching styles (i.e. glide, high knee, prance, pony, chug, etc.). School uniforms or military attire/costume must be worn. In keeping with the military tradition, all maneuvering/marching/traveling must begin on the left foot. All difficulty and technical elements must be in keeping with military style/quality.

Dance/Drill

Routine must incorporate a combination of the Military division and Dance division guidelines. (Please read the descriptions of both the Military & Dance divisions before competing in the Dance/Drill division). This routine must incorporate 1/2 dance and 1/2 military movements. (i.e. dance style must not be emphasized over military style and vice versa.)

Kick

Routine emphasis must be on kicks. Kicks must be the focal point of the routine and must be used for more than 3/4 of the total routine length. Any style of movement may be used, as long as the kicks are the focal point of the routine. Routine must include a variety of kick sequences, as well as a variety of different kick types overall.

Jazz

Routine is rooted within the broad spectrum of jazz dance, utilizing vocabulary from any style of jazz dance technique, including: theatrical, vernacular, technical, stylized, classical/concert, pop, etc. Choreography should include the aesthetic foundation of jazz dance, emphasizing bold dramatic body movements, isolations, contractions, rhythm, musicality, energy/expression and dynamics.

Prop

Routine emphasis must be on the creative and visual use of a prop or props. Any style of dance may be used. However, the manipulation of the prop must be the focal point of the presentation, rather than the focus being on the movement of the dancer. The prop must be used in at least 3/4 of the routine. Routine and/or uniform may be thematic in nature, but must not be the focal point of the routine. Standard school uniforms or costumes may be worn.

Novelty/Musical Theater

Routine emphasis must be of a unique thematic nature. The entire routine must emphasize a story line or present a musical theater concept which does not rely on any prior knowledge (on part of the audience/judges) of the theme's origin. Routine may include technical dance movements, permitting these movements make sense within the theme and/or story line. Props are permitted but should not be the focal point of the routine. Props should only serve to enhance the story/theme. Themed costumes should be worn. Sets and backdrops are permitted, but not required.

Character Dance

Routine emphasis must focus on a specific character (person, animal, object, thing). All movements should make sense for the dancers to execute 'in character.' Multiple dance styles may be used, but only if each style enhances the character development. The routine must create the characterization through the use of music, costuming, choreography, and may not rely on any prior knowledge (of the audience/judges) of the theme's origin.

A school will be permitted to compete in either Novelty/Musical Theater or Character Dance, not both.



2022-2023 DANCE COMPETITIONS

ALL MALE SCORE SHEET

Team Name:

Division:

On Team

(A) SUPERIOR PERFORMANCE (B) GROUP PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Originality / Creativity
- ☐ Variety / Ambidexterity
- ☐ Difficulty
- ☐ Appropriateness
- ☐ Musical Interpretation

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Change of Level / Floorwork
- ☐ Visual Effects

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Movement Pathways

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Body Control / Technique
- ☐ Range of Motion
- ☐ Dynamics
- ☐ Turns / Leaps / Jumps
- ☐ Legwork / Footwork
- ☐ Flexibility

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

ALL MALE**TOTAL SCORE**

(100)

Judges:



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**2022-2023 DANCE
COMPETITIONS**
**CHARACTER DANCE
SCORE SHEET**
Team Name:
Division:
On Team

() SUPERIOR PERFORMANCE (B) GRADUATE PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHY
**Max
Value**
Score
Comments:
STYLE MOVEMENT

- ☐
- Clear Characterization
-
- ☐
- Development of Character
-
- ☐
- Composition
-
- ☐
- Creativity / Variety
-
- ☐
- Appropriateness
-
- ☐
- Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐
- Continuity / Transitions
-
- ☐
- Use of Area / Floor Patterns
-
- ☐
- Use of Props (If Applicable)
-
- ☐
- Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION
UNIFORMITY

- ☐
- Upper Body Precision
-
- ☐
- Lower Body Precision
-
- ☐
- Timing
-
- ☐
- Spacing
-
- ☐
- Movement Pathways

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐
- Body Control / Technique
-
- ☐
- Range of Motion
-
- ☐
- Dynamics
-
- ☐
- Characterization
-
- ☐
- Consistency of Character
-
- ☐
- Handling of Props (If Applicable)

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE
SHOWMANSHIP

- ☐
- Facial Expression
-
- ☐
- Projection
-
- ☐
- Focus
-
- ☐
- Confidence in Performance
-
- ☐
- Effectiveness of Character
-
- ☐
- Body Energy
-
- ☐
- Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

CHARACTER DANCE
TOTAL SCORE

(100)

Judges:

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**2022-2023 DANCE
COMPETITIONS**
**CO-ED DANCE
SCORE SHEET**

Team Name:

Division:

On Team

(A) SUPERIOR PERFORMANCE (B) AVERAGE PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐
- Composition
-
- ☐
- Originality / Creativity
-
- ☐
- Variety / Ambidexterity
-
- ☐
- Difficulty
-
- ☐
- Appropriateness
-
- ☐
- Musical Interpretation

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐
- Continuity / Transitions
-
- ☐
- Use of Area / Floor Patterns
-
- ☐
- Change of Level / Floorwork
-
- ☐
- Visual Effects

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐
- Upper Body Precision
-
- ☐
- Lower Body Precision
-
- ☐
- Timing
-
- ☐
- Spacing
-
- ☐
- Partnering

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐
- Body Control / Technique
-
- ☐
- Partnering
-
- ☐
- Dynamics
-
- ☐
- Turns / Leaps / Jumps
-
- ☐
- Legwork / Footwork
-
- ☐
- Flexibility

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐
- Facial Expression
-
- ☐
- Projection
-
- ☐
- Focus
-
- ☐
- Confidence in Performance
-
- ☐
- Musicality
-
- ☐
- Body Energy
-
- ☐
- Uniform / Accessories / Grooming

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

CO-ED DANCE**TOTAL SCORE**

(100)

Judges:


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2022-2023 DANCE COMPETITIONS

DANCE DRILL SCORE SHEET

Team Name:

Division:

On Team

(+) SUPERIOR PERFORMANCE (B) AVERAGE PERFORMANCE (-) NEED IMPROVEMENT (N/A)

CHOREOGRAPHY

Max
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Balance of Dance & Drill
- ☐ Creativity / Variety
- ☐ Difficulty
- ☐ Appropriateness
- ☐ Musical Interpretation

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Change of Level / Floorwork
- ☐ Visual Effects

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

EXECUTION

UNIFORMITY

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Maneuvering / Marching

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Body Control / Technique
- ☐ Range of Motion / Use of Torso
- ☐ Dynamics
- ☐ Turns / Leaps / Jumps
- ☐ Legwork / Footwork
- ☐ Flexibility

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

PERFORMANCE

SHOWMANSHIP

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

DANCE DRILL

TOTAL SCORE

(100)

Judges:



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2022-2023 DANCE COMPETITIONS

DANCE / POM SCORE SHEET

Team Name:

Division:

On Team

(A) SUPERIOR PERFORMANCE (B) AVERAGE PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐
- Composition
-
- ☐
- Use of Poms
-
- ☐
- Pom Variety / Creativity
-
- ☐
- Difficulty
-
- ☐
- Appropriateness
-
- ☐
- Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐
- Continuity / Transitions
-
- ☐
- Use of Area / Floor Patterns
-
- ☐
- Change of Level / Floorwork
-
- ☐
- Pom Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐
- Upper Body Precision
-
- ☐
- Lower Body Precision
-
- ☐
- Timing
-
- ☐
- Spacing
-
- ☐
- Use of Poms

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐
- Body Control / Technique
-
- ☐
- Range of Motion / Use of Torso
-
- ☐
- Dynamics
-
- ☐
- Turns / Leaps / Jumps
-
- ☐
- Legwork / Footwork
-
- ☐
- Flexibility

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐
- Facial Expression
-
- ☐
- Projection
-
- ☐
- Focus
-
- ☐
- Confidence in Performance
-
- ☐
- Musicality
-
- ☐
- Body Energy
-
- ☐
- Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

DANCE / POM**TOTAL SCORE**

(100)

Judges:



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2022-2023 DANCE COMPETITIONS

DANCE SCORE SHEET

Team Name:

Division:

On Team

() SUPERIOR PERFORMANCE (B) EXTREME PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Originality / Creativity
- ☐ Variety / Ambidexterity
- ☐ Difficulty
- ☐ Appropriateness
- ☐ Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Change of Level / Floorwork
- ☐ Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Movement Pathways

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Body Control / Technique
- ☐ Range of Motion / Use of Torso
- ☐ Dynamics
- ☐ Turns / Leaps / Jumps
- ☐ Legwork / Footwork
- ☐ Flexibility

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

DANCE**TOTAL SCORE**

(100)

Judges:



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2022-2023 DANCE COMPETITIONS

HIP HOP SCORE SHEET

Team Name:

Division:

On Team

(1) SLIVER OR PERFORMANCE (2) EXTREME PERFORMANCE (3) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐
- Composition
-
- ☐
- Originality / Creativity
-
- ☐
- Variety / Ambidexterity
-
- ☐
- Difficulty / Specialties
-
- ☐
- Appropriateness
-
- ☐
- Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐
- Continuity / Transitions
-
- ☐
- Use of Area / Floor Patterns
-
- ☐
- Change of Level / Floorwork
-
- ☐
- Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐
- Upper Body Precision
-
- ☐
- Lower Body Precision
-
- ☐
- Timing
-
- ☐
- Spacing
-
- ☐
- Movement Pathways
-
- ☐
- Specialties

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐
- Body Control / Technique
-
- ☐
- Range of Motion / Use of Torso
-
- ☐
- Dynamics
-
- ☐
- Isolations: Head / Neck / Ribs / Hips
-
- ☐
- Legwork
-
- ☐
- Footwork

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐
- Facial Expression
-
- ☐
- Projection
-
- ☐
- Focus
-
- ☐
- Confidence in Performance
-
- ☐
- Musicality
-
- ☐
- Body Energy
-
- ☐
- Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

HIP HOP**TOTAL SCORE**

(100)

Judges:


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2022-2023 DANCE COMPETITIONS

KICK SCORE SHEET

Team Name:

Division:

On Team

(A) SUPERIOR PERFORMANCE (B) AVERAGE PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Creativity / Variety
- ☐ Kick Sequencing
- ☐ Use of Kicks
- ☐ Appropriateness
- ☐ Musical Interpretation

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
E. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Change of Levels / Floorwork
- ☐ Kick Visual Effects

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
E. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Uniformity of Kick Height

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
E. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Torso / Head / Arm
- ☐ Energy / Dynamics
- ☐ Kick Technique
- ☐ Turns / Leaps / Jumps
- ☐ Legwork / Footwork
- ☐ Flexibility

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
E. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
E. 0 - 6

(20)

KICK**TOTAL SCORE**

(100)

Judges:



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2022-2023 DANCE COMPETITIONS

LYRICAL SCORE SHEET

Team Name:

Division:

On Team

(A) SUPERIOR PERFORMANCE (B) AVERAGE PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐
- Composition
-
- ☐
- Creativity / Variety
-
- ☐
- Sustained Movement / Fluidity
-
- ☐
- Difficulty
-
- ☐
- Appropriateness
-
- ☐
- Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐
- Continuity / Transitions
-
- ☐
- Use of Area / Floor Patterns
-
- ☐
- Change of Level / Floorwork
-
- ☐
- Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐
- Upper Body Precision
-
- ☐
- Lower Body Precision
-
- ☐
- Timing
-
- ☐
- Spacing
-
- ☐
- Movement Pathways

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐
- Body Control / Technique
-
- ☐
- Energy / Dynamics
-
- ☐
- Sustained Movement / Fluidity
-
- ☐
- Turns
-
- ☐
- Leaps / Jumps
-
- ☐
- Legwork / Footwork

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐
- Facial Expression
-
- ☐
- Projection
-
- ☐
- Focus
-
- ☐
- Confidence in Performance
-
- ☐
- Musicality
-
- ☐
- Body Emotion
-
- ☐
- Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

LYRICAL**TOTAL SCORE**

(100)

Judges:


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2022-2023 DANCE COMPETITIONS

MILITARY SCORE SHEET

Team Name:

Division:

On Team

(1) SLIVER OR PERFORMANCE (2) EXTREME PERFORMANCE (3) IMPROVEMENT NEEDED

CHOREOGRAPHY

Max
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Military Focus
- ☐ Creativity / Originality
- ☐ Difficulty
- ☐ Variety / Marching Styles
- ☐ Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Military Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Change of Level / Floorwork
- ☐ Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION

UNIFORMITY

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Maneuvering / Marching

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Body Control / Technique
- ☐ Range of Motion / Use of Torso
- ☐ Dynamics
- ☐ Turns / Pivots / Funks
- ☐ Legwork / Footwork
- ☐ Flexibility

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE

SHOWMANSHIP

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MILITARY

TOTAL SCORE

(100)

Judges:


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2022-2023 DANCE NOVELTY / MUSICAL THEATER COMPETITIONS SCORE SHEET

Team Name:

Division:

On Team

() SUPERB PERFORMANCE (B) GRADUATE PERFORMANCE (C) IMPROVEMENT NEEDED

CHOREOGRAPHYMax
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Clear Characterization
- ☐ Development of Story / Theme
- ☐ Composition
- ☐ Creativity / Variety
- ☐ Appropriateness
- ☐ Musical Interpretation

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Use of Props (if Applicable)
- ☐ Visual Effects

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

EXECUTION**UNIFORMITY**

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Movement Pathways

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Body Control / Technique
- ☐ Range of Motion
- ☐ Dynamics
- ☐ Characterization
- ☐ Consistency of Character
- ☐ Handling of Props (if Applicable)

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

PERFORMANCE**SHOWMANSHIP**

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Effectiveness of Character
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

NOVELTY / MUSIC THEATER**TOTAL SCORE**

(100)

Judges:



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2022-2023 DANCE COMPETITIONS

PROP SCORE SHEET

Team Name:

Division:

On Team

(1) SUPERIOR PERFORMANCE (2) EXCELLENT PERFORMANCE (3) NEEDS IMPROVEMENT (4) NEEDS IMPROVEMENT

CHOREOGRAPHY

Max
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Focus on the Prop
- ☐ Continuity of Prop in Routine
- ☐ Prop Composition
- ☐ Creativity / Variety
- ☐ Appropriateness
- ☐ Musical Interpretation

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Prop Transitions
- ☐ Use of Area / Floor Patterns
- ☐ Use of Props
- ☐ Prop Visual Effects

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

EXECUTION

UNIFORMITY

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Handling of Props

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Body Control / Technique
- ☐ Range of Motion
- ☐ Dynamics
- ☐ Coordination
- ☐ Turns / Leaps / Jumps
- ☐ Flexibility

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PERFORMANCE

SHOWMANSHIP

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Effectiveness of Props
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

 A. 18 - 20
 B. 16 - 17
 C. 14 - 15
 D. 7 - 13
 F. 0 - 6

(20)

PROP

TOTAL SCORE

(100)

Judges:


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2022-2023 DANCE COMPETITIONS

SOLO SCORE SHEET

Team Name:

Division:

On Team

(1) SUPERIOR PERFORMANCE (8) AVERAGE PERFORMANCE (12) IMPROVEMENT NEEDED

CHOREOGRAPHY

Max
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Originality / Creativity
- ☐ Variety / Ambidexterity
- ☐ Difficulty
- ☐ Appropriateness

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity / Transitions
- ☐ Use of Area
- ☐ Dynamics
- ☐ Floorwork
- ☐ Musical Interpretation

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

EXECUTION

TECHNIQUE

- ☐ Body Control
- ☐ Legwork / Footwork
- ☐ Leaps / Jumps
- ☐ Turns
- ☐ Flexibility

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

MOVEMENT QUALITY

- ☐ Range of Motion / Use of Torso
- ☐ Dynamics
- ☐ Timing
- ☐ Transitions
- ☐ Body Placements

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

PERFORMANCE

SHOWMANSHIP

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform / Accessories / Grooming

A. 18 - 20
B. 16 - 17
C. 14 - 15
D. 7 - 13
F. 0 - 6

(20)

SOLO

TOTAL SCORE

(100)

Judges:


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