



2025-2026 USA HIGH SCHOOL DANCE DIVISIONS

Red indicates a change/update from the 2024-25 competition season.

For detailed division limitations for Intermediate and Advanced please visit the USA website at:
[Divisions, Rules & Scoring](#)

DANCE DIVISIONS

Dance -- Championship			
Routine Length: 3 Minutes			
X-Small	• 9th - 12th Grade	• Female/Male	• 2 - 5 Members
Small	• 9th - 12th Grade	• Female/Male	• 5 - 14 Members
Large	• 9th - 12th Grade	• Female/Male	• 15+ Members
Dance -- Intermediate			
Routine Length: 3 Minutes			
X-Small	• 9th - 12th Grade	• Female/Male	• 2 - 5 Members
Small	• 9th - 12th Grade	• Female/Male	• 5 - 14 Members
Large	• 9th - 12th Grade	• Female/Male	• 15+ Members
Contemporary -- Championship			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Contemporary -- Intermediate			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Hip Hop -- Championship			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Hip Hop -- Intermediate			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Lyrical -- Championship			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Lyrical -- Intermediate			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members

Jazz -- Championship			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Jazz -- Intermediate			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Dance/Pom -- Championship			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Dance/Pom -- Intermediate			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 10 Members
Medium	• 9th - 12th Grade	• Female/Male	• 11 - 16 Members
Large	• 9th - 12th Grade	• Female/Male	• 17+ Members
Military			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 14 Members
Large	• 9th - 12th Grade	• Female/Male	• 15+ Members
All-Male			
Routine Length: 3 Minutes			
All-Male	• 9th - 12th Grade	• Male	• 5+ Members
Co-Ed			
Routine Length: 3 Minutes			
Co-Ed	• 9th - 12th Grade	• Female/Male	• 5+ Members
Dance/Drill			
Routine Length: 3 Minutes			
Dance/Drill	• 9th - 12th Grade	• Female/Male	• 5+ Members
Kick			
Routine Length: 3 Minutes			
Kick	• 9th - 12th Grade	• Female/Male	• 5+ Members
Musical Theater			
Routine Length: 3 Minutes			
Musical Theater	• 9th - 12th Grade	• Female/Male	• 5+ Members
Prop			
Routine Length: 3 Minutes			
Prop	• 9th - 12th Grade	• Female/Male	• 5+ Members
Solo			
Routine Length: 2 Minutes			
Solo	• 9th - 12th Grade	• Female/Male	• 1 Members
JV Divisions			
Routine Length: 3 Minutes			
Dance	• 9th - 12th Grade	• Female/Male	• 5+ Members
Dance/Pom	• 9th - 12th Grade	• Female/Male	• 5+ Members
Hip Hop	• 9th - 12th Grade	• Female/Male	• 5+ Members
Jazz	• 9th - 12th Grade	• Female/Male	• 5+ Members

Jr. High Divisions

Routine Length: 3 Minutes

Dance	• 9th Grade and Younger	• Female/Male	• 5+ Members
Dance/Pom	• 9th Grade and Younger	• Female/Male	• 5+ Members
Hip Hop	• 9th Grade and Younger	• Female/Male	• 5+ Members
Jazz	• 9th Grade and Younger	• Female/Male	• 5+ Members

Recreational Performance Divisions*

Routine Length: 3 Minutes

Traditional Rec - 12Y (Dance/Pom, Jazz, Hip Hop)	• 2013 and Later	• Female/Male	• 5+ Members
Traditional Rec - 14Y (Dance/Pom, Jazz, Hip Hop)	• 2011 and Later	• Female/Male	• 5+ Members
Traditional Rec - 11-18 Years Old (Dance/Pom, Jazz, Hip Hop)	• 9th Grade and Younger	• Female/Male	• 5+ Members

***Recreational Performance Divisions will not be offered at USA Dance Nationals**

At Regionals/Classics a high school can compete 7 routines per team and 3 solos per school unless otherwise noted.

At Nationals a high school can compete 7 routines per team and 5 soloists. There will be 4 solo divisions. Schools can enter 1 Solo Champion, 1 Senior dancer, 1 Junior dancer and up to 1 Sophomore and 1 Freshman dancer into the Sophomore/Freshman division.

At Regionals/Classics/Nationals - If a school has a separate JV team, up to 7 additional team performances are permitted for the JV team.

At Solo Classics and designated regionals - Unlimited number of soloists per school. Jr High Solo is only offered at a Solo Classic.

Rev. 6-10-25