



**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

<b>Dance -- Championship</b>			
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
<b>Dance -- Intermediate</b>			
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
<b>Contemporary -- Championship</b>			
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
<b>Contemporary -- Intermediate</b>			
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
<b>Hip Hop -- Championship</b>			
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
<b>Hip Hop -- Intermediate</b>			
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
<b>Lyrical -- Championship</b>			
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
<b>Lyrical -- Intermediate</b>			
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

<b>Jazz -- Championship</b>			
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
<b>Jazz -- Intermediate</b>			
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
<b>Dance/Pom -- Championship</b>			
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
<b>Dance/Pom -- Intermediate</b>			
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
<b>Military</b>			
Routine Length: 3 Minutes			
Small	• 9th - 12th Grade	• Female/Male	• 5 - 14 Members
Large	• 9th - 12th Grade	• Female/Male	• 15+ Members
<b>All-Male</b>			
Routine Length: 3 Minutes			
All-Male	• 9th - 12th Grade	• Male	• 5+ Members
<b>Co-Ed</b>			
Routine Length: 3 Minutes			
Co-Ed	• 9th - 12th Grade	• Female/Male	• 5+ Members
<b>Dance/Drill</b>			
Routine Length: 3 Minutes			
Dance/Drill	• 9th - 12th Grade	• Female/Male	• 5+ Members
<b>Kick</b>			
Routine Length: 3 Minutes			
Kick	• 9th - 12th Grade	• Female/Male	• 5+ Members
<b>Musical Theater</b>			
Routine Length: 3 Minutes			
Musical Theater	• 9th - 12th Grade	• Female/Male	• 5+ Members
<b>Prop</b>			
Routine Length: 3 Minutes			
Prop	• 9th - 12th Grade	• Female/Male	• 5+ Members
<b>Solo</b>			
Routine Length: 2 Minutes			
Solo	• 9th - 12th Grade	• Female/Male	• 1 Members
<b>JV Divisions</b>			
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**

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

## **Recreational Performance Divisions\***

**Routine Length: 3 Minutes**

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

**\*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