



OCIATION



2025-2026 SCHOOL

Dance

RULES & REGULATIONS

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All updates and changes for the 2025-2026 season will denoted in **red text**.

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Information is subject to change

Visit usa.varsity.com for the most up-to-date competition and camp information this season!

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Ready to Compete?

The USA is proud to offer multiple events for high school teams this season. See the Various Competition Types Below!

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 commemorative participation gift. 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.

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

High School Dance Nationals – USA Dance Nationals began in 1986. Prior qualification is required. 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!

SAVE THE DATE!



March 13 - 15, 2026
Anaheim Convention Center
Anaheim, CA

Dance Nationals Qualification Requirements

NEW! All Divisions: 75% of the team competing at USA Dance Nationals will be required complete the Varsity Spirit/NFHS Squad Credentialing Program. More information about this can be found [here](#) or by contacting your Varsity Spirit State Director.

Prior qualification through a USA Regional competition or other sanctioned event/process is required in order to attend Dance Nationals in any division (excluding solos and Jr. High teams). If you do not have a USA Dance Regional or Classic in your area, you must attend a virtual regional. Register early! **Teams do not need to wait to qualify for Nationals before registering.**

Bids to Nationals are awarded to teams receiving 80% of total possible points for all Championship divisions and 75% of total possible points for all other team divisions, regardless of any penalties received.

Dance Nationals Tentative Schedule of Events

Friday, March 13 – Solo Champion Prelims/Semi-Finals, Senior, Junior, Sophomore/Freshman Solo Divisions – Prelims/Finals

Saturday, March 14 – Team Division Prelims

Sunday, March 15 – Team Division Finals & Solo Champion Finals

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

2026 NATIONALS REGISTRATION PROCESS

2026 USA Dance Nationals in Anaheim, CA on **March 13 - 15, 2026**.

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

REGISTRATION

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

Please do not wait to qualify before registering as registration will close before all regional competitions have taken place. No money is due until January 6, 2025. At Nationals a high school can compete **seven (7) routines per team and five (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.** 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 deposit or payment in full 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.

Event registration is done on-line on myVarsity.com.

PAYMENT INFORMATION

Registrations are not confirmed until payment is received.

Acceptable forms of payment include school purchase order, school check, cashier's check, money order, or credit card. Personal checks, organizational checks, cash or individual payments are not accepted. The school name and an authorized signature must appear on the PO. **If you submit a Purchase Order, the balance is due no later than 30 days after the event.**

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 are subject to cancellation at any time but will be cancelled no later than by **February 27, 2026**.

DEADLINES

December 23, 2025 – Registration must be submitted online on or before December 23rd.

January 6, 2026 – to secure performance order, \$350, per team deposit or payment in full is due.

February 23, 2026 – Deadline for Division and/or Roster changes. **There are no division or soloist name changes after February 23, 2026.**

February 19, 2026 – All digital waivers must be submitted to registration.

February 27, 2026 – Final balance due

CODE OF CONDUCT

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants and coaches/owners/directors in all facets of team practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, Varsity Spirit asks that all participants, coaches, gym owners, directors and spectators adhere to and know the Code of Conduct and Prohibited Items for all Regional, Virtual, and Championships events.

To review the entire policy please click here: [Varsity Spirit - Safety](#)

EVENT ELIGIBILITY

Varsity Spirit will require that all coaches, directors, choreographers, and personnel wishing to access the warm up area, backstage, coaches' box, or athlete areas at our competitions have required credentialing, background check, and safeguarding as required by each event.

To review the entire eligibility policy please click here: [Varsity Spirit - Event Eligibility](#)

EVENT GUIDELINES

The coach/director of each team is responsible for understanding and following the Event Guidelines. Event Guidelines include:

- General Guidelines
- Safety Guidelines
- Music Guidelines
- Interruption of Performance
- Competition Area
- Warm Up Room Policy

To review additional information, click here: [Varsity Spirit - Event Guidelines](#)

EVENT POLICIES

All attendees are expected to follow event policies to ensure a respectable and secure environment.

To review the event policies, click here: [Varsity Spirit - Event Policies](#)

USA SCHOOL DANCE DIVISIONS

To review the 2025-2026 USA Dance Divisions, click here: [2025-2026 USA Dance Competition Divisions](#)

DIVISION GUIDELINES

To be considered for the Nationals Grand Champion Title at the 2026 USA Dance Nationals event your team must compete at least one routine in one of the following categories Dance/Pom, Kick, Prop, Musical Theater and/or Hip Hop divisions.

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.

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 in the Sophomore/Freshman division.

SOLO COMPETITION GUIDELINES

To review the 2025-2026 USA Dance Divisions, click here: [2025-2026 USA Dance Competition Divisions](#)

ELIGIBILITY POLICY - HIGH SCHOOL

At the time of competition, entrants must be registered students in the school they are representing and official full-time members of their team. No members shall be younger than 9th grade or older than 12th grade. The penalty for an eligibility violation will be disqualification of the routine.

ELIGIBILITY POLICY - JR HIGH

At the time of competition, entrants must be registered students in the school they are representing and official full-time members of their team. No members shall be older than 9th grade. The penalty for an eligibility violation will be disqualification of the routine.

RECREATIONAL GUIDELINES

1. Athlete eligibility will be based on the birth year, or partial year listed to be eligible for that division. All recreational divisions can be found on the USA Division Sheet found here.
 - a. [2025-2026 USA Dance Competition Divisions](#)
2. Teams must submit a Varsity Recreational Roster Verification Form at each event. This form can be found online under Required Forms.
3. Recreational Teams will require all coaches to have a USA Cheer Membership. At least one coach must have the USA Cheer Coach membership that includes the USA Cheer Youth Safety Risk Management certification course and must accompany the team at every competition. Proof of certification is required upon registration for every event.
4. Recreational teams will follow all UDA Routine Safety Rules and Regulations as listed below.
5. For the 2025-2026 event season, Recreational divisions will be offered at regionals only and not eligible to compete at USA Dance Nationals or USA Spirit Nationals.

GENERAL GUIDELINES

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.
3. A team must compete in the same category/division at Nationals for which it qualified in at a Regional/Classic unless prior written approval is received from the USA. For example, 1) If you qualify for Hip Hop Championship at a Regional/Classic, you may not compete in Hip Hop Intermediate at Nationals, unless you also qualify for that category at a Regional/Classic. The above is an example – other examples of this also exist.
4. If a team qualifies for Nationals two or more times (80% of total possible points, regardless of any penalties received) in the Championship level at a Regional/Classic competition, then they must compete in the Championship level at Nationals.

CHOREOGRAPHY AND COSTUMING

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. 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.

COSTUMING

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.

PROPS

1. Handheld and wearable props (individually used and carried by dancers i.e. ball, box, or scarf) are permitted in ALL divisions.
 - a. Clarification: A handheld prop that can bear the full weight of one or more dancers is not permitted.
2. Sets and backdrops are **only** permitted in the Prop and Musical Theatre Divisions. Sets and backdrops may not be used in Dance, Contemporary, 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 they 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.

ENTRANCES AND EXITS

1. **Timing:** Begins once the team has been announced to the floor or the first sign of movement from the team to enter the performance floor, whichever is first.
2. **ALL Dance, Contemporary, Military, Hip Hop, Jazz, Lyrical, Kick, Dance/Drill, Co-Ed Dance, All-Male and Dance/Pom divisions:** Entrance and exit up to 30 seconds each.
3. **Prop & Musical Theater:** Entrance and exit up to 1 ½ minutes each.

TIME LIMITATIONS

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. **ALL Dance, Contemporary, Military, Hip Hop, Jazz, Lyrical, Kick, Dance/Drill, Co-Ed Dance, All-Male and Dance/Pom divisions:** Up to 3 minutes (maximum) per routine.
3. **Prop & Musical Theater:** Up to 3 minutes (maximum) per routine.

DEDUCTIONS

1. Number of Performer Violation – (0.50) per occurrence over/under. Given when a team's number of performers falls outside the size limitations for that division.
2. Intermediate Division Limitation Violation – (2.0) per occurrence. Given when a skill is performed beyond division limitations that is not allowed by 2025-2026 Intermediate Skills Restrictions.
3. Group Division 30 Second Entrance/Exit Timing – (0.1) for every second over time limit.
4. Group Division (Prop & Musical Theater) 1.5 Minute Entrance/Exit – (0.10) for every second over time limit.
5. Time Violation for Total Routine Length – (0.1) for every second over time limit.
6. Equipment Dropped – (.50) per occurrence during a single performance period. Given when any equipment is dropped. This includes pom drops in the Dance/Pom division.
7. Inappropriate Music/Lyrics, Appearance and/or Movements – (3.0) determined by competition officials/directors in accordance with the appropriateness guidelines.
8. Illegal Tumbling, Prop Dismount and/or Lifts – (3.0) Given when any individual skill or partnering skill is performed that breaks the Dance Safety Rules Guidelines. This includes when a non hands-free pom is touched down on the execution of tumbling.
9. Illegal Prop Restriction – (10.0) Given when a prop breaks the Dance Safety Rules Guidelines or is used in any other division than the Musical Theater or Prop Division (This does not include handheld props).
10. Unnecessary Change in Performance Order – (2.0) determined by competition officials/directors

LEGALITY REVIEW (PRE-EVENT)*

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 legalities 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 to USADanceRules@varsity.com.

Legality Review should be sent via email USADanceRules@varsity.com. Submissions emails should include the following: School Name, Division for which the skill is in reference to, an attached clear and close up video of the skill in question in Mp4 format. **Do not send the entire routine.** USA will also review any music and/or questionable lyrics prior to USA competitions.

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.**

USA DANCE SAFETY RULES

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 ONE other dancer. 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. 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.
 - Hands Free Poms: The use of hands-free poms will be allowed. Hands-free Poms are specifically made so that performers do not have to hold the poms but rather the poms are affixed to the performers hand. “Proper use” means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface making it possible to safely execute skills. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

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

USA DANCE INTERMEDIATE DIVISION SKILL RESCRPTIONS**

1. Dancers must have 2 counts between the completion of one technical skill to the execution of another.
 - a) Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on count 2 and legally execute another skill on count 3.
 - i. Exception: chaines & piques in succession, chaine battement/fan & chaine jete/calypso leaps are permitted.
 - ii. Clarification: Legwork/extensions are considered a technical skill and should follow the above 2 count guidelines. (i.e. Battement, fan, tilt kick or hold)
2. Technical Skill Restrictions
 - A. Turning Skills:
 - a. Single and double pirouette turns may be executed in passé, coupe, pencil and attitude positions.
 - b. A single or double pirouette, plie, into a single turn is permitted. The plie should be clear.
 - B. Turn sequences:

- a. You are permitted to do a maximum of two separate turn sequences in your routine, which can be performed by one or more team members. Turn sequences may not be performed consecutively.
- b. Pirouettes that are performed separately from fouette turns and second turns are not considered turn sequences.
- c. Traveling turns (i.e., chaine turns, pique turns) are not considered turn sequences.
- d. Turn sequences are limited to fouette turns, A la Seconde turns and pirouettes only. No other skills besides these turns are permitted within a turn sequence. No other skills can be connected and/or executed immediately out of the last turn before ending the turn sequence.
 - i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions.
 - ii. Any variation of arm positions may be executed within the sequence
 - 1. Exception: Touching/holding the working leg during the turn sequence is not permitted.
 - iii. Spot direction must remain consistent throughout the entire turn sequence. Changing spot/direction is not permitted
 - iv. Fouette turns, second turns may be performed only as a part of a turn sequence.
 - v. Floats are not permitted
- e. Each turn sequence is limited to one 8-count of turning (not counting the prep or ending/completion of the turn sequence).
 - i. When a turn sequence starts with a fouette turn or second turn, the 8-count will begin when the working leg opens to second position. When a turn sequence begins with a pirouette turn, the eight count begins immediately.
 - ii. The completion of the turn sequence must occur within one 8-count (or in other words be complete by “count 9.”) For example – A turn sequence begins with a second turn and the working leg opens to 2nd position on count “1” the landing/completion of the sequence must finish on the following count “1”.
 - iii. Both feet of the dancer(s) must make contact with the performance surface after the completion of a technical skill. Dancers must have **2 counts** between the completion of one technical skill to the execution of another.

C. Leaps/Jumps:

- a. Switch leaps/Scissor leaps are not permitted.
- b. Leaps/jumps may release the head toward the back
- c. Leaps/jumps cannot be connected to any other skill or technical element.
- d. Preparations for traveling leaps and/or jumps are limited to a step or chasse. A chaine turn used as a preparation directly into a leap and/or jump is not permitted.
 - i. Exception: Chaine Jete/Calypso leap are permitted. Any variation of leg positions may be executed. (ex. straight, attitude or both)

- e. Both feet of the dancer(s) must make contact with the performance surface after the completion of a technical skill. Dancers must have 2 counts between the completion of one technical skill to the execution of another.
 - i. Clarification: Jump sequences or multiple connected jumps that do not follow the 2 count rule are not permitted.
3. Below is a list of common skills that are ‘Permitted’ or ‘Not Permitted’ in the Intermediate Division. This does **NOT** mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. The above rules still apply.

<u>Permitted</u>	<u>Not Permitted</u>
Double Pirouettes (2 rotations)	Triple Pirouettes (3 rotations or more)
Single Leg Hold Turn (1 rotation)	Double Leg Hold Turns (Or more)
Tour Jete	Side Somis
Center Leap (leap in 2 nd position)	Axels
Surprise Leap	Switch/Scissor Leap
Reverse Leap	Turn sequences longer than one 8-count
Toe Touch	Turning Disc/chaine second jump
One 8-count of Fouette Turns/Second Turns	3 or more turn sequences in a routine
Chaine Jete/Calypso Leap	Floats
Kip Ups (with hands)	Aerial/ Front Aerial/ Butterfly Aerial
Headsprings (with hands)	Multiple Jump Sequences
Tilt Jump	Clarification: 540

INTERMEDIATE DIVISION SKILL RESTRICTIONS EXCEPTION

In the Intermediate Division, the following exclusions are allowed beyond the 2025-2026 Intermediate Division Skill Restrictions. **This is allowed but not required.**

1. (2) ‘Spotlights’ are permitted within a single routine.
 - a. Each Spotlight may be a maximum of one 8-count.
 - i. **Clarification: The Spotlight begins at the first count in which the executing dancer(s) goes beyond the Intermediate Division Skill Restrictions.**
 1. **If the executing dancer(s) is executing a turn at the time at which they go beyond the restrictions, then the spotlight will be counted from the time of the start of the turn. (Example: Dancer(s) preps on count 1 and executes a triple pirouette on counts 2,3,4. The spotlight 8-count thus began on count 1).**
 - b. 3 or less dancers may be spotlighted at one time.
 - c. The above exclusion only pertains to USA Dance Regionals & the USA Dance National event in March of 2026.

****Please Note: For technical skills or combination of skills that are not specifically addressed in the “Intermediate Division Skills Restrictions”, the USA has the discretion to determine the level of**

difficulty of that skill based on the similarity of other skills that are allowed or not allowed in the Intermediate Division.

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

CHAMPIONSHIP DIVISION LIMITATIONS

There are no technical skill restrictions for this division except for those noted in the “2025-2026 USA DANCE SAFETY RULES”.

DIVISION DESCRIPTIONS

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

Scoresheets are available at

<https://www.varsity.com/usa/school/competitions/rulesandscoring/>

The competition director may cancel, combine, or divide divisions as deemed necessary. If divisions are sub-divided, adjustments will be made to 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

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

Contemporary

A routine with movement emphasizing use of space, body awareness, a variety of movement qualities, gestural motions & potential motifs (ex. suspension, off center movement, momentum & gravity). It tends to express movement through the entire body and does not follow strict ballet or jazz forms.

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. Routine should incorporate visual routine staging and complexity of pom movement. 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 showcase 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.

Musical Theater

Routine emphasis must be of a unique thematic nature. The entire routine must emphasize a story line, character 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, character 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/character/theme. Themed costumes should be worn. Sets and backdrops are permitted but not required.