



2019-2020 RECREATION DANCE DIVISIONS

DIVISION	GENDER	# of PARTICIPANTS	ROUTINE TIME	STYLES OF DANCE
18 & Younger	Female/Male	4+ members	1 minute 45 seconds minimum time - 2 minutes 15 seconds maximum routine time	Hip Hop; Jazz; Pom; Dance (All Styles)
14 & Younger	Female/Male	4+ members		Hip Hop; Jazz; Pom; Dance (All Styles)
12 & Younger	Female/Male	4+ members		Hip Hop; Jazz; Pom; Dance (All Styles)
10 & Younger	Female/Male	4+ members		Hip Hop; Jazz; Pom; Dance (All Styles)
8 & Younger	Female/Male	4+ members		Hip Hop; Jazz; Pom; Dance (All Styles)
6 & Younger	Female/Male	4+ members		Hip Hop; Jazz; Pom; Dance (All Styles)
18 & Younger Exhibition	Female/Male	Unlimited members	2 minutes 15 seconds maximum routine time	Dance (All Styles)
DanceAbilities Exhibition	Female/Male	Unlimited members		Dance (All Styles)

STYLES OF DANCE

HIP HOP: Routine can incorporate any street style movement with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation.

JAZZ: Routine encompasses traditional or stylized hard-hitting, crisp and/or aggressive approach to movement and can include moments of softness while complementing musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills.

POM: Routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom skills (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc.).

DANCE: A routine in this category may incorporate any one style or combination of styles outlined in the category listings. All styles will be judged against each other in this category.

In order to compete in a Rec Dance Division, your organization must be associated with (but are not limited to) Pop Warner, City/County Parks and Recreation Departments, YMCA's, Boys and Girls Club, or any other community program that is not All Star related. Teams must submit a Rec Verification form allowing Varsity to confirm the recreation organization and approval for participation.

All teams competing in these division must meet the following criteria in order to compete in these divisions:

- * Rec organizations must submit a Rec Verification form when they register for their first Varsity Spirit competition.
- * Team is not affiliated with an All Star program.
- * Team must submit a roster with birthdates for each athlete. Roster must be uploaded prior to each event and upload into your account on the Varsity Spirit portal. A copy of this roster must also be brought to registration at each competition. A rec dancer may only represent one recreation organization at a competition.
- * Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2019. Birth Certificates must be readily available in hard copy or as a pdf at each competition. If a question or protest arises, teams must be able to immediately produce this information to event management or risk disqualification and/or suspension.
- * Team must submit a medical waiver/form for each athlete for each event.
- * Team agrees to adhere to all event producer rules and regulations, as well as music guidelines.
- * All appropriate safety rules must be followed for the division in which the team is registered.

Varsity Spirit reserves the right to split, combine, or open divisions at any time leading up to each event, as deemed appropriate.

SPLITTING DIVISIONS

1. Varsity Spirit will first split by organization. Teams within the same organization will not be required to compete against each other unless they have a team of the same age, size and category.
 - Ex. 'Program X-12 & Younger-Small Hip Hop' will not compete against 'Program X-12 & Younger-Large Hip Hop.'
 - Ex. 'Program X-12 & Younger-Small Hip Hop Team A' will compete against 'Program X-12 & Younger-Small Hip Hop Team B'
2. Varsity Spirit will split by size next. Recreation Dance teams may be split into Small and Large divisions provided there are at least 3 teams left in each division.
 - Small = 4-14 dancers
 - Large = 15 or more dancers
3. Varsity Spirit may further split a division by team size, if there are least 10 or more teams in the division. The event producer must clearly identify the number range for the split, and label the two groups, "A" and "B" This split may not occur unless a minimum of 3 teams are left in group A and B.

COMBINING DIVISIONS

1. Varsity Spirit may create an "All Styles" category to combine routines of different styles within the same age division when there are fewer than 3 teams in a category, and the teams are not from the same organization.
 - Ex. If there is one 12 & younger Pom routine, one 12 & younger Hip Hop routine, and one 12 & younger Jazz routine, these three routines will be combined into a 12 & younger "All Styles" division.