



## 2019-2020 USASF Dance Divisions & Categories

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### USASF CATEGORIES

#### JAZZ

A Jazz routine can encompass any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk or stylized hard-hitting jazz. Movement is crisp and/or aggressive in approach and can include moments of softness while complementing musicality. Emphasis is placed on style, body alignment, extension, control, uniformity, technical elements, and communication.

#### POM

A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). **Poms should be used throughout the routine. Inadequate use of poms may also affect the panel judges' overall impression and/or score of the routine.**

#### HIP HOP

A Hip Hop routine can incorporate any authentic street style movement with an emphasis on execution, style, creativity, originality, body isolations and control, rhythm, uniformity and musical interpretation.

#### CONTEMPORARY/LYRICAL

A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, dynamics, alignment, use of breath, uniformity, communication and may incorporate purposeful elements and skills.

#### KICK

A kick routine emphasizes control, height uniformity, extension, toe points, timing and creativity of a variety of kick series and patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. **Kicks should be performed throughout the routine. Inadequate use of kicks may also affect the panel judges' overall impression and/or score of the routine**

#### VARIETY

A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF Categories. (Jazz, Pom, Hip Hop, Contemporary/Lyrical and/or Kick) All styles will compete together in this category. The style of dance performed will determine which "category" rules a team will follow in the appropriate age division.

**PREP:** The Prep designation is offered for emerging teams and dancers. All Category styles in each Age Division will compete together in Prep (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick and/or Prep Variety), or may be split when the splitting rule for Prep applies. (See "Combining and Splitting" & "Crossovers," below, for rules about participating on Prep and Elite teams within the same style.)

**DanceABILITIES:** Team comprised of Dancers with a disability. The USASF follows the definition of disability as defined by the American with Disabilities Act (ADA). An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

*NOTE: The term Elite is being introduced as a way to differentiate between the "Prep" and "Non Prep" divisions. The division will be referred to as Elite or simply by the Division and Category name. Example: Senior Elite Pom or Senior Pom. This term is also used in All Star Cheer*



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### PRIMARY AGE DIVISIONS

Note: Divisions are listed by 1) Age 2) Team Size, then 3) Gender. The appropriate Routine Style Category (Jazz, Pom, etc.) will then be added to the end of the Division name.

Division	Age	Team Size	Gender	Age Determination
Tiny	4 years - 6 years	4 or more dancers	N/A	August 31, 2019
Mini Small	5 years - 9 years	4 - 14 dancers	0 males	August 31, 2019
Mini Large	5 years - 9 years	15 or more dancers	0 males	August 31, 2019
Mini Coed	5 years - 9 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Mini Male	5 years - 9 years	4 or more dancers	0 females	August 31, 2019
Youth Small	8 years - 12 years	4 - 14 dancers	0 males	August 31, 2019
Youth Large	8 years - 12 years	15 or more dancers	0 males	August 31, 2019
Youth Coed	8 years - 12 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Youth Male	8 years - 12 years	4 or more dancers	0 females	August 31, 2019
Junior Small *	10 years - 15 years	4 - 14 dancers	0 males	August 31, 2019
Junior Large *	10 years - 15 years	15 or more dancers	0 males	August 31, 2019
Junior Coed *	10 years - 15 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Junior Male *	10 years - 15 years	4 or more dancers	0 females	August 31, 2019
Senior Small	12 years - 18 years	4 - 14 dancers	0 males	August 31, 2019
Senior Large	12 years - 18 years	15 or more dancers	0 males	August 31, 2019
Senior Small Coed	12 years - 18 years	4 - 14 dancers	male(s) and female(s)	August 31, 2019
Senior Large Coed	12 years - 18 years	15 or more dancers	male(s) and female(s)	August 31, 2019
Senior Male	12 years - 18 years	4 or more dancers	0 females	August 31, 2019
Open Elite**	14 years & older	6 - 15 dancers	0 males	December 31, 2020
Open Premier**	14 years & older	16 - 30 dancers	0 males	December 31, 2020
Open Coed Elite**	14 years & older	6 - 15 dancers	male(s) and female(s)	December 31, 2020
Open Coed Premier**	14 years & older	16 - 30 dancers	male(s) and female(s)	December 31, 2020
Open Male**	14 years & older	6 - 30 dancers	0 females	December 31, 2020
DanceABILITES	5 years & older	No min/max	N/A	August 31, 2019

\*JUNIOR TEAMS that submit to qualify and compete at The Dance Worlds®: The date for age calculation will be based on the athletes age as of December 31, 2020. Athletes who turn 16 between Sept 1-Dec 31, 2019 will not be eligible to compete at The Dance Worlds. Athletes who will turn 9, 10, 11, 12, 13, 14, 15 or 16 between Jan 1 -Dec 31 2020 will be eligible). Be vigilant when submitting for a Junior Bid to calculate ages correctly.

\*\*OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2020. **Background checks are an eligibility requirement for "adult" athletes on open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2020**