



**2009 - 2010  
POWER DANCE  
SCHOOL / RECREATION TEAM AGE DIVISIONS**



<b>JAZZ</b>				<b>JAZZ:</b> A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.
<b>Youth</b>				
Youth	6th Grade and Under	Female/Male	4 or more members	
<b>Junior</b>				
Junior	9th Grade and under	Female/Male	4 or more members	
<b>Senior</b>				
Senior	12th Grade and under	Female/Male	4 or more members	
<b>HIP HOP</b>				<b>Hip Hop:</b> Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. (Examples: Dance Crew, Krumping, Breaking, Stepping, etc.)
<b>Youth</b>				
Youth	6th Grade and Under	Female/Male	4 or more members	
<b>Junior</b>				
Junior	9th Grade and under	Female/Male	4 or more members	
<b>Senior</b>				
Senior	12th Grade and under	Female/Male	4 or more members	
<b>POM</b>				<b>Pom:</b> Poms must be use 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.
<b>Youth</b>				
Youth	6th Grade and Under	Female/Male	4 or more members	
<b>Junior</b>				
Junior	9th Grade and under	Female/Male	4 or more members	
<b>Senior</b>				
Senior	12th Grade and under	Female/Male	4 or more members	
<b>VARIETY</b>				<b>Variety:</b> Routines will incorporate a blend of jazz, pom and hip hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.
<b>Youth</b>				
Youth	6th Grade and Under	Female/Male	4 or more members	
<b>Junior</b>				
Junior	9th Grade and under	Female/Male	4 or more members	
<b>Senior</b>				
Senior	12th Grade and under	Female/Male	4 or more members	
<b>OPEN</b>				<b>Open:</b> A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings.
<b>Youth</b>				
Youth	6th Grade and Under	Female/Male	4 or more members	
<b>Junior</b>				
Junior	9th Grade and under	Female/Male	4 or more members	
<b>Senior</b>				
Senior	12th Grade and under	Female/Male	4 or more members	
<b>Open</b>				
Open	14 yrs and older	Female/Male	4 or more members	

\*All USASF Safety Guidelines apply to each of the listed Dance Categories. For all guidelines, please visit: [www.usasf.net](http://www.usasf.net)

\*The athlete's 2009-2010 school grade will be the determining factor for Age Division.