



# 2017 - 2018 POWER DANCE



## SCHOOL AGE DIVISIONS

<b>JAZZ</b>				<b>JAZZ:</b> A 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. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & JAZZ RULES
<b>Elementary</b>	6th Grade & Below	Female/Male	4 or more members	
<b>Junior High</b>	9th Grade & Below	Female/Male	4 or more members	
<b>Varsity</b>	12th Grade & Below	Female/Male	4 or more members	
<b>College</b>	College	Female/Male	4 or more members	
<b>POM</b>				<b>POM:</b> 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 must be used 80% of the routine. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & POM RULES
<b>Elementary</b>	6th Grade & Below	Female/Male	4 or more members	
<b>Junior High</b>	9th Grade & Below	Female/Male	4 or more members	
<b>Varsity</b>	12th Grade & Below	Female/Male	4 or more members	
<b>College</b>	College	Female/Male	4 or more members	
<b>HIP HOP</b>				<b>HIP HOP:</b> A 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. 1:45 minimum time / 2:30 maximum time. MUST FOLLOW USASF GENERAL & HIP HOP RULES
<b>Elementary</b>	6th Grade & Below	Female/Male	4 or more members	
<b>Junior High</b>	9th Grade & Below	Female/Male	4 or more members	
<b>Varsity</b>	12th Grade & Below	Female Only	4 or more members	
<b>Varsity Coed</b>	12th Grade & Below	1 or More Males	4 or more members	
<b>College</b>	College	Female/Male	4 or more members	

Power Dance reserves the right to split, combine and/or omit any division listed based on enrollment prior to events.