

# POWER DANCE TEAM GUIDELINES

Power Dance will follow USASF/IASF Dance Rules.

**ROUTINE TIME LIMIT**— Maximum time limit for a routine is 2 ½ minutes.

## DESCRIPTION OF DANCE PROGRAMS:

1. **ALL-STAR:** A team that does not dance for any sport, but is formed for the primary purpose of competing. The team works out in a private gym/studio and/or is coached by a paid professional.
2. **DANCE STUDIO:** A team that is trained by paid, professional dance instructors in a dance studio and are not affiliated with a cheer and/or gymnastics team.
3. **SCHOOL:** A team that is made up of official school team members or official school competition team members. All members **MUST** attend that school.
4. **RECREATIONAL LEAGUE:** A non-profit community team formed for non-competitive purposes. Coaches are non-paid, non-professionals.

**Power Dance reserves the right to add/omit/change/combine any division at any competition due to the number of teams registered for each category.**

## POWER DANCE TEAM NATIONAL GUIDELINES

- No bids are necessary to attend Dance Nationals.
- Due to the significant crossover discounts, multiple champions will only receive one award (ex. Jacket, sweatshirt, t-shirt, etc.).

## SCORING AT POWER DANCE TEAM NATIONALS:

- Preliminary score (Day 1) will count as 25% (one time) of the total score.
- Finals scores (Day 2) will count as 75% (three times) of the total score.
- Teams will perform in reverse order on Day 2 with the exception of out of sequence teams from Day 1; they will compete 1<sup>st</sup> in their division in Finals.
- Any penalties given in preliminaries will be deducted from your score once. Any category violations, general and/or safety penalties given in Finals will be deducted from only 1 of the 3 scores.

## TEAMS WITHOUT COMPETITION

**ANY TEAM AT NATIONALS IN A DIVISION WITHOUT AT LEAST ONE OTHER COMPETING TEAM IN THAT DIVISION WILL HAVE THE FOLLOWING CHOICES REGARDING NATIONAL COMPETITION:**

- The team may choose to stay in a division without any other competitors, with the understanding that they will have to meet a pre-determined score to receive National Champion Jackets.
- If the pre-determined score is **NOT** met, then the winner will be declared and announced as a **National 1<sup>st</sup> Place Champion. NATIONAL 1<sup>ST</sup> PLACE CHAMPIONS WILL RECEIVE A PRESTIGIOUS NATIONAL CHAMPION TROPHY, BANNER, MEDALLIONS AND 1<sup>ST</sup> PLACE HOODIES IN PLACE OF THE JACKET (hoodies must be ordered at Registration).**
- The team may choose to change divisions and compete in the next higher age division. **MUST CHOOSE 2 WEEKS PRIOR TO NATIONALS.**
- The team may choose to receive a refund for that team's entry fees.
- Pre-determined scores will be given to the coaches at Registration.

## TYPES OF DANCE TEAM ROUTINES/CATEGORIES:

**JAZZ:** 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.

**HIP-HOP:** 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.

**POM:** Poms must be used 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.

**VARIETY:** 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.

**LYRICAL:** Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

**PROP:** Routines emphasize the use of props or a variety of props. The manipulation of the prop must be the main focal point of the routine. Each team will be given 2 minutes to set up and 2 minutes to take down their props before and after the performance if necessary.

## NON-COMPETING DANCE TEAMS:

**SHOW TEAMS / EXHIBITION TEAMS** Each participant receives a trophy. Maximum time limit for routine is 2 ½ minutes. All routines must follow USASF/IASF Dance Rules. Warm-up times are **NOT** scheduled for show teams. Teams may stretch on any available floor space. **NOTE:** Teams must be present and perform at their scheduled time. Show teams will be scheduled either in the morning when competing teams are warming up or right before the Awards Ceremony.

**SPECIAL ATHLETE SHOW TEAMS: Every member must be a special needs athlete.** Each participant receives a trophy. Maximum time limit for routine is 2 ½ minutes. All routines must follow USASF/IASF Dance Rules. Warm-up times will be scheduled. Registration fees will be **Free!**

**PARENT CHALLENGE:** Maximum time limit for a routine is 2 ½ minutes. Team may choose any style. Routines are performed at Open Championships, National Championships and Tournament of Champions. All routines must follow USASF/IASF Dance Rules. **NOTE:** Any parent performing on the competition floor will pay the parent team challenge fee.

**\* Deductions are determined by the Power Dance Judging Panel. All Judges' decisions are final.**

## POWER DANCE GENERAL RULES – (3-POINT DEDUCTIONS\*)

1. Teams must have at least 4 members. There is no maximum limit.
2. Each team will have a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.
3. Any performance that exceeds the time limit.  
(6 – 10 seconds: 3 pts / 11 + seconds: 6 pts)
4. No one is allowed to aid a team.
5. All costuming and makeup should be age appropriate and acceptable for family viewing.
6. Shoes are recommended but not required. Wearing only socks and/or footed tights is prohibited.
7. Jewelry as part of a costume is allowed.

8. Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate.

## POWER DANCE SAFETY GUIDELINES – (6-POINT DEDUCTIONS\*)

1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs. (Exception: aerial cartwheels are allowed)  

<b>Allowed</b>	<b>Not Allowed</b>
Forward/Backward Rolls	Dive Rolls
Shoulder Rolls	*Round-Offs
Cartwheels	*Front/Back Handsprings
Headstands	Front/Back Tucks
Handstands	Side Somi
Backbends	Layouts
Front/Back Walkovers	*See below for exceptions to these limitations. *
Stalls	
Head Spins	
Windmills	
Kip up	
Aerial Cartwheels	
2. \* Allowed only for Hip-Hop: Airborne skills with hip-over-head rotation must involve hand support with at least one hand when passing through the inverted position.
3. Tumbling while holding poms or props is not allowed. (Exception: forward and backward rolls).
4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. (Exception: Toe-Touches to a push up position are not allowed.)
5. Jumping or tossing from one dancer to another is not allowed.
6. Jumping or tossing from one dancer to or from the performance surface is not allowed.
7. Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.
8. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch).
9. All tosses including toe-pitches are prohibited.
10. Dance Lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down.
11. A lifting dancer(s) must maintain direct contact with the performance surface at all times.
12. A lifting dancer(s) must maintain control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s).
13. Hip-over-head rotations of the lifted dancer(s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (Exception: chorus line flips are not allowed).
14. Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.
15. Dance Partnering skills are permitted and defined as an action in which two dancers use support from one another, but are not elevated.
16. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance surface.
17. Wearable and handheld props are allowed in all categories and can be removed and discarded from the body.
18. Standing props are **ONLY** allowed in the Prop Category. (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)