



**2009 - 2010
POWER DANCE
ALL-STAR / STUDIO TEAM AGE DIVISIONS**



| JAZZ | | | | 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. |
|----------------|--------------------|-------------|-------------------|--|
| Tiny | | | | |
| Tiny | 5 yrs and younger | Female/Male | 4 or more members | |
| Mini | | | | |
| Mini | 8 yrs and younger | Female/Male | 4 or more members | |
| Youth | | | | |
| Youth | 11 yrs and younger | Female/Male | 4 or more members | |
| Junior | | | | |
| Junior | 14 yrs and younger | Female/Male | 4 or more members | |
| Senior | | | | |
| Senior | 18 yrs and younger | Female/Male | 4 or more members | |
| HIP HOP | | | | 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. (Examples: Dance Crew, Krumping, Breaking, Stepping, etc.) |
| Tiny | | | | |
| Tiny | 5 yrs and younger | Female/Male | 4 or more members | |
| Mini | | | | |
| Mini | 8 yrs and younger | Female/Male | 4 or more members | |
| Youth | | | | |
| Youth | 11 yrs and younger | Female/Male | 4 or more members | |
| Junior | | | | |
| Junior | 14 yrs and younger | Female/Male | 4 or more members | |
| Senior | | | | |
| Senior | 18 yrs and younger | Female/Male | 4 or more members | |
| POM | | | | Pom: 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. |
| Tiny | | | | |
| Tiny | 5 yrs and younger | Female/Male | 4 or more members | |
| Mini | | | | |
| Mini | 8 yrs and younger | Female/Male | 4 or more members | |
| Youth | | | | |
| Youth | 11 yrs and younger | Female/Male | 4 or more members | |
| Junior | | | | |
| Junior | 14 yrs and younger | Female/Male | 4 or more members | |
| Senior | | | | |
| Senior | 18 yrs and younger | Female/Male | 4 or more members | |
| LYRICAL | | | | 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. |
| Mini | | | | |
| Mini | 8 yrs and younger | Female/Male | 4 or more members | |
| Youth | | | | |
| Youth | 11 yrs and younger | Female/Male | 4 or more members | |
| Junior | | | | |
| Junior | 14 yrs and younger | Female/Male | 4 or more members | |
| Senior | | | | |
| Senior | 18 yrs and younger | Female/Male | 4 or more members | |
| VARIETY | | | | 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. |
| Youth | | | | |
| Youth | 11 yrs and younger | Female/Male | 4 or more members | |
| Senior | | | | |
| Senior | 18 yrs and younger | Female/Male | 4 or more members | |
| PROP | | | | 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 performance if necessary. |
| Mini | | | | |
| Mini | 8 yrs and younger | Female/Male | 4 or more members | |
| Youth | | | | |
| Youth | 11 yrs and younger | Female/Male | 4 or more members | |
| Senior | | | | |
| Senior | 18 yrs and younger | Female/Male | 4 or more members | |
| OPEN | | | | Open: A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. |
| Open | | | | |
| 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

*The age of the oldest competitor as of August 31, 2009 will be the determining factor for Age Division. (Exception: the cut-off date for the maximum age of the Senior teams (18) will remain May 31, 2009 for the 09-10 season.