

POWER DANCE TEAM GUIDELINES

Power Dance will follow USASF/IASF Dance Rules.

ROUTINE TIME LIMIT— Maximum time limit for a routine is 2:15 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 community team. Coaches are non-paid, non-professionals.

According to USASF/IASF guidelines 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.
- **NEW!** Power Dance will no longer award Automatic National Finalist (ANF's).

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 1st 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 1st Place Champion. NATIONAL 1ST PLACE CHAMPIONS WILL RECEIVE A PRESTIGIOUS NATIONAL CHAMPION CUP, BANNER, MEDALLIONS AND 1ST 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.

POWER DANCE GENERAL RULES – (5-POINT DEDUCTIONS*)

1. Teams must have at least 5 members. There is no maximum limit.
2. Each team will have a maximum of 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. **Exception:** Production will have a maximum of 5 minutes. 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: 5 pts / 11 + seconds: 10 pts)

4. No one is allowed to aid a team.
5. 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.
6. All costuming and makeup should be age appropriate and acceptable for family viewing.
7. Shoes are recommended but not required. Wearing socks/tights only is prohibited.
8. Jewelry as part of a costume is allowed.

POWER DANCE SAFETY GUIDELINES – (15-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. The following are examples of skills that are and are not allowed:

Allowed

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head Spins
Windmills
Kip up

Not Allowed

Dive Rolls
Round-Offs
Aerials
Front/Back Handsprings
Front/Back Tucks

2. 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.
3. Dance Lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down. The lifting dancer(s) must maintain direct contact with the performance surface at all times. The lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s) through hand/arm to body contact. Hip-over-head rotation of the lifted dancer(s) may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer(s).
4. 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 floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.

5. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch).
6. All tosses including toe-pitches are prohibited.
7. Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.
8. Wearable and handheld props are allowed in all categories and can be removed and discarded from the body.
9. Standing props are ONLY allowed in the Prop Category. (Examples: chairs, stools, ladders, boxes, stairs, etc.)

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