

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.