



**2011 - 2012
POWER DANCE
SCHOOL / REC
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.
Mini	9 yrs and younger	Female/Male	4 or more members	
Youth	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
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.)
Mini	9 yrs and younger	Female/Male	4 or more members	
Youth	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
Senior	18 yrs and younger	Female/1 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.
Mini	9 yrs and younger	Female/Male	4 or more members	
Youth	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
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	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
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	9 yrs and younger	Female/Male	4 or more members	
Youth	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
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. Specific skill restrictions apply. Please see the USASF Rules section for skill restrictions.
Mini	9 yrs and younger	Female/Male	4 or more members	
Youth	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
Senior	18 yrs and younger	Female/Male	4 or more members	
College/Pro Open	18 yrs and older	Female/Male	4 or more members	
PREP				PREP: Offered for emerging teams. A routine in this category may incorporate any one style or combination of styles outlines in the USASF category listings. All styles will be judges against each other. A dancer may not compete in Non-Prep and a Prep Cateogry within the same style
Tiny	6 yrs and younger	Female/Male	4 or more members	
Mini	9 yrs and younger	Female/Male	4 or more members	
Youth	12 yrs and younger	Female/Male	4 or more members	
Junior	15 yrs and younger	Female/Male	4 or more members	
Senior	18 yrs and younger	Female/Male	4 or more members	