

DANCE INDIVIDUAL EVENT GUIDELINES

INDIVIDUAL ATHLETES MUST CHOOSE AT THE BEGINNING OF THE COMPETITION SEASON:

- To compete in the **PREP** or **NON-PREP** Categories. Any soloist may compete in any group. **NOTE: The SAME group cannot compete in a Prep and/or Non-Prep Category.**
- A **Dancer** is allowed to compete with their team in the **PREP** Category, but compete in the **NON-PREP** Categories for **Individuals**.
- The **PREP Team Category Skill Restrictions** apply to all **Prep Individual Events**.
- **Athletes 17 or 18 yrs** of age and out of high school **MUST** decide to compete **Varsity or Open**.

NOTE: Athlete's must remain in chosen division the entire competition season.

PARTICIPATION REQUIREMENTS:

- Must have **COACH'S APPROVAL**.
- You must cheer/dance for an All-Star/Studio, School or Rec Program of some kind and must practice and compete/perform with that Program.
- An individual's **TEAM** is **NOT** required to compete with **Cheer Power/Power Dance**. (Exception: Sea World Competition)
- Participants in Best Dance Group (Prep/Non-Prep), **all have to be members of the same team**. (The only exception is the Open or Pro-Open Division).
- **Cheer Power / Power Dance Staff will not** provide a sound system in the warm-up area at any competition. Individual Event Athletes will need to bring their own sound system (if needed) in the warm-up area. **Cheer Power / Power Dance** will provide a sound system for Individual Events on the Performance Floor.

DIVISION CLARIFICATION:

- All-Star/Studio, School or Rec Individuals will compete together at ALL competitions (including Nationals). Exception: Prep Dance and Non-Prep Dance Divisions will be separated.
- In **Dance Events**, all solo males will be separated out for competition and awards in the **Junior and up** age divisions at all competitions.

INDIVIDUAL EVENT GENERAL GUIDELINES

(-1 POINT PENALTY FOR VIOLATION OF THE FOLLOWING)

CATEGORY VIOLATION – SEE INDIVIDUAL EVENT DESCRIPTIONS

DANCE EVENT ATTIRE – Footwear is recommended but not required. Wearing only socks and/or footed tights is prohibited.

GUM and/or CANDY are PROHIBITED.

VULGARITY - Vulgar/Suggestive/Offensive movements, words or music is not allowed. Should be appropriate for family viewing.

NATIONAL GUIDELINES

- No Bid is necessary to attend Nationals.
- **An Individual's team is not required to attend a competition.**
- All-Star/Studio, School and Youth League Individuals will compete together. Exception: Prep Dance and Non-Prep Dance Divisions will be separated.

INDIVIDUALS WITHOUT COMPETITION

ANY INDIVIDUAL AT NATIONALS WITHOUT AT LEAST ONE OTHER INDIVIDUAL IN THAT DIVISION WILL HAVE THE FOLLOWING CHOICES REGARDING NATIONAL COMPETITION:

- The individual participant(s) may choose to stay in a division without any other competitors, with the understanding that they will have to meet a predetermined score in order 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 AWARD AND 1ST PLACE HOODIE IN PLACE OF THE JACKET (hoodies must be ordered in Registration).**
- The individual participant may choose to receive a refund of their National's entry fee for that particular category.
- Pre-determined scores will be given to the coaches at Registration.