

POWER DANCE TEAM GUIDELINES

Power Dance will follow USASF/IASF Dance Rules.

DESCRIPTION OF DANCE PROGRAMS:

1. **ALL-STAR/STUDIO:** A team that does not dance for any sport, but is formed for the primary purpose of competing/training. The team works out in a private gym/studio and/or is coached by a paid professional.
2. **REC:** program that performs for a sport/community organization OR formed primarily for competitive purposes. Programs cannot have an official tryout process or skill requirements. Program selection is based on age divisions and/or team size restrictions. Coaches can be paid or non-paid. USASF/IASF Rules and Guidelines apply with specific skill restrictions.
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.

All-Star/Studio/Rec/School Teams will be combined at all Holiday/Open/State Championships

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.

TYPES OF DANCE TEAM ROUTINES/CATEGORIES OFFERED AT POWER DANCE:

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.

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.

POM: Poms must be used 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.

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.

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.

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 the performance if necessary.

OPEN: A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and uniformity.

PREP: The Prep Category is offered for emerging teams. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All Styles will be judged against each other in this category. A dancer may not compete in a Non-Prep Category and a Prep Category within the same style.

NON-COMPETING DANCE TEAMS:

SHOW TEAMS / EXHIBITION TEAMS Each participant receives a trophy. Maximum time limit for routine is 2 ½ minutes. All routines must follow USASF/IASF Dance Rules. Warm-up times are **NOT** scheduled for show teams. Teams may stretch on any available floor space. **NOTE:** Teams must be present and perform at their scheduled time. Show teams will be scheduled either in the morning when competing teams are warming up or right before the Awards Ceremony.

SPECIAL ATHLETE SHOW TEAMS: Every member must be a special needs athlete. Each participant receives a trophy. Maximum time limit for routine is 2 ½ minutes. All routines must follow USASF/IASF Dance Rules. Warm-up times will be scheduled. Registration fees will be **Free!**

PARENT CHALLENGE: Maximum time limit for a routine is 2 ½ minutes. Team may choose any style. Routines are performed at Holiday/Open/State Championships, National Championships and Tournament of Champions. All routines must follow USASF/IASF Dance Rules. **NOTE:** Any parent performing on the competition floor will pay the parent team challenge fee.

Dance General Guidelines and Safety Rules (-2 pts per violation)

Deductions are determined by the Power Dance Judging Panel. All Judges' decisions are final. *For a detailed list of Dance General Guidelines, please click on the following link:* <http://usasfdance.net/all-star-dance/usaf-dance-rules/>