INDIVIDUAL DANCE EVENT CATEGORY GUIDELINES

PREP BEST DANCER:

Time limit: 2 minutes, maximum.
Routine: Single (solo) dancer.

- Any style of dance. All styles compete together. Power Dance may decide to separate by style if there are enough in each division.
- Will follow same rule restrictions as PREP Team Category.
- Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

PREP BEST DANCE GROUP:

Time limit: 2 minutes, maximum.
Routine: 2 - 4 dancers (M/F).

- Any style of dance. All styles compete together. Power Dance may decide to separate by style if there are enough in each division.
- Same rules as the PREP Best Dancer category.
- Dance Lifts are not allowed.
- Partnering Skills are allowed.

BEST DANCER JAZZ:

Time limit: 2 minutes, maximum.
Routine: Single (solo) dancer. Routines incorporate stylized dance movements and combinations, leaps and turns. Emphasis is placed on proper technical execution, extension, control and body placement.

- Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Skills are allowed, however, one hand, foot or body part must be in constant contact with the performing surface while involved in a hip-over-head rotation. **Exception**: **Aerial cartwheels are permitted.**

BEST DANCER LYRICAL:

Time limit: 2 minutes, maximum.
Routine: Single (solo) dancer. Routines combine the principles of jazz, ballet and emphasize proper technical execution. Incorporate the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

- Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: skills are allowed, however, one hand, foot or body part must be in constant contact with the performing surface while involved in a hip-over-head rotation. **Exception: Aerial cartwheels are permitted.**

BEST DANCER HIP HOP:

Time limit: 2 minutes, maximum.
Routine: Single (solo) dancer. Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, and musical interpretation. May also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

- Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Skills are allowed, however airborne skills with hip-over-head rotation must involve hand support with at least one hand/body part when passing through the inverted position. **Exception:** **Aerial cartwheels are permitted.**

BEST DANCE GROUP:

Time limit: 2 minutes, maximum.
Routine: 2 - 4 dancers (M/F).

- Any style of dance. All styles compete together. Power Dance may decide to separate by style if there is enough in each division.
- Same rules as the Best Dancer categories.
- Any spotted, assisted, or connected tumbling where two or more participants are in direct physical contact with one another is prohibited. (e.g. toe pitch flip) EXCEPTION: Assisted/Connected Tumbling is allowed when used as a Dance Lift/Trick and/or a Choreographed Transition/Gymnastics Stunt. Dancer(s) must remain in contact with at least one person at all times. Hip-over-head rotation of the lifted dancer(s) may occur as long as his/her hips maintain a level at or below shoulder height of a standing dancer(s).