



2018-2019 USASF Dance Divisions & Categories

USASF CATEGORIES

JAZZ

A Jazz routine can encompass **any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk** or stylized hard-hitting jazz. Movement is crisp and/or aggressive in approach and can include moments of softness while complementing musicality. Emphasis is placed on style, body alignment, extension, control, uniformity, technical elements, and communication.

POM

A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). Poms must be used 80% of the routine.

HIP HOP

A Hip Hop routine can incorporate any **authentic** street style movement with an emphasis on execution, style, creativity, **originality**, body isolations and control, rhythm, uniformity and musical interpretation.

CONTEMPORARY/LYRICAL

A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, **dynamics, alignment**, use of breath, uniformity, communication **and may incorporate purposeful elements and skills.**

KICK

A kick routine emphasizes control, height uniformity, extension, toe points, timing and creativity of a variety of kick series and patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. Kicks and kick series must comprise 80% of the routine.

VARIETY

A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF Categories. (Jazz, Pom, Hip Hop, Contemporary/Lyrical and/or Kick) All styles will compete together in this category. The style of dance performed will determine which "category" rules a team will follow in the appropriate age division.

PREP: The Prep designation is offered for emerging teams and dancers. **All Category styles in each Age Division will compete together in Prep** (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick and/or Prep Variety), or may be split when the splitting rule for Prep applies. (See "Combining and Splitting," below. Also see "Crossovers," below, for rules about participating on Prep and **Elite** teams within the same style.)

DanceABILITIES: Team comprised of Dancers with a disability. The USASF follows the definition of disability as defined by the American with Disabilities Act (ADA). An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

NOTE: *The term Elite is being introduced as a way to differentiate between the "Prep" and "Non Prep" divisions. The division will be referred to as Elite or simply by the Division and Category name. Example: Senior Elite Pom or Senior Pom. This term is also used in All Star Cheer.*



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PRIMARY AGE DIVISIONS

Note: Divisions are listed by 1) Age 2) Team Size, then 3) Gender. The appropriate Routine Style Category (Jazz, Pom, etc.) will then be added to the end of the Division name.

Division	Age	Team Size	Gender	Age Determination
Tiny (Novice)***	3 years - 6 years	4 or more dancers	N/A	August 31, 2018
Tiny (Competitive)	4 years - 6 years	4 or more dancers	N/A	August 31, 2018
Mini Small	5 years - 9 years	4 - 14 dancers	0 males	August 31, 2018
Mini Large	5 years - 9 years	15 or more dancers	0 males	August 31, 2018
Mini Coed	5 years - 9 years	4 or more dancers	male(s) and female(s)	August 31, 2018
Mini Male	5 years - 9 years	4 or more dancers	0 females	August 31, 2018
Youth Small	7 years - 12 years	4 - 14 dancers	0 males	August 31, 2018
Youth Large	7 years - 12 years	15 or more dancers	0 males	August 31, 2018
Youth Coed	7 years - 12 years	4 or more dancers	male(s) and female(s)	August 31, 2018
Youth Male	7 years - 12 years	4 or more dancers	0 females	August 31, 2018
Junior Small *	9 years – 15 years	4 - 14 dancers	0 males	August 31, 2018
Junior Large *	9 years – 15 years	15 or more dancers	0 males	August 31, 2018
Junior Coed *	9 years – 15 years	4 or more dancers	male(s) and female(s)	August 31, 2018
Junior Male *	9 years – 15 years	4 or more dancers	0 females	August 31, 2018
Senior Small	11 years - 18 years	4 - 14 dancers	0 males	August 31, 2018
Senior Large	11 years - 18 years	15 or more dancers	0 males	August 31, 2018
Senior Small Coed	11 years - 18 years	4 - 14 dancers	male(s) and female(s)	August 31, 2018
Senior Large Coed	11 years - 18 years	15 or more dancers	male(s) and female(s)	August 31, 2018
Senior Male	11 years - 18 years	4 or more dancers	0 females	August 31, 2018
Open Elite**	14 years & older	6 - 15 dancers	0 males	December 31, 2019
Open Premier**	14 years & older	16 - 30 dancers	0 males	December 31, 2019
Open Coed Elite**	14 years & older	6 - 15 dancers	male(s) and female(s)	December 31, 2019
Open Coed Premier**	14 years & older	16 - 30 dancers	male(s) and female(s)	December 31, 2019
Open Male**	14 years & older	6 - 30 dancers	0 females	December 31, 2019
DanceABILITES	5 years & older	No min/max	N/A	August 31, 2018

*JUNIOR TEAMS that submit to qualify and compete at The Dance Worlds®: The date for age calculation will be based on the athletes age as of December 31, 2019. Athletes who turn 16 between Sept 1-Dec 31, 2018 will not be eligible to compete at The Dance Worlds. Athletes who will turn 9, 10, 11, 12, 13, 14, 15 or 16 between Jan 1 -Dec 31 2019 will be eligible). Be vigilant when submitting for a Junior Bid to calculate ages correctly.

OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2019. **Background checks are an eligibility requirement for "adult" athletes on open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2019

***Tiny (Novice): Reserved for teams who do not meet age eligibility of Tiny (Competitive). Cheer novice regulations do not apply



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COMBINING and SPLITTING GUIDELINES

The USASF provides guidelines for COMBINING and/or SPLITTING divisions in the best interest of providing a competitive environment. Whenever possible, there should be at least 3 teams in any given division category. There will be instances, however, where there are not permissible combinations thus having a division that may only have one or two teams. The guidelines listed herein will provide the basis for how this will be accomplished. Event Producers may not further combine or split All-Star categories and/or divisions by style, level, skill, age or ability, other than outlined without prior written approval from USASF.

Definitions:

-May means that an event producer is **permitted** to combine or split but is not required. Anything that reads **may** is left to the discretion of the event producer.

-Must means that an event producer is **required** to combine or split if the division meets the criteria set forth in the guidelines.

-May not means that the event producer is **prohibited** to combine or split the division.

I. Splitting All Star Elite:

1. Event Producer's **must** first split by program. Teams from same program location will not be forced to compete against each other unless:
 - i. The coach creates two teams in same div/cat: (Ex: 2 small junior jazz teams)
 - ii. The coach may choose to have their teams compete against each other.
2. Event Producer's **must** then split by size and/or gender dependent upon which split will create the deepest competition for all teams entered in a particular division category **while** still ensuring no less than 3 teams remain in a particular division category.

Program Name	Division Category	Total # of athletes	Female	Male
Program A*	Youth Small Hip Hop	7	7	0
Program B	Youth Small Hip Hop	10	10	0
Program C	Youth Small Hip Hop	13	13	0
Program A*	Youth Large Hip Hop	16	16	0
Program D	Youth Small Coed Hip Hop	12	11	1
Program E	Youth Large Coed Hip Hop	15	14	1
Program F	Youth Large Coed Hip Hop	15	14	1
Program G	Youth Large Coed Hip Hop	17	12	5
Program H	Youth Large Coed Hip Hop	16	15	1
Program I	Youth Large Coed Hip Hop	24	23	1

Example: 10 Teams are registered in Youth Hip Hop (3 YSHH, 1, YLHH, 1 YSCHH, 5 YLCHH). Program A has entered an all-girl team in both Small and Large Youth Hip Hop. These teams will not be forced to compete against each, thus splitting by size is ideal placing 6 teams in YLHH and 4 teams in YSHH regardless of gender.*



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II. Splitting Prep:

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Event Producers **must** split Prep routines into separate Categories (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick or Prep Variety) by Age Division if:

- a. There are two teams from the same program registered in the same Age Division. *(Example: Junior Prep Jazz and Junior Prep Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*
- b. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles. *(Example: 3 Junior Prep Hip Hop, 1 Junior Prep Pom, and 1 Junior Prep Kick will be split into Junior Prep Hip Hop (with 3 teams) and Junior Prep All Styles (with 2 teams: Prep Pom and Prep Kick))*

III. Splitting Tiny:

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Then, Event Producers will split Tiny into separate Categories (Jazz, Pom, Hip Hop, etc.), if:

- a. There are two teams from the same program registered in the same Age Division. *(Example: Tiny Jazz and Tiny Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*
- b. Event Producers **must** split Tiny Divisions within the same category into Small and Large (as outlined in grid) if there are 10 or more teams in the division before the split occurs. There **must** be at least 3 teams in each division once the split occurs
- c. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles

IV. Combining to Create an “All Styles” Category:

Event Producer’s **may** create an “All Styles” category to combine routines of different styles within the same age division when fewer than three teams are registered in a particular category. If combined, all Category styles (Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick or Variety), in each Division, (Tiny, Mini, Youth, Junior, Senior or Open), may compete together in this category. *(Example: When one team is registered in Junior Jazz and two teams are registered in Junior Pom, the event producer **may** combine Junior Jazz and Junior Pom to create Junior All Styles)*

Exceptions:

- a. Categories with 3 or more teams registered in a particular age division will not combined with other categories into an All Styles category. *Example: If there are 3 teams in Junior Jazz, 2 in Junior Pom, 2 in Junior Hip Hop and 1 in Junior Kick, the event producer could combine the Pom, Hip Hop and Kick teams into the Junior All Styles Division/Category and leave Junior Jazz as a separate Division/Category. Note: There should always be more than one team in the All Styles category.*
- b. Categories will not combined into an All Styles category if it means that a program will compete against itself. *(Example: Junior Jazz and Junior Pom teams from the same program will not be combined into the All Styles category if that would cause them to compete against themselves, unless the program is agreeable to such a combination. If a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*
- c. The “All Styles” category is not a Primary USASF or Worlds Bid category.



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AGE REQUIREMENTS:

The USASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

The age of the competitor as of August 31, 2018 will be the **club** age used for competition purposes throughout the 2018-19 season for Tiny, Mini, Youth, Junior*, Senior and **DanceABILITIES** Divisions.

For Open (International) Divisions, the eligible age for the athletes will be determined by the "calendar year of the competition" (Dec. 31 of the same year that the competition occurs) for its age cut-off date. *Athletes that are not 14 on or before December 31, 2018 may not compete with an Open team before November 1, 2018.* A calendar year is considered January 1st – December 31st.

- *All USASF member athletes must be 3 years of age in order to participate.*
- *Any team, from any country, may enter any USASF Division as long as they abide by the age requirements of that Division.*
- *Junior teams that compete for a bid to The Junior Dance Worlds will follow the age requirements outlined in the application process posted on USASF.net*
- *Age Requirements, Divisions and Categories for the 2019 Dance Worlds can be found at http://higherlogicdownload.s3.amazonaws.com/USASFMEMBERS/72e522c8-9dd8-4785-bd5b-2efe2156cc4a/UploadedImages/doc/Worlds/USASF_Worlds_Dance_Divisions_2019.pdf*

CROSSOVERS

1. Dancer(s) may compete in more than one division and/or category as long as they abide by the age requirements in all divisions in which they compete.
2. Prep
 - a. Dancer(s) may compete in both Prep and Non-Prep categories with the following limitations:
 - i. They may not compete in routines in the same category. (i.e. Dancer(s) may not compete in Youth Hip Hop and Youth Prep Hip Hop)
 - ii. They may not compete in routines in the same category in a different age division. (i.e. Dancer(s) may not compete in Youth Prep Pom and Junior Pom)
 - iii. Jazz & Contemporary/Lyrical ONLY:
Dancer(s) may not crossover and compete in Prep and Non-Prep performances in the Jazz & Contemporary/Lyrical categories. (i.e. Dancer(s) may not compete in Youth Prep Cont/Lyrical and Youth Jazz)
 - b. Dancer(s) may progress from a Prep to a Non-Prep Team in the same category style over time, but may not first compete on a Non-Prep team and later compete on a Prep team in the same style. *(Clarification: dancers may only move forward in levels of progression, not backward). (Exception: When only one team is registered in a Prep Division Category at an event the team **may** move to the Non-Prep category at that event without breaking Crossover Rule 2b at future events.)*