2020-2021
USASF Dance
Age Grid & Categories

(We do not anticipate changes but reserve the right to make changes if needed. We will re-evaluate on July 15th and August 31st to see if any additional options need to be added for members that may be facing greater restrictions by their local government (i.e. social distancing, impact on stunting, etc.) than in previous seasons.)

All adjustments in RED indicate a change/addition from the 2019-2020 season
All adjustments in BLUE indicate a change/addition since the early release in March 2020

The USASF Cheer and Dance Rules, Glossary, associated Age Grids and Cheer Rules Overview (collectively the “USASF Rules Documents”) are copyright-protected and may not be disseminated to non-USASF members without prior written permission from USASF. Members may print a copy of the USASF Rules Documents for personal use while coaching a team, choreographing or engaging in event production, but may not distribute, post or give a third party permission to post on any website, or otherwise share the USASF Rules Documents.


USASF DANCE 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 purposeful Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). Poms should be used throughout the routine. Inadequate use of poms may also affect the panel judges’ overall impression and/or score of the routine.

HIP HOP
A Hip Hop routine can incorporate any street style movement that has evolved from the hip hop culture. Emphasis is placed on the execution of authentic style(s), originality, control, musicality, intricacy, uniformity and may incorporate purposeful elements and skills.

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 should be performed throughout the routine. Inadequate utilization of kicks may also affect the panel judges’ overall impression and/or score 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.
USASF DANCE TIERS

NOVICE

- Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc).
- All Category styles in each Age Division will be combined in Novice, no exceptions.
- Members on a Novice team may crossover to a Prep or Elite team.
- Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation. Novice will only be evaluated on a rating system and not scored/ranked against other teams.
  - Recommended ratings are Superior (Highest), Excellent, and Outstanding. Please check with your specific event producer for their rating system
- Novice Teams must follow the USASF Dance General Rules and USASF Prep Dance Rules with the following exceptions:
  - Routine may not exceed 1:30 (there is no time minimum)
  - No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills)
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- An Event Producer may offer a team of less than 4 athletes to perform, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

PREP

- All Category styles in each Age Division will be combined in Prep, unless the Prep splitting rule applies (See page 6)
- Members must follow the Prep crossover rules (See page 7)
- The Prep designation is offered for emerging teams and dancers and should be scored on a traditional scoresheet.
- Prep teams must follow the USASF Dance General Rules and USASF Prep Dance Rules
- May be offered and competed at one and two day events.

ELITE

- Term used to differentiate between the Prep and Novice tiers.
- The division will be referred to as Elite or simply by the Division and Category name. *Example: Senior Elite Pom or Senior Pom.*
- Elite teams must follow the USASF Dance General Rules and USASF Category Specific Dance Rules for their teams applicable division and category.

DanceABILITIES for Exceptional Athletes: A team comprised of dancers with a disability. The USASF follows the American with Disabilities Act (ADA), stating: 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.

<table>
<thead>
<tr>
<th>Division</th>
<th>Target Ages</th>
<th>Birth Year</th>
<th>Gender</th>
<th>Team Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>DanceABILITIES*</td>
<td>5 years+</td>
<td>On or before 12/31/2015</td>
<td>Female/Male</td>
<td>No min/max #</td>
</tr>
</tbody>
</table>

*Teams must follow DanceABILITIES rules found in their member portal.*
PRIMARY AGE DIVISIONS
Note: Divisions are listed by 1) Age, 2) Team Size (if applicable), 3) Gender (if applicable) 4) Category (Jazz, Pom, etc.). Ex: Senior Large Coed Hip Hop

Coed: female(s) & male(s), Ex: Senior Coed Hip Hop
All Male: 0 females, Ex: Senior Male Hip Hop
All Female: 0 males, Ex: Senior Hip Hop (do not include gender in title)

<table>
<thead>
<tr>
<th>Division</th>
<th>Target Ages</th>
<th>Eligibility by Birth Year</th>
<th>Gender</th>
<th>Team Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny</td>
<td>4-6 years old</td>
<td>2013 - 2016</td>
<td>Female/Male</td>
<td>4-14 Small 15+ Large</td>
</tr>
<tr>
<td>Mini</td>
<td>5-9 years old</td>
<td>2010 - 2015</td>
<td>Female/Male</td>
<td>4-14 Small 15+ Large</td>
</tr>
<tr>
<td>Youth</td>
<td>8-12 years old</td>
<td>2007 - 2012</td>
<td>Female/Male</td>
<td>4-14 Small 15+ Large</td>
</tr>
<tr>
<td>Junior*</td>
<td>10-15 years old</td>
<td>2004 - 2010</td>
<td>Female/Male</td>
<td>4-14 Small 15+ Large</td>
</tr>
<tr>
<td>Senior</td>
<td>12-18 years old</td>
<td>6/1/2001 - 2008</td>
<td>Female/Male</td>
<td>4-14 Small 15+ Large</td>
</tr>
<tr>
<td>Open**</td>
<td>13 years +</td>
<td>On or before 12/31/2007</td>
<td>Female/Male</td>
<td>6 -15 Elite 16-30 Premier</td>
</tr>
</tbody>
</table>

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.

- Athletes must be born on or between the dates listed in the “Eligibility by Birth Year” column to be eligible for that particular division.

- **Target Ages** represent the typical actual ages for the birth years in each division.

- 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 submit to qualify and compete at The Dance Worlds ©: Athletes who will turn 10, 11, 12, 13, 14, 15 or 16 in 2021 will be eligible. Be vigilant when submitting for a Junior Bid to calculate ages correctly. Special Exception: Athletes born in 2004 will also be eligible to compete as Junior’s at The Dance Worlds in 2021.*

- **Open Divisions: 1. The Novice and Prep Tier is not available to Open Division teams. 2. Background checks and Adult Athlete Specific SafeSport Training are an eligibility requirement for “adult” athletes. “Adults” are athletes who were born in 2001 or earlier.*
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. COMBINING & SPLITTING ELITE TIER:
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. *(Exception: Tiny Elite see pg 6)*

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.

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

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.
II. COMBINING & SPLITTING PREP and NOVICE TIER:
Novice Tier may not split, no exceptions (see page 3).

All performances, regardless of style, in the Prep 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. COMBINING & 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 “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.

V. 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.)

VI. THE DANCE WORLDS:

- Qualifying USASF & IASF World Bid Divisions & Categories for the upcoming Dance Worlds can be found online at www.usasf.net

VII. USASF MEMBER TERM:

- The USASF Member Term runs from June 1st, 2020 – May 31st, 2021