

Dance Categories:**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.

Pom

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.

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.

Please refer to the **USASf 2008-2009 Dance Rules**.

DIVISIONS	AGE*	CATEGORIES	TIME LIMIT
Tiny Dance	5 years and younger	Jazz, Pom, Hip Hop	2 minutes 15 seconds
Mini Dance	8 years and younger	Jazz, Pom, Hip Hop	2 minutes 15 seconds
Youth Dance	11 years and younger	Jazz, Pom, Hip Hop	2 minutes 15 seconds
Junior Dance	14 years and younger	Jazz, Pom, Hip Hop, Lyrical	2 minutes 15 seconds
Senior Dance	18 years and younger	Jazz, Pom, Hip Hop, Lyrical	2 minutes 15 seconds
Open	14 years and older	Jazz, Pom, Hip Hop, Lyrical	2 minutes 15 seconds
Junior High	9th grade and under	Jazz, Pom, Hip Hop, Lyrical	2 minutes 15 seconds
Junior Varsity	9th–11th grade	Jazz, Pom, Hip Hop, Lyrical	2 minutes 15 seconds
Varsity	9th–12th grade	Jazz, Pom, Hip Hop, Lyrical	2 minutes 15 seconds