



2019-2020 Dance Age Grid & Categories

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 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 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. (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.

2019-2020 Dance Divisions

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	4 years - 6 years	4 or more dancers	N/A	August 31, 2019
Mini Small	5 years - 9 years	4 - 14 dancers	0 males	August 31, 2019
Mini Large	5 years - 9 years	15 or more dancers	0 males	August 31, 2019
Mini Coed	5 years - 9 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Mini Male	5 years - 9 years	4 or more dancers	0 females	August 31, 2019
Youth Small	8 years - 12 years	4 - 14 dancers	0 males	August 31, 2019
Youth Large	8 years - 12 years	15 or more dancers	0 males	August 31, 2019
Youth Coed	8 years - 12 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Youth Male	8 years - 12 years	4 or more dancers	0 females	August 31, 2019
Junior Small	10 years - 15 years	4 - 14 dancers	0 males	August 31, 2019
Junior Large	10 years - 15 years	15 or more dancers	0 males	August 31, 2019
Junior Coed	10 years - 15 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Junior Male	10 years - 15 years	4 or more dancers	0 females	August 31, 2019
Senior Small	12 years - 18 years	4 - 14 dancers	0 males	August 31, 2019
Senior Large	12 years - 18 years	15 or more dancers	0 males	August 31, 2019
Senior Small Coed	12 years - 18 years	4 - 14 dancers	male(s) and female(s)	August 31, 2019
Senior Large Coed	12 years - 18 years	15 or more dancers	male(s) and female(s)	August 31, 2019
Senior Male	12 years - 18 years	4 or more dancers	0 females	August 31, 2019
Open*	14 years & older	6 - 30 dancers	0 males	December 31, 2020
Open Coed*	14 years & older	6 - 30 dancers	male(s) and female(s)	December 31, 2020
Open Male*	14 years & older	6 - 30 dancers	0 females	December 31, 2020

* "Adults" are athletes who are at least 21 years old as of December 31, 2020