TRENDSETTERS DANCE

CONTESTS & COMPETITIONS - HIGH SCHOOL / ALL STAR CHAMPIONSHIP

divisions

All-Star Divisions	
Small Team	Up to 15 members
Large Team	15 + members
Middle School / Jr. High	
Middle School Small Team	Up to 15 members
Middle School Medium Team	16-30 members
Middle School Large Team	31+ members
High School Divisions	
Small Team	5-10 members
Medium Team	11-14 members
Large Team	15-40 members
Solos Divisions (All-Stars)	**Ages**
Tot/Mascot	4 & under
Tiny/Pre-K	5-6
Elementary	7-9
Intermediate	10-12
Junior	13-15
Senior	16-18
Solos Divisions (Schools)	**Grades**
Middle School	6-8
High School - Intermediate	9-10
High School - Senior	11-12

performance categories

Pom
A style that has a strong emphasis on intricate arm movements and is visually pleasing to the eye due to the different groupings and shapes made by the arm movements. Poms should be utilized for at least 75% of the routine.

Hip Hop
A style that refers to street dance styles primarily performed to hip-hop music or that evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping.

Jazz
A style of dance that partners music and body that reflects a compilation of universal cultures and styles to strengthen the body, mind and soul as an individual within communal energy. It combines syncopated rhythms with technical movements that stem from classical ballet.

Kick
A dance performance where 75% of the dance includes varied kick sequences and is performed with an emphasis on precision, timing, control, technique, and height uniformity.

Military
A dance performance consisting of strong, sharp, linear movements focusing on precision, placement, and formation changes.

Team Performance
In the division, routines can be 2:15 or less and must contain 30 seconds of each genre: Hip Hop, Jazz, Pom, and Kick. This category was created to show a team's versatility and strength overall.

Game Day

A melding of 3 performance components:

1. Fight Song – representing a traditional fight song your team performs at games and community events.
2. Spirit Raising – (Choose only 1 of the 3) Performance of your choice with emphasis on crowd appeal: Sideline Routine, Stand Routine, or Drum Cadence
3. Performance Routine – This routine is designed for crowd entertainment and is the best time to showcase your team's energy and connection to the crowd.

Contemporary/Lyrical

A style of dance that traditionally combines classical modern with classical ballet, but is now allowing jazz, lyrical, and hip-hop to influence the choreography. Including a melding of ballet, jazz, and modern with an emphasis on using the lyrics and emotions of the music to influence the choreography and performance.