3

CONTESTS & COMPETITIONS - STATE



Ages
4 & under
5-6
7-9
10-12
13-15
16-18

Middle School / Jr. High Teams

Middle School Small Team	Up to 15 members
Middle School Medium Team	16-30 members
Middle School Large Team	31+ members

High School - Junior Varsity

JV teams will be grouped together for competition, regardless of team size.

High School - Varsity

High School Small Team	Up to 15 members	Classic or Select
High School Medium Team	16-25 members	Classic or Select
High School Large Team	26-35 members	Classic or Select
High School XL Team	36-45 members	Classic or Select
High School Super Team	46+ members	Classic or Select

Aaes

Grades

Solo Divisions (Studio & Community)

	9
Tot/Mascot	4 & under
Tiny/Pre-K	5-6
Elementary	7-9
Intermediate	10-12
Junior	13-15
Senior	16-18

Solo	Divisions	(Schools)	

Middle School	6th-8th
High School - Intermediate	9th-10 th
High School - Senior	11th-12 th



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division tracks - classic or select

- Solos will compete by grade
- Duets/Trios/Ensembles will compete by division

A team division is chosen at the discretion of the Director based on the division options below:

Classic Division - Designed for teams with beginner-intermediate dancers.

- Described as a drill team, traditional or precision-focused team.
- Little or no studio training and/or limited competitive experience.
- Eligible for Overall Classic Team awards (Not Including Overall Grand Champion).

Select Division - Designed for teams with intermediate-advanced dancers.

- Described as a dance team, innovative, or artistry-focused.
- Eligible for Overall Select Team Awards

Important Details

- Teams and Officers under the classic and select divisions will not compete against each other.
- The officer and team division/classification will remain consistent for all registered routines.
- Officers and Teams in both Classic and Select Division must compete in 3 routines to be eligible for top awards. Only Officers and Teams entered in 3 routines under the Select Division will be eligible for Overall Grand Champion.



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performance categories

Contemporary

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.

Lyrical

A melding of ballet, jazz and modern with emphasis on using the lyrics and emotions of the music to influence the choreography and performance.

Ballet Folklorico

A traditional cultural dance style that emphasizes local folk culture with ballet characteristics and reflects the traditions and beliefs of people in a particular region. Choreography is influenced by the intricate movement and use of the skirt.

Game Day

A melding of 3 performance components:

- 1. Fight Song representing a traditional fight song your team performs at games and community events.
- 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 Routine designed for crowd entertainment and the best time to showcase your team's energy and connection to the crowd.



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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 a 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 are 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.

Modern

A very grounded style of dance whose roots began as a complete contrast to ballet. Movements stem from contractions, swing and release and fall and recovery. Themes and Variations are seen throughout the dance and tend to lead the choreography.

Novelty

A dance performance that is popular for being unusual or humorous. Usually has a theme that is carried out throughout the performance by using dance movements appropriate to the character of the dance.



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Open

Any style of dance that does not fit into the traditional categories. Usually, a combination of the above categories or has a more theatrical element.

Pom

A style that has a strong emphasis on intricate arm movements and 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.

Production

A dance performance that is usually themed that utilizes a combination of dance elements and styles. Staging, props, and/or backdrops may be utilized. Performance must not exceed regulation time.