

## SCHOOL DANCE CATEGORIES

**CATEGORY** is defined by the type of performance you select.

**Dance - Time limit: Minimum: 1:45, Maximum: 2:30**

**POM:** This performance must contain classic Pom elements as well as jazz technique, but the emphasis of the routine should be on Pom. See the scoring section for details on point distribution. Poms must be used 80% of the routine.

**POM:** The most important characteristic of this style is synchronization and visual effect. Cheer style motions should emphasize uniformity, motion sharpness, technique and placement. A visually effective routine should include ground work, level changes, group work, and roll offs.

**JAZZ TECHNICAL SKILLS:** This style includes kicks, leaps/leap combinations, jumps, pirouettes, turn sequences, body placement, control, etc. When incorporating these skills it is very important to make sure proper technique is maintained (for example: leaps demonstrating height, extended legs, correct arm placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé). **Improper execution of technique may negatively affect your score.**

**HIP HOP:** A routine focusing on street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athleticism and may include footwork, jumps, stalls, etc. When incorporating these skills it is very important to make sure proper technique is maintained. **Improper execution of any trick, stall, etc. may negatively affect your score.** Examples include:

**CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.

**STREET:** This urban style of dance is often improvisational or raw and social in nature. This style can also encourage interaction between performers such as battling and/or partner work.

**POP AND LOCK:** This dance style emphasizes body isolation that implements “popping” (muscle flexes) and locking (short pauses or freezes within movement).

**BREAK DANCE:** This is a very athletic style of skills, combining forms and maneuvers from activities such as gymnastics, hip hop, and martial arts.

**KRUMPING:** This is an evolving new style of dance that involves fast, expressive, and highly energetic movements.

**JAZZ:** This performance demonstrates various elements of jazz technique and performance skills. This routine should focus on a mixture of difficulty, creativity, and technique. Technical elements should be included in this category (see below):

**JAZZ TECHNICAL SKILLS:** Examples of jazz technical skills include kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills it is very important to make sure proper technique is maintained (example: leaps are demonstrated with proper height, extended legs, correct arm placement, and pointed toes. Pirouettes are demonstrated with proper foot placement, arm placement, spotting and performed on relevé.). **Improper execution of technique may negatively affect your score.**

**JAZZ PERFORMANCE SKILLS:** Jazz Performances Skills include a combination of dance movements with an emphasis on use of space, visual effects, body placement, and routine demonstration as well as artistic expression and style through movement with team uniformity. Creative choreography will capture your audiences’ and the judges’ attention.

**LYRICAL:** A form of dance that fuses jazz, modern and ballet influences. The main focus of Lyrical is emphasizing strong and proper technical execution, flexibility, balance and mood. Intense emotional expressions are used to tell a story that develops with the music. Expressing proper technique and emotions will bring shape and life to the story.



## SCHOOL DANCE DIVISIONS

**DIVISION** is defined by the age of the oldest participant. **LEVEL** is defined by the degree of skill difficulty you select

**SCHOOL DANCE:** Time limit: Minimum: 1:45, Maximum: 2:30

### DIVISIONS

Elementary  
Jr. High/Middle School  
Freshman  
Junior Varsity  
Varsity

### CATEGORIES

Pom  
Pom, Hip Hop, Jazz  
Pom  
Pom, Hip Hop, Jazz, Lyrical  
Pom, **Novice Pom**, Hip Hop, Jazz, Lyrical

### GRADE

6th grade and under  
9th grade and under  
9th grade ONLY  
11th grade and under  
12th grade and under

### PARTICIPANTS

(5- 36 members, male and/or female)  
(5- 36 members, male and/or female)

