



2022 - 2023
AmeriDance and
Eastern Dance

All Star Dance Team
Divisions & Categories



AMERIDANCE AND EASTERN DANCE ALL STAR DANCE CATEGORIES & DIVISIONS

The following list is a “Menu” of division and categories that may be offered and are not guaranteed. Please visit [USASF Dance Safety Rules](#) for clarification on additional rules for your team for each category. **All text in red indicates a change and/or new information from the previous season.**

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. **The USASF Dance General Rules are to be followed.**

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. **The USASF Dance General Rules are to be followed.**

HIP HOP

A Hip Hop routine can incorporate any street style movement that has evolved from the hip hop culture. Emphasis is placed on the execution of authentic style (s), originality, control, musicality, intricacy, uniformity and may incorporate purposeful elements and skills. **The USASF Dance General Rules are to be followed.**

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. **The USASF Dance General Rules are to be followed.**

CONTEMPORARY/LYRICAL

A contemporary or lyrical routine uses organic, 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. **The USASF Dance General Rules are to be followed.**

VARIETY

A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF categories. (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. **The USASF Dance General Rules are to be followed.**



PROP/PRODUCTION

Prop/Production team routines must emphasize a theme or a storyline and include props. Routines may be any style of dance that is outlined in this category listing. Production routines will have a maximum of 5 minutes to complete their routine. **Props may not be used to bear the weight of a performer who is executing a tumbling skill or involved in a lift. The USASF Dance General rules are to be followed.**

ALL STYLES

All styles will be judged against each other in this category. AmeriDance/Eastern Event Producers may choose to use this category when necessary to combine divisions for competition purposes. Teams **cannot enter by choice** but will be placed in this category possibly when fewer than three teams are registered in a particular category. **The USASF Dance General rules are to be followed with the exception of the Prop section.**

LEGALITY VERIFICATION

- 1. For questions regarding the legality of a specific skill, etc, for the Jazz, Pom, Hip Hop, Kick, Contemporary/Lyrical and Variety Categories in all Novice/Prep/Elite Divisions please adhere to the following guidelines:**
 - Skill videos may be submitted to safety.dance@usaf.net.
 - Emails must have a division, category and USASF Member number.
 - Full routines will not be viewed. Only submissions from USASF members will be reviewed.
- 2. For questions regarding the legality of a specific skill, etc, for the Prop/Production Category please adhere to the following guidelines:**
 - Skill videos may be submitted to tsmith@ameridanceinc.com.
 - Emails must have a division.
 - Full routines will not be viewed.

USASF DANCE TIERS

NOVICE

- Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc).
- All Category styles in each Age Division will be combined in Novice, no exceptions.
- Members on a Novice team may crossover to a Prep or Elite team.
- Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation. Novice will only be evaluated on a rating system and not scored/ranked against other teams.
 - Recommended ratings are Superior (Highest), Excellent, and Outstanding.
 - Please check with your specific event producer for their rating system
- Novice Teams must follow the USASF Dance General Rules and USASF Prep Dance Rules with the following exceptions:
 - Routine may not exceed 1:30 (there is no time minimum)
 - No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills)
- Novice can be offered at both 1 and 2-day events. **HOWEVER**, if offered at 2-day events, Novice divisions will perform **ONE TIME ONLY**.



- An Event Producer may offer a team of less than 4 athletes to perform, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

PREP

- All Category styles in each Age Division will be combined in Prep, unless the Prep splitting rule applies.
- Members must follow the Prep crossover rules.
- The Prep designation is offered for emerging teams and dancers and should be scored on a traditional scoresheet.
- Prep teams must follow the USASF Dance General Rules and USASF Prep Dance Rules.
- May be offered and competed at one and two day events.

ELITE

- Term used to differentiate between the Prep and Novice tiers.
- The division will be referred to as Elite or simply by the Division and Category name.
Example: Senior Elite Pom or Senior Pom.
- Elite teams must follow the USASF Dance General Rules and USASF Category Specific Dance Rules for their team’s applicable division and category.

DanceABILITIES for Exceptional Athletes: A team comprised of Dancers with a disability. The USASF follows the American with Disabilities Act (ADA), stating: An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. ***Teams must follow DanceABILITIES Rules**

<u>DIVISION</u>	<u>US MODEL TARGET AGE</u>	<u>INT. MODEL TARGET AGE</u>	<u>BIRTH YEAR</u>	<u>GENDER</u>	<u>TEAM SIZE</u>
DanceABILITIES*	5 Years +	6 Years +	2017 or before	Female/Male	No min/max#

USASF MEMBER TERM:

- The USASF Member Term runs from **June 1st, 2022 – May 31st, 2023.**

PRIMARY AGE DIVISIONS

Note: Divisions are listed by 1) Age 2) Team Size (if applicable), 3) Gender (if applicable) 4) Category (Jazz, Pom, etc.) Ex: Senior Large Coed Hip Hop

- Coed:** female(s) & male(s), Ex: Senior Coed Hip Hop
- All Male:** 0 females, Ex: Senior Male Hip Hop
- All Female:** 0 males, Ex: Senior Hip Hop (do not include gender in title)



DIVISION	TARGET AGES	INT. MODEL TARGET AGES	ELIGIBILITY BY BIRTH YEAR	GENDER	TEAM SIZE
Tiny Novice	3-6 years old	4-7 years old	2015-2019	Female/Male	4-14 Small 15+ Large
Tiny	4-6 years old	5-7 years old	2015-2018	Female/Male	4-14 Small 15+ Large
Mini	5-9 years old	6-10 years old	2012-2017	Female/Male	4-14 Small 15+ Large
Youth	8-12 years old	9-13 years old	2009-2014	Female/Male	4-14 Small 15+ Large
Junior	10-15 years old	11-16 years old	2006-2012	Female/Male	4-14 Small 15+ Large
Senior	12-18 years old	13-19 years old	6/1/2003-2010	Female/Male	4-14 Small 15+ Large
Open**	13 Years +	15 years +	On or before 12/31/2008	Female/Male	6-15 Small (Elite) 16-30 Large (Premier)

AGE REQUIREMENTS:

The USASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

- Athletes must be born on or between the dates listed in the "Eligibility by Birth Year" column to be eligible for that particular division.
- **US Ages** represent the former age determination model. **International Ages** represent the age determination model that will be used for the 2022-2023 season and are the actual ages for the **birth years** in each division. The Open Division ages and birth years reflect the transition to the International Age, as well as the additional year added to the bottom age.
- Any team, from any country, may enter any USASF Division as long as they abide by the age requirements of that Division.
- **Open Divisions: 1. The Novice and Prep Tier is not available to Open Division teams. 2. Background checks and Adult Athlete Specific SafeSport Training are an eligibility requirement for "Adult Athletes". **Adult Athlete:** Any athlete that turns 19 years old during the 2023 calendar year.

AMERIDANCE AND EASTERN DANCE SAFETY RULES

AmeriDance and Eastern Dance follows [USASF Dance Safety Rules](#) for All Star Divisions.



Definitions:

-**May** means that an event producer is **permitted** to combine or split but is not required. Anything that reads **may** is left to the discretion of the event producer.

-**Must** means that an event producer is **required** to combine or split if the division meets the criteria set forth in the guidelines.

-**May not** means that the event producer is **prohibited** to combine or split the division.

I. COMBINING AND SPLITTING ELITE TIER:

The USASF provides guidelines for COMBINING and/or SPLITTING divisions in the best interest of providing a competitive environment. Whenever possible, there should be at least 3 teams in any given division category. There will be instances, however, where there are not permissible combinations thus having a division that may only have one or two teams. The guidelines listed herein will provide the basis for how this will be accomplished. Event Producers may not further combine or split All-Star categories and/or divisions by style, level, skill, age or ability, other than outlined without prior written approval from USASF. **(Exception: Tiny Elite)**

Splitting All Star Elite:

1. Event Producer's **must** first split by program. Teams from same program location will not be forced to compete against each other unless:
 - a. The coach creates two teams in same div/cat: (Ex: 2 small junior jazz teams)
 - b. The coach may choose to have their teams compete against each other.
2. Event Producer's **must** then split by size and/or gender dependent upon which split will create the deepest competition for all teams entered in a particular division category **while** still ensuring no less than 3 teams remain in a particular division category.

Program Name	Division Category	Total # of athletes	Female	Male
Program A*	Youth Small HH	7	7	0
Program B	Youth Small HH	10	10	0
Program C	Youth Small HH	13	13	0
Program A*	Youth Large HH	16	16	0
Program D	Youth Small Coed HH	12	11	1
Program E	Youth Large Coed HH	15	14	1
Program F	Youth Large Coed HH	15	14	1
Program G	Youth Large Coed HH	17	12	5
Program H	Youth Large Coed HH	16	15	1
Program I	Youth Large Coed HH	24	23	1

Example: 10 Teams are registered in Youth Hip Hop (3 YSHH, 1 YLHH, 1 YSCHH, 5 YLCHH). Program A* has entered an all-girl team in both Small and Large Youth Hip Hop. These teams will not be forced to compete against each, thus splitting by size is ideal placing 6 teams in YLHH and 4 teams in YSHH regardless of gender.



II. COMBINING & SPLITTING PREP & NOVICE

TIER:

Novice Tier may not split, no exceptions.

All performances, regardless of style, in the Prep division categories will be judged against each other unless one of the splitting rules applies. Event Producers **must** split **Prep** routines into separate Categories (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick, or Prep Variety) by Age Division if:

- A. There are two teams from the same program registered in the same Age Division. (Example: Junior Prep Jazz and Junior Prep Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)
- B. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles. (Example: 3 Junior Prep Hip Hop, 1 Junior Prep Pom, and 1 Junior Prep Kick will be split into Junior Prep Hip Hop (with 3 teams) and Junior Prep All Styles (with 2 teams: Prep Pom and Prep Kick)

III. COMBINING & SPLITTING TINY:

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Then, Event Producers will split Tiny into separate Categories (Jazz, Pom, Hip Hop, etc.), if:

- A. There are two teams from the same program registered in the same Age Division. (Example: Tiny Jazz and Tiny Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)
- B. Event Producers **must** split Tiny Divisions within the same category into Small and Large (as outlined in grid) if there are 10 or more teams in the division before the split occurs. There **must** be at least 3 teams in each division once the split occurs.
- C. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles.



IV. COMBINING to Create an “All STYLES” Category:

Event Producer’s **may** create an “All Styles” category to combine routines of different styles within the same age division when fewer than three teams are registered in a particular category. If combined, all Category styles (Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick, or Variety), in each Division, (Tiny, Mini, Youth, Junior, Senior or Open), may compete together in this category. (Example: When one team is registered in Junior Jazz and two teams are registered in Junior Pom, the event producer **may** combine Junior Jazz and Junior Pom to create Junior All Styles)

Exceptions:

- A. Categories with 3 or more teams registered in a particular age division will not combine with other categories into an All Styles category. Example: If there are 3 teams in Junior Jazz, 2 in Junior Pom, 2 in Junior Hip Hop and 1 in Junior Kick, the event producer could combine the Pom, Hip Hop and Kick teams into the Junior All Styles Division/Category and leave Junior Jazz as a separate Division/Category. Note: There should always be more than one team in the All Styles category.
- B. Categories will not be combined into an All Styles category if it means that a program will compete against itself. (Example: Junior Jazz and Junior Pom teams from the same program will not be combined into the All Styles category if that would cause them to compete against themselves, unless the program is agreeable to such a combination. If a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)
- C. The “All Styles” category is not a Primary USASF or Worlds Bid category.

V. CROSSOVERS

1. Dancer(s) may compete in more than one division and/or category as long as they abide by the age requirements in all divisions in which they compete.
2. Prep
 - a. Dancer(s) may compete in both Prep and Non-Prep categories with the following limitations:
 1. They may not compete in routines in the same category. (i.e. Dancer(s) may not compete in Youth Hip Hop and Youth Prep Hip Hop.)
 2. They may not compete in routines in the same category in a different age division. (i.e. Dancer(s) may not compete in Youth Prep Pom and Junior Pom.)
 3. Jazz & Contemporary/Lyrical ONLY: Dancer(s) may not crossover and compete in Prep and Non-Prep performances in the Jazz & Contemporary/Lyrical categories. (i.e. Dancer(s) may not compete in Youth Prep Cont/Lyrical and Youth Jazz.)
 - b. Dancer(s) may progress from a Prep to a Non-Prep Team in the same category style over time, but may not first compete on a Non-Prep team and later compete on a Prep team in the same style. (Clarification, dancers may only move forward in levels of progression, not backward). (Exception: When only one team is registered in a Prep Division Category the team may move to the Non-Prep category at that particular event without breaking Crossover Rule 2b at future events.)