



**2024 - 2025**  
**AmeriDance and**  
**Eastern Dance**

**School/Rec**  
**Dance Team Divisions,**  
**Categories**  
**& Safety Rules**



## AMERIDANCE AND EASTERN DANCE SCHOOL/REC DANCE CATEGORY DIVISIONS

The following list is a “Menu” of division and categories that may be offered and are not guaranteed. 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.

### POM

A Pom routine contains important characteristics such as strong pom quality of movement (clean, precise, sharp motions), synchronization, visual effects and may incorporate 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 judges’ overall impression and/or score of the routine.

### 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.

### KICK

A kick routine emphasizes control, height uniformity, extension, toe points, timing and creativity of a variety of kick series and patterns. Each routine must have a minimum of 60 kicks. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least 1 inch from the floor. At least half of the team must perform the kick for it to be counted. Kicks should be performed throughout the routine. Inadequate utilization of kicks may also affect the judges’ overall impression and/or score of the routine.

### 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.

### VARIETY

A Variety routine must incorporate a blend of at least two or more dance styles listed in the above 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.

### 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.**



### **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.

### **LEGALITY VERIFICATION**

**For questions regarding the legality of a specific skill, etc, please adhere to the following guidelines:**

1. Skill videos may be submitted to [tsmith@ameridanceinc.com](mailto:tsmith@ameridanceinc.com)
2. Emails must have a division and category.
3. Full routines will not be viewed.

### **SCHOOL/REC TEAM COMPETITION DIVISIONS**

<b>DIVISION</b>	<b>AGE</b>	<b>TEAM SIZE</b>	<b>GENDER</b>
Mini	5-9 Years	4 or More Dancers	N/A
Elementary	6 <sup>th</sup> Grade and Below	4 or More Dancers	N/A
Junior High	9 <sup>th</sup> Grade and Below	4 or More Dancers	N/A
Junior Varsity	12 <sup>th</sup> Grade and Below	4 or More Dancers	N/A
Varsity	12 <sup>th</sup> Grade and Below	4 or More Dancers	N/A
College	Collegiate Enrollment	4 or More Dancers	N/A

**Note: May Split By Team Size If More Than 3 Teams In A Category By Age. Large Teams Are Considered 15 Or More Members.**

### **AGE REQUIREMENTS**

1. The Division (age) of a team is determined by the age or grade of the oldest competitor.
2. Divisions determined by grade are the grade of the student in the 2024-2025 school year.



## AMERIDANCE AND EASTERN DANCE SAFETY RULES

### **TUMBLING AND SKILLS (EXECUTED BY INDIVIDUALS)**

1. Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward rolls and backward rolls are allowed). The proper use of hands-free poms for hip over-head skills is allowed. \*Please reference the Hands-Free Poms section for more details\*
2. Tumbling skills with hip over-head rotation:
  - i. Airborne skills with hand support may not be airborne in approach but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed- hands touch the ground before the foot leaves the ground).
  - ii. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Airborne hip overhead rotation skills without hand support are not allowed. (Exception: **Front Aerials**, Aerial cartwheels, and or/side somis not connected to any other hip over-head rotation skill are allowed.)
  - i. Recommendation: If using non-hands-free poms in a **front aerial, aerial cartwheel and/or side somi**, dancers should place both poms in non-dominant hand. If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed.
5. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
6. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
7. Landing in a push-up position onto the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova are not allowed.
8. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulder, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band"/"bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).



## TUMBLING AND TRICKS (Executed by individuals.)

**\*Below are some examples of commonly known dance skills. This does NOT mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. The above rules still apply\***

### ALLOWED

Forward/Backward Rolls  
Cartwheels  
Headstands  
Handstands  
Backbends  
Front/Back Walkovers  
Stalls/Freezes  
Head Spins  
Windmills  
Kip Ups  
Round Off  
Headsprings (with hands)  
Aerial Cartwheels  
Front Handsprings  
Side Somi  
Shoulder Rolls  
**Front Aerials**

### NOT ALLOWED

Toe Pitch Back Tucks  
Front/Back Tucks  
No Handed Headsprings  
Layouts  
Shushunova  
Dive Rolls (in any position)  
Front Aerials  
Back Handsprings

## DANCE LIFTS AND PARTNERING (Executed in pairs or groups.)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps.)
2. At least one supporting dancer must maintain contact with Executing Dancer(s) throughout the entire skill.
  - a. Lifting with poms is allowed.
  - b. Extensions, pyramids, and basket tosses are NOT allowed.
3. Swinging lifts and tricks are allowed provided the Executing Dancer's body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).
4. Hip over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or to the upright position.
5. Vertical Inversions are allowed as long as:
  - a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
  - b. When the height of the Executing Dancers' shoulders exceed shoulder level of the Supporting Dancer, there is at least one additional Dancer to spot who does not bear weight.



#### **RELEASE MOVES/UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE**

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
  - a. The highest point of the released skill does not elevate the Executing Dancer's feet above head level of the Supporting Dancer. (Exception: Toe touches off a dancers back/leap frog jumps will be allowed.
  - b. The Executing Dancer may not pass through prone or inverted position after the release.
  - c. Toe pitchback tucks are not allowed.
2. A Supporting Dancer may release/toss an Executing Dancer if:
  - a. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the Supporting Dancer.
  - b. The Executing Dancer is not supine or inverted when released.
  - c. The Executing Dancer does not pass through a prone or inverted position after release.
  - d. Toe pitchback tucks are not allowed.

#### **\*HANDS FREE POMS\***

The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.