



2026 - 2027 AmeriDance and Eastern Dance

**Independent
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
2. Emails must have a division and category.
3. Full routines will not be viewed.

INDEPENDENT TEAM COMPETITION DIVISIONS

DIVISION	ELIGIBILITY BY BIRTH YEAR	TEAM SIZE	GENDER
Tiny	2019-2022	4 or More Dancers	Female/Male
Mini	2016-2021	4 or More Dancers	Female/Male
Youth	2013-2018	4 or More Dancers	Female/Male
Junior	2010-2016	4 or More Dancers	Female/Male
Senior	6/1/2007-2014	4 or More Dancers	Female/Male
Open	12/13/2011 & Before	6 or More Dancers	Female/Male

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. Athletes must be born on or between the dates listed in the “Eligibility by Birth Year” column to be eligible for that division.
2. Some divisions have top or bottom ages that are split years. Pay close attention to the columns where a birth year has been split.



AMERIDANCE AND EASTERN GENERAL RULES & REQUIREMENTS:

1. All teams must be supervised during all official functions by a qualified coach/instructor.
2. Coaches must consider the dancer and team skill level regarding skills incorporated and proper progression.
3. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves properly.
4. All programs should have and review an emergency action plan in the event of an injury.
5. **Each team will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes (2:00) to demonstrate their style and expertise.** Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever happens last. Dancers must remain on stage throughout the performance. Wings may not be used for staging.
6. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
7. Use of fire, noxious and inert gasses, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including but not limited to guns, knives, swords, nun-chucks, etc.). Violation of this rule may result in disqualification. Please submit questionable items and how it is used/choreographed into routine for prior approval.
8. Teams may not compromise the integrity of the performance surface. (Examples: residues from sprays, powders, oils, etc.) Teams are responsible for clearing the performance surface from debris. (Examples: poms, props, petals, etc.)
9. A participant wearing a hard cast (i.e. fiberglass or plaster) or a walking boot may not be involved in choreography that may cause harm/injury to others.

CHOREOGRAPHY, MUSIC, AND COSTUMING

1. Tights are strongly recommended when costuming provides limited coverage, specifically above mid-thigh (i.e. leotards, shorts, briefs, etc.) in consideration of athlete safety.
2. Routine choreography, music, costuming (including make-up) should be appropriate and acceptable for family viewing. Vulgar or suggestive material is not permitted. This may include music, movement and/or choreography that is profane, inflammatory, offensive, sexual in content, and/or relays lewd gestures. Inappropriate choreography, costuming and/ or music may also affect the panel judges' overall impression and/or score of the routine. Music labeled "explicit" is not allowed. Music labeled "radio" or "clean" is permissible if it is suitable for family audiences.



3. Footwear is recommended but not required. Wearing footwear with wheels, socks and/or footed tights only is prohibited. (Exception: socks are allowed on a carpeted performance surface. (Clarification: Socks designed for dance that provide shock absorption, arch support, ankle stability, traction are allowed.)
4. Jewelry as a part of a costume is allowed. (Clarification: Safety of the dancer should be considered.)
5. Dancers registered as male must cover their torsos. Shirtless, unbuttoned shirts with nothing underneath, and mesh-only coverage will not be allowed.

PROPS

1. Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body. They may not be used to elevate dancer(s) from the performance surface. Props cannot be used to intentionally obscure/cover skills that need to be viewable for safety. (Clarification: Safety of the dancer should be considered.)
2. Standing props are not allowed. (I.e. chairs, stools, benches, ladders, boxes, stairs, etc.)