



2023-2024 Open Dance Divisions

Open Dance is the overall category for Studio Programs, Recreation Programs and Individual Programs that do not fall under the USASF Dance or School Dance overall categories.

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 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.

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.

CONTEMPORARY/LYRICAL

A Contemporary or Lyrical routine uses organic, expressive, 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 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.

Open Dance Age Grid			
Tiny	6 years & younger	Female/Male	4+ members
Mini	8 years & younger	Female/Male	4+ members
Pee Wee	10 years & younger	Female/Male	4+ members
Youth	12 years & younger	Female/Male	4+ members
Junior	14 years & younger	Female/Male	4+ members
Senior	18 years & younger	Female/Male	4+ members
Open Dance ABILITIES Age Grid			
DANCE ABILITIES	ALL AGES	Female/Male	unlimited

Overall Categories/Styles of Dance may be combined/split at the discretion of CDE.
If you do not see your division listed, contact tara@cheeranddanceextreme.com



The age of the athlete is age as of December 31, 2023.

