



# 2023-2024 School Dance Divisions

## 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.

## KICK

A kick routine emphasizes control, height uniformity, extension, toepoints, 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

## 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.

School Dance Age Grid (grade as of 2023-2024 school year)			
Elementary	6 <sup>th</sup> grade & below	Female/Male	4+ members
Junior High	9 <sup>th</sup> grade & below	Female/Male	4+ members
Junior Varsity	9 <sup>th</sup> – 11 <sup>th</sup> grade	Female/Male	4+ members
Varsity	9 <sup>th</sup> – 12 <sup>th</sup> grade	Female/Male	4+ members
Collegiate	College Enrollment	Female/Male	4+ members

**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](mailto:tara@cheeranddanceextreme.com)**



The grade of the athlete is based on the 2023-2024 school year grade.

