



15-16 Individual Dance Event Category Guidelines

Be sure to enter Individual Divisions to Qualify for High Point. High Point is available for Individual Cheer and Dance Divisions

Best Dancer Combo

- 2 min maximum performance time.
- Solo Dancer, routine can be any style dance combo of choice. Ex. You can combine Hip Hop and Jazz to create a routine.
- Props, Hand-held or costume may be used.
- **Tumbling Skills** are **ALLOWED**, however; at least one hand must be in constant contact with the performing surface while involved in a hip over head rotation. **Exception: Aerial Cartwheels are Permitted must not be connected to any other skill. Dive rolls are Permitted.**

Best Dancer Lyrical

- 2 min maximum performance time.
- Solo Dancer, routine combined with the principles of jazz, ballet and emphasize proper technical execution. Routines should show use of flexibility, balance and mood and are fluid in movement.
- Props, Hand-held or costume may be used.
- Female and Male dancers will be combined. **Tumbling Skills** are **ALLOWED**, however; at least one hand must be in constant contact with the performing surface while involved in a hip over head rotation. **Exception: Aerial Cartwheels are Permitted must not be connected to any other skill. Dive rolls are Permitted.**

Best Dancer Hip Hop

- 2 min maximum performance time.
- Solo Dancer, routine emphasize on street style execution movements.
- Style, creativity, body isolations control, rhythm, and musical interpretation. Jumps and other tricks are welcomed.
- Props, Hand-held or costume may be used.
- Female and Male dancers will be combined.
- **Tumbling Skills** are **ALLOWED**, limited to two consecutive hip over rotation skills, skills without hand support are allowed involving no more than one twisting rotation, may not connect to any other skill or jump. **Aerial Cartwheels are Permitted.**

Best Dance Group “All styles compete together”

- 2 min maximum performance time.
- Group consists of up to 2-5 dancers.
- Dancers may choose ANY style of dance combination. Props are allowed. Female and Male combination will compete with one another.
- **Tumbling Skills** are **ALLOWED**, Non airborne skills are allowed. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach. Airborne skills with hand support: (1) may be airborne in descent if the approach is non airborne (2) may not be airborne in approach (Exception: Dive rolls). Airborne skills without hand support are not allowed. (Exception: Aerial cartwheel that is not connected to any other skill). USASF Expanded Hip Hop Rules are allowed in the Junior and Up Age Divisions as long as the routine style is Hip Hop.
- USASF Core Dance Lifts and Partnering Rules apply. Expanded Hip Hop Rules are allowed in the Junior and Up Age Divisions as long as the routine style is Hip Hop.