



2018 - 2019 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 technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). Poms must be used 80% of the routine.

HIP HOP

A Hip Hop routine can incorporate any **authentic** street style movement with an emphasis on execution, style, creativity, **originality**, body isolations and control, rhythm, uniformity and musical interpretation.

KICK

A kick routine emphasizes control, height uniformity, extension, toe points, 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 and kick series must comprise 80% 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.

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@americheer.com or sara@ecaeda.com.
2. Emails must have a division and category.
3. Full routines will not be viewed.

SCHOOL/REC TEAM COMPETITION DIVISIONS

DIVISION	AGE	TEAM SIZE	GENDER
Mini	8 Years & Younger	4 or More Dancers	N/A
Elementary	6 th Grade and Below	4 -14 Dancers	N/A
Junior High	9 th Grade and Below	4 -14 Dancers	N/A
Junior Varsity	11 th Grade and Below	4 -14 Dancers	N/A
Varsity	12 th Grade and Below	4 -14 Dancers	N/A
College	Collegiate Enrollment	4 or More Dancers	N/A

AGE REQUIREMENTS

1. The Division (age) of a team is determined by the age or grade of the oldest competitor.
2. The age of the competitor as of August 31, 2018 will be the age used for competition purposes throughout the 2018-19 season for the Mini division. Divisions determined by grade are the grade of the student in the 2018-2019 school year.
3. Divisions will be split by size when divisions are more than 3 deep in a category.



AMERIDANCE AND EASTERN DANCE SAFETY RULES

WEIGHT BEARING SKILLS

Hip over-head rotation skills with hand support are not allowed while holding poms or props in the supporting hand. (Exception: forward rolls and backward rolls are allowed.) The use of hands free poms or props for hip over-head skills is allowed.

TUMBLING AND TRICKS (Executed by individuals.)

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls/Freezes
Head Spins
Windmills
Kip Up
Round Off
Headsprings (with hand support)
Aerial Cartwheels

NOT ALLOWED

Front Aerials
Front/Back Handsprings
Front/Back Tucks
Side Somi
Layouts
Shushunova
Headsprings (without hand support)
Dive Rolls (in any position)
Continuous Double (partner) Cartwheels
Toe Pitches

1. Airborne skills without hand support are not allowed.
2. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed.)
3. 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/hands or foot/feet.
4. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
5. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, back, shoulders 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 õrubber bandö/öbroncoö kip up skill.)



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. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts 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 Dancer's 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 hips above head level.
 - b. The Executing Dancer may not pass through prone or inverted position after the release.
 - c. Toe pitches 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.
 - 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 pitches are not allowed.