

## PERFORMANCE CLARIFICATIONS

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Dance routines will be performed on a regulation basketball court. Maximum performance time is 2 minutes 30 seconds and minimum performance time is 2 minutes with a +/- 5 second margin of error for timing.

There are four dance categories: hip hop, jazz, kick, and pom. The standard entry fee entitles your team to compete in one category. Teams may enter in one or two different categories, with at least seventy-five percent of the team performing second routine. There is a fee of \$100 for a second routine.

Varsity Divisions within these categories are based on the WIAA 9-12 school enrollment, found in the current WIAA high school directory. The enrollment figures pertain to the previous year's enrollment on the third Friday of September as reported to the WIAA office.

Participants listed on the registration form will be allowed to perform; alternates should be included and may or may not be used. Scholastic team members must be officially enrolled and attending the school of the performing team.

## ALL STAR DANCE

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The All Star State Dance Championships are designed for gym-based and collegiate teams utilizing the USASF guidelines. All teams must follow the USASF age/levels rules and regulations.

The age of the competitor as of August 31, 2010 will be the age used for the 2011 All Star State Championships.

All Star divisions include:

**\*OPEN** *Hip Hop, Jazz, Kick, Pom*

**\*SENIOR** *Hip Hop, Jazz, Kick, Pom*

**\*JUNIOR** *Hip Hop, Jazz, Kick, Pom*

**\*YOUTH** *Hip Hop, Jazz, Kick, Pom*

~~~Due to site time constraints in 2011, all star teams will be limited to two performances~~~

## JAM DANCE *(Junior Varsity and Middle School)*

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The WACPC State JAM Dance Championships are designed for students in junior high, middle school, and non-varsity members of high schools which would include students in grades 5-11.

JAM Dance divisions include:

**\*JV DIVISION 1 POM** (1000 +)

**\*JV DIVISION 2 POM** (999 OR fewer)

**\*GRADES 5<sup>th</sup>-9<sup>th</sup> POM**

**\*JV HIP HOP**

**\*GRADES 5<sup>th</sup>-9<sup>th</sup> HIP HOP**

**\*JV JAZZ**

**\*GRADES 5<sup>th</sup>-9<sup>th</sup> JAZZ**

**\*JV KICK**

**\*GRADES 5<sup>th</sup>-9<sup>th</sup> KICK**

## **VARSITY DANCE DIVISIONS**

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The WACPC State Varsity Dance Championships are designed for students in grades 9-12 that are members of their high school's varsity dance team.

- \* **DIVISION 1 POM** (1325+)
- \* **DIVISION 2 POM** (1000-1324)
- \* **DIVISION 3 POM** (575-999)
- \* **DIVISION 4 POM** (375-574)
- \* **DIVISION 5 POM** (374 and fewer)

- \* **HIP HOP DIVISION 1** (1000+)
- \* **HIP HOP DIVISION 2** (999 or fewer)

- \* **JAZZ DIVISION 1** (1000+)
- \* **JAZZ DIVISION 2** (999 or fewer)

- \* **KICK DIVISION 1** (1000+)
- \* **KICK DIVISION 2** (999 or fewer)

## **OVERALL IMAGE**

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Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences and therefore it lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members.

Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure all choreography is age appropriate.

Apparel must be age appropriate. Midribs and undergarments must be covered for scholastic teams. Shorts must be long enough to cover nylon cotton panel and cheeks. Tops must not expose cleavage.

## DANCE CATEGORY DESCRIPTIONS

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### HIP HOP

Specific elements of a Hip Hop Routine:

- The overall style of the routine should be high energy dance, with focus on strong, precise movements and “attitude” appropriate for family viewing
- Clothing needs to be appropriate for family viewing; please review NFHS Rule 2-2-4
- Choreography should feature athletic, grounded/low, tight movements to a driving beat
- A dynamic hip hop routine incorporates a variety of movement, rhythms, levels, group work, tricks, and formations

### JAZZ

Specific elements of a Jazz Routine:

- The overall style of the routine should be well-executed, technical movements with focus on balance, flexibility, control, and body alignment and extension
- Clothing needs to be appropriate for family viewing; please review NFHS Rule 2-2-4
- Choreography should feature proper dance technique
- The routine should reflect the mood and general theme of the music
- The routine should include a variety of turns/spins, leaps, and jumps; effective use of floor space; and creative/original choreography

### KICK

A **kick** is defined as a lifting of your toe or foot off of the floor from a standing position and extending one leg to the front, side, or back with the foot in a pointed or flexed position. A **high** kick is considered to be any kick that extends above the waist.

Specific elements of a Kick Routine:

- The focus of the routine should be on proper kick form, technique, posture, uniformity and height/flexibility
- The routine should include a variety of connections, transitions and formations and creative/original choreography
- Fifty or more kicks are required by the **entire** team
- Sixteen or more **high** kicks are required by the entire team
- Poms may or may not be used

### POM

Specific elements of a Pom Routine:

- Poms are the **ONLY** prop allowed in this category
- Poms are the main focus and should always have a purpose
- Poms are required for a minimum of 90% of the routine
- Choreography should feature the poms by creating visual effects/pictures
- A visually exciting routine incorporates a variety of movement, levels, group work, formations, and rhythms
- The overall style of the moves should be clean and precise, with an emphasis on group synchronization

## **DROPS, LIFTS, AND STALLS**

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**Drops**-Drops to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump or stand must first bear weight on the hands or feet in order to break the impact of the drop. Athletes are not allowed to drop directly from an airborne position without the hands or feet contacting the performing surface first.

**Lifts**-A lift is any action that is used to elevate one dancer from the performing surface with the help of another. At no time may there be a loss of contact. If there is an inversion please refer to NFHS Rule 3-7-1.

**Partner Lift**-Where one athlete lifts the other in an upward, vertical body motion and returns them to an upright position on the floor. It is a continuous up and down motion without stopping. The lifted athlete (top) must not perform any head over hip rotation (no inversions). Participants must not pass over or under other participants in a lift. A partner-assisted jump is permitted.

**Vertical T-Lift**-Where an athlete is lifted off the ground by two side posts, in an up and down motion. The lifted athlete always remains upright. The vertical T-lift does not need to remain stationary.

**Stalls**-A stall is a creative technique of positioning the body into an inverted position and holding it for effect. The weight and primary balance comes from one or more hands of the athlete. During this, the athlete may use their heads to balance, but only in addition to the support that comes from their hands.

**Gloves**-From NFHS Rule 3-1-5, Gloves that do not have non-slip substances applied to the palms and palm-side fingers are not appropriate for skills in which weight is borne on the hands.

### **Tumbling allowed in dance:**

|                          |                                |                                                 |
|--------------------------|--------------------------------|-------------------------------------------------|
| Forward / Backward Rolls | Shoulder Rolls ( <i>Jazz</i> ) | Headstands                                      |
| Handstands               | Cartwheel                      | Handstand to forward roll/combinations of rolls |

**Props:** A prop is an object that can be manipulated, but may not be used as a base or scenery, and must originate as an original part of the costume. Any part of a costume may be manipulated or discarded, but at no time can it become a safety issue. At no time can an athlete's vision be obstructed in any manner. At the point where it becomes a safety issue, it becomes a violation.