

The ONE Finals – DANCE TEAM DIVISIONS

ALL STAR DANCE DIVISIONS

The ONE Finals

The age of the competitor as of August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for USASF Dance Divisions are a minimum of One (1) minute and forty five (45) seconds and a maximum of Two (2) Minutes and thirty (30) seconds. The ONE Finals reserves the right to combines or open divisions at any time. Athletes may not cross from All Star Prep to All Star divisions

All-Star Dance Team - An All Star Dance Team is a team that does not cheer/dance for any sport and is formed for the primary purpose of competing. The ONE Finals follows [USASF guidelines & divisions](#) for allstar dance. Teams can elect to compete or exhibition.

USASF CONTACTS FOR DANCE

Please contact USASF Dance at dance@usasfrules.net or contact your Regional Director

ALL STAR CATEGORIES

HIP HOP – ALL DIVISIONS

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

JAZZ – ALL DIVISIONS

A Jazz routine encompasses traditional or stylized hard-hitting, crisp, and/or aggressive approach to movement and can include moments of softness while complementing musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills.

KICK – ALL DIVISIONS

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.

LYRICAL/CONTEMPORARY – ALL DIVISIONS

A Contemporary or Lyrical routine uses organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. Emphasis is placed on control, sustained, expressive movement, body placement, contraction/release, use of breath, uniformity, communication and technical skills.

POM – ALL DIVISIONS

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.

PREP – ALL STAR PREP ONLY

The Prep Category is offered for emerging teams and dancers. All Category styles in each Age Division will compete together in Prep (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick and/or Prep Variety), or may be split when the Splitting Rule for Prep applies. (See "Combining and Splitting" below. Also see "Crossovers," below for rules about participating on Prep and Non-Prep teams within the same style.)

VARIETY – ALL STAR

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.

THE ONE FINALS COMBINED DIVISIONS POLICY

The ONE Finals reserves the right to add/omit/change/combine, any division, at any time to allow for a competition. THE ONE FINALS tries to eliminate teams going against a score. All teams have the option of exhibition as opposed to competing.

The ONE Finals
ALL STAR DANCE

HIP HOP			
Tiny Open (Any Style)	6 years & younger	Female/Male	4+ members
Mini Hip Hop	9 years & younger	Female/Male	4+ members
Youth Hip Hop	12 years & younger	Female/Male	4+ members
Junior Hip Hop	15 years & younger	Female/Male	4+ members
Senior Hip Hop	18 years & younger	No Males	4+ members
Senior Coed Hip Hop	18 years & younger	Female/Male	4+ members
Open Hip Hop	14 years & older	No Males	4+ members
Open Male Hip Hop	14 years & older	No Females	4+ members
Open Coed Hip Hop	14 years & older	Female/Male	4+ members
JAZZ			
Mini Jazz	9 years & younger	Female/Male	4+ members
Youth Jazz	12 years & younger	Female/Male	4+ members
Junior Jazz	15 years & younger	Female/Male	4+ members
Senior Jazz	18 years & younger	No Males	4+ members
Senior Coed Jazz	18 years & younger	Female/Male	4+ members
Open Jazz	14 years & older	No Males	4+ members
Open Coed Jazz	14 years & older	Female/Male	4+ members
LYRICAL/CONTEMPORARY			
Mini Contemporary/Lyrical	9 years & younger	Female/Male	4+ members
Youth Contemporary/Lyrical	12 years & younger	Female/Male	4+ members
Junior Contemporary/Lyrical	15 years & younger	Female/Male	4+ members
Senior Contemporary/Lyrical	18 years & younger	No Males	4+ members
Senior Coed Contemporary/Lyrical	18 years & younger	Female/Male	4+ members
Open Contemporary/Lyrical	14 years & older	No Males	4+ members
Open Coed Contemporary/Lyrical	14 years & older	Female/Male	4+ members
POM			
Mini Pom	9 years & younger	Female/Male	4+ members
Youth Pom	12 years & younger	Female/Male	4+ members
Junior Pom	15 years & younger	Female/Male	4+ members
Senior Pom	18 years & younger	No Males	4+ members
Senior Coed Pom	18 years & younger	Female/Male	4+ members
Open Pom	14 years & older	No Males	4+ members
Open Coed Pom	14 years & older	Female/Male	4+ members
VARIETY			
Mini Variety	9 years & younger	Female/Male	4+ members
Youth Variety	12 years & younger	Female/Male	4+ members
Junior Variety	15 years & younger	Female/Male	4+ members
Senior Variety	18 years & younger	No Males	4+ members
Senior Coed Variety	18 years & younger	Female/Male	4+ members
Open Variety	14 years & older	No Males	4+ members
Open Coed Variety	14 years & older	Female/Male	4+ members
PREP			
Tiny Prep	6 years & younger	Female/Male	4+ members
Mini Prep	9 years & younger	Female/Male	4+ members
Youth Prep	12 years & younger	Female/Male	4+ members
Junior Prep	15 years & younger	Female/Male	4+ members
Senior Prep	18 years & younger	No Males	4+ members

The ONE Finals
RECREATION DANCE

The age of the competitor as of August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for Recreation Dance Divisions are a maximum of Two (2) Minutes and thirty (30) seconds.

Recreation/Youth League

A recreation/youth league team is a community team that provides support for a sport or performs in recitals or parades. Coaches are non- paid, non-professionals.

RECREATION DANCE

The recreation dance division is for any recreation teams qualifying at the ONE. Teams can perform a single style routine or a variety routine which incorporates a blend of at least two or more dance styles listed. All recreation teams/styles will compete together in the recreation category. The style of dance performed will determine which “category” rules a team will follow in the appropriate age division.

RECREATION DANCE			
Tiny Rec Dance	6 years & younger	Female/Male	4+ members
Mini Rec Dance	9 years & younger	Female/Male	4+ members
Youth Rec Dance	12 years & younger	Female/Male	4+ members
Junior Rec Dance	15 years & younger	Female/Male	4+ members
Senior Rec Dance	18 years & younger	Female/Male	4+ members

The ONE Finals
OPEN STUDIO DANCE

The age of the competitor as of August 31, 2016 will be the age used for competition purposes for the 2016-2017 season. Time Limits for the Open Studio Dance Divisions are a maximum of Two (2) Minutes and thirty (30) seconds.

OPEN – ALL DIVISIONS

An Open routine is for dance teams that do not fit in the All Star divisions. Some examples are Acro, Prop and Tap. It can incorporate a blend of two or more dance styles or be a concentrated style. 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 STUDIO DANCE			
Mini Open	9 years & younger	Female/Male	4+ members
Youth Open	12 years & younger	Female/Male	4+ members
Junior Open	15 years & younger	Female/Male	4+ members
Senior Open	18 years & younger	Female/Male	4+ members
Open / Collegiate	14 years & older	Female/Male	4+ members

AGE REQUIREMENTS

1. The Division (age) of a team is determined by the age of the oldest competitor.
2. The age of the competitor as of August 31st, 2016 will be the age used for competition purposes throughout the 2016/17 season for all divisions.
3. Any team, from any country may enter any USASF division as long as they abide by the age restrictions of that division.
4. For Open (International) Divisions, the eligible age for athletes will be determined by the “calendar year of the competition” (December 31st of the same year that the competition occurs) for its age cutoff date. Example: An athlete that is 13 turns 14 on December 12, 2016. If she is competing at a competition on November 7, 2016, she is permitted to compete in the Open division because she turns 14 within the same calendar year as the event in which she is competing. A calendar year is considered January 1st through December 31st. The USASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team’s composition is made up of participants of similar ages.

CROSSOVERS

1. Dancer(s) may compete in more than one division and/or category as long as they abide by the age requirements in all divisions in which they compete.
2. PREP
 - a. Dancer(s) may compete in a Prep and a Non-Prep category in a different routine style ONLY. Example: Dancer(s) may compete on a Prep Jazz team and a Senior Pom team, but may not compete on a Prep Jazz Team and a Senior Jazz Team.
 - b. Dancer(s) may progress from a Prep to a Non-Prep Team in the same category style over time, but may not first compete on a Non-Prep Team and later compete on a Prep team in the same style. (Clarification, Dancer(s) may only move forward in levels of progression, not backward).

COMBINING and SPLITTING

THE ONE FINALS reserves the right to combine overall divisions to maintain a competitive atmosphere.

1. The ONE Finals will combine divisions first by size when applicable then by gender.
2. A "Dance" Category may be offered to combine categories (by Age Division) when fewer than three teams are registered in a category. Specific rules apply. See below.
3. Prep Divisions/Categories may be split when there are three or more teams registered in a Category. Specific rules apply. See below.

Combining by Small and Large Team Size

If there are fewer than three teams in Small and/or Large in Mini, Youth, Junior, Senior and/or Open Divisions within the same Category, Small and Large divisions must be combined. (Example: If there are two teams in Senior Small Pom and five teams in Senior Large Pom, Divisions will be combined into Senior Pom.)

- a. Small and Large will **not** combine if it means that a program will compete against itself. (Example: Senior Small Pom and Senior Large Pom teams from the same program will not be combined into one division that would cause them to compete against each other. If a program chooses to register two teams in the same Age, Team Size, and Category (like Senior Small Pom), the teams **will** compete against each other.)
- b. When there are 10 or more teams in any Small or Large division, THE ONE FINALS may further split that division by team size, provided a minimum of three teams remain in all resulting divisions.

Combining Age and Gender

If there is only one team registered in any Junior, Senior, or Open Division within the same Category, THE ONE FINALS must combine (in this order) as long as a program is not forced to compete against itself:

- a. Jr. Co-Ed with Jr. Male, Sr. Co-Ed with Sr. Male and Open Co-Ed with Open Male
- b. Jr. with Jr. Co-Ed, Sr. with Sr. Co-Ed and Open with Open Co-Ed
- c. Jr. with Jr. Male, Sr. with Sr. Male and Open with Open Male

Combining Categories to Create a "Dance" Category

The Dance Category (formerly known as "Open") may be offered to establish competition when fewer than three teams are registered in any Category within an Age Division. If combined, all Category styles (Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick or Variety), in each Division (Tiny, Mini, Youth, Junior, Senior or Open), will compete together in this category. Example: When one team is registered in Junior Jazz and two teams are registered in Junior Pom, The ONE Finals may combine Junior Jazz and Junior Pom to create Junior Dance.

Exceptions:

- a. Categories will not combine into Dance if there are three or more teams registered in a category. Example: If there are 3 teams in Junior Jazz, 2 in Junior Pom, 2 in Junior Hip Hop, and 1 in Junior Kick, THE ONE FINALS will combine the Pom, Hip Hop and Kick teams into the Junior Dance Division/Category and will leave Junior Jazz as a separate Division/Category. Note: There should always be more than one team in the Dance Category.
- b. Categories and Divisions will not combine into Dance if it means that a program will compete against itself. Example: Junior Jazz and Junior Pom teams from the same program will not be combined into one division that would cause them to compete against each other. If a program chooses to register two teams in the same Age, Team Size, and Category, the teams will compete against each other.
- c. The "Dance" Category is not a Worlds Bid Category.

Splitting Tiny

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Then, THE ONE FINALS will split Tiny into separate Categories (Jazz, Pom, Hip Hop, etc), if:

- a. There are two teams from the same program registered in the same Age Division. (Example: Tiny Jazz and Tiny Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)
- b. THE ONE FINALS must split Tiny Divisions within the same category into Small and Large (as outlined in grid) if there are 10 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.
- c. There are three or more teams in the same Category, and at least two remaining performances in any one category including the "Dance" Category.

Splitting Prep

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Then, THE ONE FINALS will split Prep into separate Categories (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick or Prep Variety) by Age Division, if:

- a. There are two teams from the same program registered in the same Age Division. (Example: Junior Prep Jazz and Junior Prep Pom teams from the same program will **not** compete against each other. However, if a program chooses to register two teams in the same Age, Team Size, and Category, the teams will compete against each other.)
- b. There are three or more teams in the same Category, and at least two remaining performances in any one category including the "Dance" Category