



# COMPETITION RULES AND REGULATIONS

This set of rules and regulations will assist you in preparation for your competition season with American Dance Alliance. The rules and regulations will apply to all divisions. Please read completely. Rules and Regulations are subject to change.

For any questions or concerns, contact us at [ADADANCEINFO@GMAIL.COM](mailto:ADADANCEINFO@GMAIL.COM).

We look forward to seeing your dance team hit the dance floor!!!

#JUMPHIGHSTAYGROUNDED

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## **CATEGORIES**

Below are a list of descriptions for the competition dance styles, performance levels, and entry types we offer at our Regional and State Championship Dance competitions:

### ***DANCE STYLES***

#### ***Contemporary***

A routine that utilizes ballet and modern movements. The choreography should be innovative and fresh, as well as an interpretation of the music itself. Movements should complement the music and teams will be judged on both musicality and uniformity.

#### ***High Kick***

A routine that should be executed by a team who is performing varied kick sequences with proper kick technique. Kicks must be done to at least 60% of the music. The team may demonstrate difficulty through the incorporation of the number and structure of kick sequences and the height and pace of kicks. Movements should complement the music and teams will be judged on both musicality and unison.

#### ***Hip-Hop***

A routine that consists of upbeat moves that are sharp and dynamic and have a "street style" of dance that are appropriate to that style yet in good taste. This category is always evolving and the Hip-Hop style is being redefined each year. Movements should complement the music and teams will be judged on both musicality and uniformity. Points will be deducted for inappropriate moves and music with bad language.

#### ***Jazz***

This style of routine should focus on the technical aspect of "true" jazz and may incorporate leaps, turns, and technical moves. The team should demonstrate level appropriate skills (e.g. leaps, turns, extensions). Movements should complement the music and teams will be judged on both musicality and uniformity.

#### ***Jazz Funk***

This routine is a fusion of hip-hop and jazz. The choreography should showcase linear and fast rhythmic changes. Movements should complement the music and teams will be judged on both musicality and uniformity.

#### ***Lyrical***

A routine that should be a fusion of jazz dance technique with a ballet foundation. The routine should be visual and connected throughout and should level appropriate skills (e.g., turns, leaps, extensions). Movements should complement the music and teams will be judged on both musicality and uniformity.

#### ***Pom***

A routine that should consist of visual formations and strong visual effects with the use of the poms. Proper dance technique should be used while performing and teams must enter and exit with poms in their hands. Poms must be used for at least 80% of the routine. Movements should complement the music and teams will

be judged on both musicality and uniformity. Teams will also be judged on the creative use of poms for visual effect.

### ***Production***

A routine that should contain proper dance technique and fit a "character" and/or the thematic interpretation of a song. The use of costumes to fit a character routine is permitted. Props are permitted, and any style or combination of styles of dance may be used.. Limited staging is permitted as long as set up and breakdown can be included in the 5 minute time window (set up/performance/breakdown). Movements should complement the music and teams will be judged on both musicality and uniformity.

### ***Team Performance***

A routine that can be a combination of jazz, kick, hip-hop, and pom styles. Teams should demonstrate proficiency in each style to maximize their score; it is recommended that teams have well-defined sections devoted to each of these styles of at least 25-30 seconds in length. Movements should complement the music and teams also will be judged on both musicality and unison.

## ***ENTRY TYPES***

### ***Solos***

A soloist may perform any style of dance. Time limit for solos is 2 minutes and 30 seconds maximum. Entrances and exits are not judged. Routines will be judged on the categories listed below which include artistry, musicality and proper technical execution of the style(s) selected by the soloist. Movements should complement the music as the soloist will be judged on musicality.

### ***Duos/Trios***

Duos/trios may perform any style of dance. Time limit for solos is 2 minutes and 30 seconds maximum. Entrances and exits are not judged. Routines will be scored on the elements listed below which include artistry, musicality and proper technical execution of the style(s) selected by the dancers. Movements should complement the music and dancers will be judged on both musicality and uniformity.

### ***Ensembles***

Ensembles may perform any style of dance and may have 4-8 dancers. Time limit for solos is 3 minutes maximum. Entrances and exits are not judged. Routines will be scored on the elements listed below which include artistry, musicality and proper technical execution of the style(s) selected by the dancers. Movements should complement the music and dancers will be judged on both musicality and uniformity.

### ***Team Routine***

Team routines are categorized as small (9-16 Dancers) or large (17+ Dancers). Time limit for team routines is 3 minutes maximum. Entrances and exits are not judged. Routines will be scored on the elements listed below which include costuming, innovative choreography, proper technical execution of the style(s), Showmanship, and presentation/staging. Movements should complement the music and dancers will be judged on both musicality and uniformity.

## **PERFORMANCE LEVELS**

**Elementary** (age 10 and under)

Grade Level: 5th and under

**Middle** (age 13 and under)

Grade Level: 6th, 7th, and 8th

**Junior Varsity** (age 16 and under)

Grade Level: 9th and 10th

**Varsity** (age 19 and under)

Grade Level: 11th and 12th

## **ROUTINE REGULATIONS**

### **GENERAL SAFETY**

The director/coach is responsible for monitoring the safety of each dance team member. All dance elements being performed, as well as the skill level of the dancers performing those skills, should be considered by the director in making this decision. ADA is not liable for any injuries that occur during any skill such as but not limited to partnering, tumbling, acrobatic skills, etc.

### **ROUTINE REGULATIONS**

1. Any equipment or items that may damage the performance floor are prohibited.
2. There is a maximum time limit for each routine; Please check under category description for the time limits for Team, Solo, Duet/Trios, and ensemble routines.
3. All music must be uploaded through the Dance Bug website at least 2 weeks prior to the event.
4. Appropriate Jewelry will be allowed. ADA reserves the right to require a team to remove any type of jewelry if it deems unsafe at any point during the competition.
5. Props are permitted in any dance category. No confetti, glass, canned smoke, water or other liquid, or other similar loose material that may obstruct the judges' view or affect the condition of the performance floor may be used. All heavy props must be set and moved by each responsible dance team volunteer. For any questions or concerns regarding prop choice, please email us at [adadanceinfo@gmail.com](mailto:adadanceinfo@gmail.com).
6. All entry fees are per routine entered, not per individual (except solos).
7. All changes to original submitted entries must be in writing: no verbal requests will be honored. Changes to original entries must be received 7 days prior to the event or they will not be implemented or refunded. **Any changes to any part of the registration will result in a \$150 fee.**
- 8. Any withdrawals or cancellations from any ADA event (Camps, Competitions, Workshops) 7 days or less will be charged the FULL AMOUNT.**
9. Flash photography is not allowed. Video taping of other teams is not allowed.
10. Dancers should not land directly on the head/neck at any time from an airborne skill.
11. Entrances and Exits are not judged.
12. Time Limit for Production Entry is 5 minutes.
13. Time limit for solos is 2 minutes 30 seconds maximum.
14. Time Limit for Duets, and Trios is a minimum of 1 minute 30 seconds, 2 minutes 30 seconds maximum.
15. Time limit for ensembles and team routines is 3 minutes.
16. Time begins on the first note of music. Point deductions will be made for exceeding time limits at the judges' discretion.
17. Deductions of 3 points will be taken for dances exceeding the maximum time. Exceeding maximum time by 1 minute or more will receive a 6 point deduction.
18. All performance music must be PG-13 and it must be uploaded through your DanceBug account at least 2 weeks prior to the event.

## **ENTRY REGULATIONS AND AWARDS**

### **TEAM ENTRY REGULATIONS**

1. School teams may compete in the following styles: Contemporary, Pom, Jazz, Jazz Funk, Lyrical, Hip Hop, Kick, Open and Production. There is no limit to how many solo, duo/trio, or officer routines a team may enter at our Competitions.
2. Teams may enter one routine in each style. If a school or studio wishes to enter multiple routines in a single style they must designate different teams (e.g. Miller Pink Team and Miller Blue Team), and the teams should have one or more dancers that do not overlap.
- 3.

### **REGIONAL AWARDS**

1. Trophies will be awarded to all the registered dance teams in each division for each style.
2. One Grand Sweepstakes winner will be given to the team with the highest average, as determined by ADA in its discretion.
3. Additional specialty awards may be awarded at the discretion of American Dance Alliance.
4. Only the top 3 soloists of each grade division will be awarded a trophy, medal, and gift bag.
5. The following are the Trophy tiers:

<b>A W A R D</b>	<b>J U D G E S S C O R E D C O M B I N E D</b>
Elite	237 - 300
Superior	162 - 236
Excellent	15 - 161

## **STATE CHAMPIONSHIP AWARDS**

1. Teams that registered in 3 or more performances will be eligible to receive a Sweepstakes or GRAND Sweepstakes Trophy/award.
2. Grand Sweepstakes winners and first and second runner up teams receive Cash Prizes!
3. Only the top 3 soloists of each grade division will be awarded a trophy, medal, and gift bag.

<b>ELEMENTARY/MIDDLE DIVISION</b> * Cash Prize Amounts are Subject to change *	
Grand Sweepstakes	\$500.00
2nd Place	\$400.00
3rd place	\$300.00

<b>HIGH SCHOOL DIVISION</b> * Cash Prize Amounts are Subject to change *	
Grand Sweepstakes	\$500.00
2nd Place	\$400.00
3rd place	\$300.00

<b>A W A R D S</b>	
Category with more than 2 entries	Trophy, Banner, and ADA Hoodies
Category with only 1 entry	Trophy ONLY

## JUDGING

### JUDGING

American Dance Alliance appoints judges based upon their experience and feedback received throughout the season judging at our competitions. The appointed judges will be evaluating each performance based upon a 100-point system. The total score from each judge will be combined with scores from the other judges and averaged, generating the team's overall score. In the case of a tie, the lowest score of each routine will be dropped and the 2 highest scores will be averaged.

### TABULATION PROCESS

ADA has partnered with Dance Bug to streamline the judging and tabulation aspect of our competitions. Each judge will evaluate performances using an electronic scoring sheet. The judge will be responsible for providing a thorough evaluation and feedback for each routine. Score sheets will be released to each director/coach after each competition via their DanceBug accounts, and detailed score rankings will be available for teams to review after the competition.

Thank you for choosing American Dance Alliance!!!

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