



DANCE EVENTS

SOLO CATEGORIES OFFERED: (Divided by age; not status levels)

- Jazz/Lyrical
- Hip Hop
- Modern/Contemporary
- Pom

TEAM CATEGORIES OFFERED:

- Pom
- Jazz
- Lyrical
- Modern/Contemporary
- Hip Hop
- Kick
- Musical Theater/Character
- Novelty
- Mix
- Production

TEAM AGE DIVISIONS: (Teams are average ages)

0-6 (Tot), 7-9 (Juvenile), 10-13 (Junior), 14 -18 (Senior), 19-22 College (University/College)

TEAM SIZES:

- A. Extra-Small (2-3 Members)
- B. Small (4-9 Members)
- C. Large (10-19 Members)
- D. Extra-Large (20+ Members)
- E. Production (at least 10 Members)

ADDITIONAL INDIVIDUAL DANCE INFORMATION

- I. SOLO DANCE EVENTS:**
- A. Jazz/Lyrical:** Athletes perform a routine that is either jazz or lyrical in style.
 - B. Hip Hop:** Athletes perform a routine that incorporates hip hop/funk.
 - C. Modern/Contemporary:** Athletes perform a routine that is either modern or contemporary in style.
 - D. Pom:** Athletes perform a routine that uses Poms throughout routine. Poms can only be grounded to execute moves that CAN NOT be done with poms in hand due to safety. Gymnastic skills MAY NOT be done with poms in hands.
- II. SOLO TIME LIMITS:** 1 ½ min to 2 ½ min max.
- III. MUSIC FOR SOLO DANCE EVENTS:**
- A.** Athletes may perform to music of their choice that fits the style of dance that they are performing to.
 - B.** Timing will begin with the first movement following an opening pose.
 - C.** Timing will stop with a closing pose.
- IV. GYMNASTICS:**
- A.** Athletes are limited to 2 gymnastic moves per routine.
 - B.** Allowable skills include:
 - 1. Cartwheels/Round-Offs
 - 2. Front/Back Walkovers
 - 3. Forward/Backward Rolls
 - 4. Shoulder Roll
 - 5. Handstand
 - 6. Backbend
 - 7. Backhand springs
 - C.** Gymnastic skills are allowed, but NOT required.
 - D.** Due to safety reasons no skills other than those listed above will be permitted.
- VII. PROPS/SCENERY:**
- A.** Athletes may use props during any of the following solo dance events:
 - 1. Jazz/Lyrical
 - 2. Hip Hop
 - 3. Modern Contemporary
 - B.** Athletes may only use POMS during the Pom event.
 - C.** No scenery or backdrops allowed in any dance solo event.
 - D.** If a prop is carried out and placed on the performance floor, it must be manipulated at some point during the routine or it will be considered as scenery.
 - E.** All props that have legs, have sharp edges, or could potentially damage the floor if scooted or dropped MUST be padded or taped to ensure that there will not be damage to the floor or performance area.
 - F.** No form of rosin/powder, liquid, gel, aerosol, glitter, or substance that would affect the floor or performance area will be allowed.
 - G.** No use of electricity, fire, and weapons by the performer will be allowed. Toy weapons or items with safe edges should get approval from the competition director before being used at any competition.
 - H.** When executing gymnastic moves, props should not hinder the performer from executing the move safely. If a move is deemed dangerous a 2.0 penalty will be assessed. Poms are not allowed to be used during gymnastic moves.

VIII. SHOES:

- A. Athletes are only allowed to wear soft sole shoes or lyrical shoes for performances.
- B. No type of tap, clogging, or hard sole shoe will be allowed.

IX. PRE-PERFORMANCE CHECK: Prior to taking the competition floor solo athletes will be checked for the following:

- A. Props/Equipment Properly Taped.
- B. Proper Footwear.
- C. Athletes that violate the rules for any of the above items will not be permitted to perform until violations have been resolved and assessed a 2.0 penalty. Athletes that fail to resolve violations before division is closed will be disqualified.

ADDITIONAL DANCE TEAM INFORMATION

II. DANCE TEAM EVENTS INCLUDE:

- A. **POM:** Teams perform a routine that uses Poms throughout routine. Poms can only be grounded to execute moves that CAN NOT be done with poms in hand due to safety. Gymnastic skills MAY NOT be done with poms in hands.
- B. **JAZZ:** Teams perform a routine that is primarily jazz in technique.
- C. **LYRICAL:** Teams perform a routine that is lyrical in technique.
- D. **MODERN/CONTEMPORARY:** Teams perform an interpretive routine using modern or contemporary movements.
- E. **HIP HOP:** Teams perform a routine using hip hop/funk movements.
- F. **KICK:** Teams perform a routine using a variety of levels/styles of kicks.
- G. **MUSICAL THEATER/CHARACTER:** Teams perform a routine that interprets or portrays a Broadway Show, a Movie Musical, a character from a movie/television show, or real life stereotype (example: nurse, animal, policeman, farmer).
- H. **NOVELTY:** Teams perform a routine that incorporates props in the choreography. All props must follow prop rules and none will be allowed that damage the floor.
- I. **MIX:** Teams perform a routine that incorporates at least 3 of the following styles of dance: Pom, Jazz, Hip Hop, Kick. Poms SHOULD NOT be used throughout the routine. No props maybe used. Gymnastic skills MAY NOT be done with poms in hand.
- J. **PRODUCTION:** Teams of 10 or more dancers that incorporates multiple dance genres to convey a theme through the music or story.

NOTE: AUXILIARY POM AND AUXILIARY DANCELIN ARE STILL OFFERED BUT ARE IN THE AAU BATON TWIRLING RULES BOOK. DANCE TEAMS ENTERING THOSE DIVISIONS MUST FOLLOW ALL RULES AND TIME LIMITS SET FORTH IN THE AAU BATON TWIRLING RULEBOOK FOR THOSE SPECIFIC DIVISIONS.

III. TEAM TIME LIMITS:

- A. All Dance Teams (Except Production):** 1 ½ min to 3 min max.
- B. Production Team:** 6 min to 8 min max.

IV. MUSIC FOR TEAM EVENTS:

- A.** Teams may perform to music of their choice that fits the style of dance that they are performing to.
- B.** Timing will begin with the first movement following an opening pose.
- C.** Timing will stop with a closing pose.

V. GYMNASTICS:

- A.** Teams are limited to 2 gymnastic moves per routine.
- B.** If a team performs the same gymnastic move at the same time it will count as ONE gymnastic move.
- C.** Allowable skills include:
 - 1. Cartwheels/Round-Offs
 - 2. Front/Back Walkovers
 - 3. Forward/Backward Rolls
 - 4. Shoulder Roll
 - 5. Handstand
 - 6. Backbend
 - 7. Backhand springs
- D.** Gymnastic skills are allowed, but NOT required.
- E.** Due to safety reasons no skills other than those listed above will be permitted.

VIII. PROPS/SCENERY:

- A.** Athletes may use props during any of the following team events.
 - 1. Musical Theater/Character
 - 2. Novelty
 - 3. Production (See Letter D below)
- B.** Props may not be used during Pom, Jazz, Lyrical, Modern/Contemporary, Hip Hop, Kick, or Mix team events.
- C.** Athletes may only use POMS during the Pom team event.
- D.** Athletes may use props, scenery, and containers during the Production event.
- E.** If a prop is carried out and placed on the performance floor, it must be manipulated at some point during the routine or it will be considered as scenery.
- F.** All props that have legs, have sharp edges, or could potentially damage the floor if scooted or dropped **MUST** be padded or taped to ensure that there will not be damage to the floor or performance area.
- G.** All scenery that is used must be carried into place and padded or taped to ensure that there will not be damage to the floor or performance area.
- H.** All scenery should help convey the concept of the routine.
- I.** All scenery should be no larger than 6' (feet) in height and should be sturdy enough to stand on their own without the possibility of falling and injuring any performer or the floor/performance area.
- J.** Any container being used as decoration or for holding equipment can be no higher than 36" when holding equipment.
- K.** No form of rosin/powder, liquid, gel, aerosol, glitter, or substance that would affect the floor or performance area will be allowed.
- L.** No use of electricity, fire, and weapons by the performer will be allowed. Toy weapons or items with safe edges should get approval from the competition director before being used at any competition.
- M.** When executing gymnastic moves, props should not hinder the performer from executing the move safely. If a move is deemed dangerous a 2.0 penalty will be assessed. Poms are not allowed to be used during gymnastic moves.

IX. SHOES:

- A. Athletes are only allowed to wear soft sole shoes or lyrical shoes for performances.
- B. No type of tap, clogging, or hard sole shoe will be allowed.

GENERAL INFORMATION

I. FLASH PHOTOGRAPHY/VIDEOTAPING

- A. The use of flash photography is **PROHIBITED** in the competition area and could result in an automatic disqualification
- B. Videotaping is allowed; however, limited to:
 - 1. Parents videotaping own child.
 - 2. Teachers videotaping own students.
 - 3. Group directors or designated personnel videotaping own team or corps.
- C. No tripods, extension cords or artificial lights may be used.
- D. No videotaping is permitted from the competition floor.
- E. No videotaping is allowed directly behind or around judges' or contest officials tables.
- F. No judging is permitted by video replay.
- G. If caught videotaping other athlete's performances, you will be asked to delete the video(s) in front of the Dance Sports Manager and could result in disqualification of the athlete or team.

II. MISCELLANEOUS

- A. No contest official, relative, coach, or parent may officiate on a division in which their child or student is an athlete in the division.
- B. No parent, coach, or other judge may approach a judge who is actively judging.
- C. Any questions, concerns, or complaints need to be given to the contest director by a registered coach.
- D. It is the responsibility of the athletes and coaches to properly stretch and warm-up prior to practice or a competition.
- E. Coaches or parents may NOT accompany their athlete to the starting area.
- F. Coaches MUST wear an official Gray coach's polo to be allowed on the competition floor (practice and performance areas).
- G. Parents or spectators are NOT allowed to be in the practice area unless you are wearing an official Black polo.
- H. Those wearing official Black polo's are not permitted on the competition floor.
- I. Birth certificates, baptism records, adoption/foster care records, and/or a driver's license are all acceptable as "proof of age".
- J. If unable to produce one of the mentioned above, for the contest director/chief judge when questioned about age, a 2.0 penalty will be added to each event in question.
- K. Any athlete or team violating any rule, part of a rule, or violating any tradition, custom, or breach of contest etiquette for which there is no specific rule provided shall be assessed a 2.0 penalty per violation or disqualification at the discretion of the chief judge.
- L. All publicity spoken, printed, or on clothing must be accurate with the rightful name of the event, age division, status level and classification.

III. GYMNASTIC/TUMBLING SKILLS

- A. All gymnastic/tumbling skills must be properly trained as well as properly executed. Safety is paramount.
- B. Allowable skills include:
 - 1. Cartwheels/Round-Offs
 - 2. Front/Back Walkovers
 - 3. Forward/Backward Rolls
 - 4. Shoulder Roll
 - 5. Handstand
 - 6. Backbend
 - 7. Backhand springs

- C. The allowable gymnastics skills above are allowed but not required.
- D. Due to safety reasons no skills other than those listed above will be permitted.
- E. Teams are limited to 2 gymnastic moves per routine.
- F. If a team performs the same gymnastic move at the same time it will count as ONE gymnastic move.
- G. Gymnastic/tumbling skills will be judged as **SPECIALTIES** under the content and technical categories on score sheets and NOT as **DIFFICULTY** skills.
- H. The hands of the performer must be in full contact with the floor at all times without obstruction by costume or equipment.
- I. No Gymnastic/Tumbling Skills maybe done on top of equipment/prop.
- J. No Gymnastic/Tumbling Skills maybe used as a dismount from any equipment/prop.
- K. Lifts are not considered as a Gymnastic move and ARE allowed. Lifts are defined as an action that moves something or someone to a higher position in an upward direction.

IV. DOUBLE ENTERING

- A. Solo athletes may compete in one or more solo dance divisions; however they cannot compete against themselves in any given division.
- B. Teams may compete in one or more dance team divisions; however they cannot compete against themselves in any given division.

V. MUSIC

- A. Refer to competition entry packet.

VI. PERFORMANCE AREA FOR DANCE EVENTS

- A. The performance area is the actual area designated for dancers to compete. The area is clearly marked.
- B. For solo dance events will be a minimum Half Court; where contests allow directors may allow full court space.
- C. For team events, directors will allow full court space.

VII. COMPETITION/PRACTICE AREA

- A. The competition area is from the point of entrance including the spectator seating, practice area, and performance area.
- B. Only athletes and coaches (wearing Gray or Black polo) are permitted to be in the practice area. All others will be asked to return to the spectator seating.
- C. Parents must be wearing the designated (Black) coach's polo in order to be in the practice area.
- D. Only coaches with proper credentials and/or the coach's (Gray) polo will be permitted to approach the head table.

VIII. PRELIMINARY ROUNDS AND FINAL ROUNDS

- A. All dance solo and team events are FINAL rounds.

IX. TEAM ROSER

- A. A team roster listing team members' name, age (by the age definition rule), date of birth, and team status level, along with musical selection, must be turned in to the contest director or designated person prior to the team entering the competition floor.

DEFINITIONS OF PENALTIES

- I. **Unison**
 - A. When teams perform like skills at the same speed, tempo of music, use of body, legs, arms, hands, and feet.
 - B. 0.1 will be assessed if one or more athletes are out of sync for each violation.

- II. **Overtime/Under time**
 - A. This is being over the maximum time allotted for a routine or being under the minimum time allotted for a routine.
 - B. 0.1 per second will be assessed either way.

- III. **Fall**
 - A. Unintentional floor contact in which the athlete's body hits the ground.
 - B. 0.5 will be assessed per occurrence.

- IV. **Off Beat/Phasing**
 - A. When an athlete is not on beat with the music.
 - B. 0.5 will be assessed per violation.

- V. **Grounding of Poms**
 - A. When an athlete sets poms down and no longer has contact with one or both poms.
 - B. Athletes may only ground poms when executing moves that would be unsafe to do with poms in the hands.
 - C. 0.5 will be assessed per violation.

- VI. **Gymnastics**
 - A. **Exceeding Gymnastic Skills**
 1. This is when a soloist or team executes more than the allowed 2 gymnastic moves per routine.
 2. 2.0 will be assessed per move.
 - B. **Unsafe Gymnastics**
 1. This is when an athlete executes any or all of the following:
 - a. Gymnastics moves with props in hand which are considered dangerous or unsafe.
 - b. Gymnastic moves with poms in hand.
 - c. Gymnastic moves on top of equipment/props.
 - d. Gymnastic moves as dismounts from equipment/props.
 - e. Gymnastic moves that are not allowed.
 2. 2.0 will be assessed for each violation.

- VII. **Intentional Delay of Contest**
 - A. If the athlete, team, or corps does not appear in a reasonable amount of time (no more than 5 minutes without an explanation to the National Chair), then the judge, employed for the competition (at the National AAU Junior Olympic Games Competition- National AAU Baton Twirling Committee), may assess a penalty.
 - B. 2.0 will be given for this violation.

- VIII. **Rosin/Powder**
 - A. This is ground chalklike substance used to soak sweat from hands and is **NOT** permitted.
 - B. 2.0 penalty will be assessed if used.

IX. Use of Substance or Items Not Allowed

- A. This is when a performer uses any kind of liquid, gel, aerosol, glitter, or substance that would affect the floor or performance area.
- B. 2.0 penalty will be assessed if used.

X. Use of Electricity/Fire/Weapons

- A. This is when a performer or groups uses electricity, fire, and weapons in their performance.
- B. Toy weapons or items with safe edges should get approval from the competition director before being used at any competition. Once approved these items WILL be allowed.
- C. Performances that use electricity, fire and/or weapons will be DISQUALIFIED.

XI. Failure to Provide Roster

- A. A list of athletes, with name, age, team status, and music selection must be turned in at prior to competing.
- B. This must be turned in when the team is on the ready line.
- C. 2.0 will be assessed for failure to provide roster.

XII. Failure to Provide Proof of Age

- A. This is when an athlete (soloist or team) cannot provide proof of age if asked.
- B. 2.0 will be assessed for each athlete that cannot provide proof of age.

XIII. Use of Scenery/Backdrop OR Use of Member or Equipment not permitted

- A. An individual or team using scenery, backdrops, too many members, or equipment not permitted during the performance of the routine.
- B. 2.0 will be assessed for each violation.

XIV. Containers

- A. Any container being used as decoration or for holding equipment can be no higher than 36" when holding equipment.
- B. 2.0 will be assessed per violation.

XV. Backdrops

- A. Any visual embellishment to enhance or convey the theme of the routine can be no higher than 6' (six feet).
- B. 2.0 will be assessed per violation.

XVI. Performance Not Suitable

- A. If the judges view the performance as a routine that is not specifically constructed for the category in which an athlete, team, or corps is performing, then a penalty will be given by each judge.
- B. 2.0 will be assessed per judge.

XVII. Floor Damage

- A. This is when an individual or team does something to ruin the finish, nick or destroy the floor in any major way in which repairs must be made.
- B. Responsibility will fall on the individual or team who did the damage.
- C. 2.0 will be assessed if this occurs.

XVIII. Failure to Pad/Tape Props and Equipment

- A. This is when an athlete or team does not properly pad or tape any prop or equipment that they will be using in their routine.
- B. Athletes/Teams will not be allowed to perform until props/equipment have been fixed and a 2.0 penalty will be assessed.
- C. Athletes/Teams that do not get the props/equipment fixed prior to a division being closed with be disqualified.

XIX. Failure to Wear Proper Footwear

- A. This is when an athlete or team does not wear soft sole or jazz shoes for performances.
- B. Athletes/Teams will not be allowed to perform until footwear has been fixed and a 2.0 penalty will be assessed.
- C. Athletes/Teams that does not get the footwear fixed prior to a division being closed with be disqualified.

XX. Violation of Rule/Tradition/Etiquette

- A. This is when an athlete or team violates any rule, part of a rule, or violating any tradition, custom, or breach of contest etiquette for which there is no specific rule provided.
- B. 2.0 penalty per violation or disqualification at the discretion of the chief judge.

XXI. Failure to Turn In Music

- A. This is then the athlete or team fails to turn in music by the requirement deadline or in the required format.
- B. 2.0 penalty will be assessed.

DANCE PENALTY CHART

PENALTIES	DEDUCTIONS
Unison	.1 Each
Overtime/Under time	.1 Each
Fall	.5 Each
Off Beat/Phasing	.5 Each
Grounding Poms	.5 Each
Exceeding Gymnastic Skills (per move)	2.0 Each
Unsafe Gymnastics	2.0 Each
Intentional Delay of Contest	2.0
Rosin/Powder	2.0
Use of Substance or Items Not Allowed	2.0
Use of Electricity/Fire/Weapons	Disqualification
Failure to Provide Roster	2.0
Failure to Provide Proof of Age	2.0 Each Athlete
Use of Scenery/Backdrop or Member/Equipment	2.0 Each
Container w/props >36"	2.0 Each
Backdrops >6'	2.0 Each
Performance Not Suitable	2.0 Per Judge
Floor Damage	2.0 Each
Failure to Pad/Tape Props and Equipment	2.0 or Disqualification
Failure to Wear Proper Footwear	2.0 or Disqualification
Violation of Rule/Tradition/Etiquette	2.0 or Disqualification
Failure to Turn in Music	2.0