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ACU Dance Documents

1. IASF Dance Rules:
 - Outlines the rules for All Star Dance
2. IASF Dance Glossary
 - Outlines terms used and their definitions
3. ACU Dance Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division
4. ACU Dance Deduction System
 - Outlines the definitions for routine infractions and rule violations for All Star dance routines.
5. ACU Dance General Scoring
 - Outline general information regarding divisions and dance styles.
6. ACU Novice Dance Rules
 - Outlines specific requirements within the novice division

General Information

1. Novice Division (Nov)

- 1.1. Novice Dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages. (High kick is offered for novice in junior, senior, and open)
- 1.2. Novice Dance is open for beginner All Star Dance teams. This may include brand new teams or beginner teams within an established program; a gentle way of easing new coaches and beginner athletes into our sport and understanding how it all works.
- 1.3. The purpose of Novice Dance is for athletes to perfect basic dance skills before attempting harder skills. There are restrictions with the skills allowed in the Novice division (refer to below rules). We encourage only “dance” related skills in this category, focusing on the appropriate style of Dance as well as the associated basic skills required for each style. Please avoid using athlete’s prior skills from other non-dance related sports in Novice as this detracts from its purpose of learning the associated skills needed for All Star Dance.
- 1.4. A dancer CANNOT compete in a Novice division and an Advanced division within the same style. i.e. if an athlete competes in Novice Jazz, they cannot compete in an Advanced Jazz division but can compete in Advanced All Star Pom, Hip Hop and Lyrical/Contemporary divisions.
- 1.5. Novice Dance is not compulsory for new teams but is an option. If you are competing in the Intermediate or Advanced All Star divisions during the season, you cannot move into Novice for a National Championship (unless recommended by the Event Producer judging panel at an earlier competition).
- 1.6. The time limit for Novice Dance routines is 2:15 minutes, with a minimum routine length of 1:45 minutes.

- 1.7. The difficulty score on the Novice score sheet will be capped to 7.5 out of 10.0, which reflects the skills allowed in Novice Dance.
- 1.8. To maintain the spirit of the division, Novice Dance teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances, the team may receive a deduction.

2. Intermediate Division (Int)

- 2.1. Intermediate Dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages.
- 2.2. Intermediate Dance is open for All Star Dance teams that are progressing out of novice, but not skill ready for Advanced. This may include brand new teams or beginner teams within an established program.
- 2.3. A dancer CANNOT compete in an Intermediate division and a Novice or Advanced division within the same style. i.e. if an athlete competes in Intermediate Jazz, they cannot compete in an Advanced Jazz division but can compete in the Advanced Pom, Hip Hop and Lyrical/Contemporary divisions.
- 2.4. The time limit for Intermediate Dance routines is 2:15 minutes, with a minimum routine length of 1:45 minutes.

Pom (PM)

3. Category Definition

- 3.1. Incorporates the use of Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects

through fluid and creative transitions, levels and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. Costuming should reflect the category style. See score sheet for more information.

Hip Hop (HH)

4. Category Definition

- 4.1. Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Costuming should reflect the category style. See score sheet for more information.

Jazz (JZ)

5. Category Definition

- 5.1. Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality. Costuming should reflect the category style. See score sheet for more information.

Lyrical / Contemporary (LR/CT)

6. Category Definition

- 6.1. Incorporates organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style. See score sheet for more information.

High Kick (HK)

7. Category Definition

- 7.1. Incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. Choreography should display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information.