

DISCIPLINES-DANCE DIVISION

OPEN

A routine comprised of at least 50% dance movement in any style or combination of styles.

CLASSICAL BALLET

A routine based strictly on classical ballet steps and technique.

CHARACTER BALLET

A demi-character or character routine comprised of ballet steps and technique that portrays a theme, character or story line.

VARIATION

A variation on a traditional choreographic work.

POINTE + CLASSICAL, CHARACTER, VARIATION, CONTEMPORARY, OPEN

Any routine danced wholly or partially on pointe must be entered into its pointe category ie: Pointe Classical, Pointe Open

FOLKLORIC

A routine that is a historical expression of a people/culture.

CONTEMPORARY

A routine that fuses genres and dance techniques, and explores new movement.

MODERN

A routine based on modern dance techniques such as Graham, Horton, or Limon.

LYRICAL

A routine based in ballet and jazz technique that expresses song lyrics through a connection between movement, musicality and storytelling.

JAZZ

A routine consisting of at least 85% jazz technique.

TAP

A routine consisting of 85% tap technique. No pre-recorded tap sounds permitted.

VARIETY

A routine involving a theme, character or story line. Lip synching is permitted.

TRIPLE THREAT

Our song & dance category for theatrical routines that include singing, dancing and acting. Pre-recorded singing of melody and lip-synching are not permitted.

STREET

A routine with movement vocabulary which emerged outside of the dance studio and features groove, character, originality, intention, creativity and social interaction, including: Hip Hop, House, Popping, Locking, Voguing, and Breaking.

A LIMIT OF 3 ACRO ELEMENTS applies to all routines outside of the Acro Division. [Learn More](#)

DISCIPLINES-ACRO DIVISION

ACRO DANCE

A dance routine that seamlessly blends acrobatics with dance through flowing transitions and formation changes and expression of emotion and musicality. An Acro dance routine should include a balance of dance with approximately 50-60% acrobatics.

ACROBATICS

A routine primarily composed of acrobatics that may include unlimited contortion, tumbling, gymnastics as well as dance. This is the category for any routine comprised of more than 60% acrobatic elements.

CIRQUE

A routine that features circus skills and/or apparatus including hand balancing, juggling, unicycle, hula hoop, canes, or cubes MUST be entered in the cirque category. For safety reasons, rig, aerial silks/tissu, lyra/hoop, trapeze, and other apparatus that suspend performers above the ground are not permitted.

ACRO LIMITS

There is a 3 Acro element/routine limit for ALL routines outside of the Acro Division.

Acro elements include:

- cartwheels
- handstands
- walkovers
- arial variations
- limbering
- tumbling
- contortion

★ When multiple dancers perform the same element at/or around the same time it is considered one element.

★ A tumbling pass is considered one element.

★ There is NO LIMIT on Acro elements in the Acrobatics or Cirque categories.

A 2-POINT DEDUCTION WILL APPLY TO ROUTINES THAT EXCEED THE LIMIT.