

2023-2024



DANCE  
AGE GRID & DIVISIONS



# Allstar Dance Age Grid & Divisions

## Dance Divisions & Categories

The age of the oldest dancer on the floor for a given group routine will determine which division the group competes in for that routine. Age/grade will be determined by birth year, as follows:

Division	Birth Year	Female / Male	Team Size
Tiny	2016 and after	Female/Male	5-30 Athletes
Mini	2013 and after	Female/Male	5-30 Athletes
Youth	2010 and after	Female/Male	5-30 Athletes
Junior	2007 and after	Female/Male	5-30 Athletes
Senior	June 1, 2004 and after	Female/Male	5-30 Athletes
Open	Born on or before December 31, 2008	Female/Male	5-30 Athletes

### Hip Hop

Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity, and musical interpretation. Routine may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other kicks.

### Jazz

Routines incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity.

### Pom

Pom Routines emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effects include level changes, group work, formation changes, the use of different color poms, etc. All styles of dance may be used. Leaps, turns and jumps will be allowed. No other props allowed.

### Kick

Kick routines emphasize control, height uniformity, extension, top points, timing and creativity of a variety of kick series and patterns. Kicks should be performed throughout the routine. A kick is described as one foot remaining on the floor while the other foot lifts with force.

### Contemporary/Lyrical

A contemporary or lyrical routine is a style of expressive dance that combines elements of several dance genres including modern, jazz, and classical ballet. Emphasis is placed on control, expressive movement, dynamics, alignment, uniformity, and communication.

### Variety

Open division emphasizes variety, creativity, and fun. Routines should incorporate a minimum combination of two (2) dance styles listed above. Props may be used.