

DANCE SOLO

- Time Limit – 1:30
- A dancer may perform a solo with choreography that supports one of the following categories: Hip Hop, Jazz, Lyrical/Contemporary, or Open. (Any style that is not listed may be performed in the open solo division.)
- Athletes must follow USASF Dance Rules.
- Athletes will be scored in the following categories:

	<u>Points</u>
Content & Choreography	10
Routine Difficulty	10
Skill Difficulty	10
Creativity	5
Quality of Movement	10
Placement/Alignment	20
Expression	10
Routine Perfection	10
Overall Impression	15
TOTAL	100

DANCE DUET-TRIO

- Time Limit – 1:30
- A small group of dancers may perform a duet or trio with choreography that supports one of the following categories: Hip Hop, Jazz, Lyrical/Contemporary, or Open. (Any style that is not listed may be performed in the open duet-trio division.)
- Athletes must follow USASF Dance Rules.
- Athletes will be scored in the following categories:

	<u>Points</u>
Content & Choreography	10
Routine Difficulty	10
Skill Difficulty	10
Creativity	5
Quality of Movement	10
Placement/Alignment	20
Expression	10
Routine Perfection	10
Overall Impression	15
TOTAL	100