



GENERAL INFORMATION

1. NOVICE DANCE

- 1.1. Novice Dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages.
- 1.2. Novice Dance is open for beginner 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.
- 1.4. 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.
- 1.5. **Please see 2026 AASCF Age Grid page 8 for crossover guidelines.**
- 1.6. Once a team has competed within a division at an AASCF event they cannot move down to a lower division i.e. All Star to Intermediate or Intermediate to Novice unless recommended by a Judge at an AASCF event.
- 1.7. The time limit for Novice Dance routines is 2:15 minutes, with a minimum routine length of 1:45 minutes.
- 1.8. 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.
- 1.9. 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.
- 1.10. Routines which intentionally break Novice rules will receive a deduction of 2 points. AASCF will track warnings and deductions given throughout the season to ensure teams are following the Novice dance rules with integrity.



2. INTERMEDIATE DANCE

- 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 All Star. This may include brand new teams or beginner teams within an established program.
- 2.3. **Please see 2026 AASCF Age Grid page 8 for crossover guidelines.**
- 2.4. The time limit for Intermediate Dance routines is 2:15 minutes, with a minimum routine length of 1:45 minutes.
- 2.5. Once a team has competed within a division at an AASCF event they cannot move down to a lower division i.e. All Star to Intermediate or Intermediate to Novice unless recommended by a Judge at an AASCF event.

3. ALL STAR DANCE

- 3.1. All Star dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages.
- 3.2. These routines incorporate dance technique, synchronization, and uniformity, staging and visual, communication and crowd appeal.
- 3.3. The time limit for All Star routines is 2:15 minutes with a minimum of 1:45 minutes.
- 3.4. **Please see 2026 AASCF Age Grid page 8 for crossover guidelines.**
- 3.5. Once a team has competed within a division at an AASCF event they cannot move down to a lower division i.e. All Star to Intermediate or Intermediate to Novice unless recommended by a Judge at an AASCF event.



4. DANCE GENRE DESCRIPTIONS

4.1. Hip Hop

Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronisation, 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.

4.2. Jazz

Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. 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.

4.3. Pom

Incorporates the use of Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, and Hip Hop. 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, level and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. Costuming should reflect the category style.

4.4. Lyrical/Contemporary

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.



DANCE SCORECARD BREAKDOWN

TECHNICAL EXECUTION – 30 POINTS

STYLE EXECUTION (10 POINTS) –

Pom - Quality of Pom motion Technique: placement, control, precise and strong completion of movement.

Hip Hop - Groove and quality of authentic Hip Hop/street dance style.

Jazz - Continuity of movement and quality of style, extension, and presence/carriage.

Contemporary/Lyrical - Quality of movement using contraction/release, control, sustained and expressive movement.

MOVEMENT TECHNIQUE EXECUTION (10 POINTS) – Movement that has strength,intensity, placement, control, presence, and commitment.

SKILL TECHNIQUE EXECUTION (10 POINTS) – Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength, and completion of movement.

GROUP EXECUTION – 30 POINTS

SYNCHRONIZATION / TIMING WITH MUSIC (10 POINTS) – Correct timing with team members and the music.

UNIFORMITY OF MOVEMENT (10 POINTS) - Movements are the same on eachperson: clear, clean, and precise.

SPACING (10 POINTS) - Correct positioning/distance between individuals on the performance surface during the routine and transitions.



CHOREOGRAPHY – 30 POINTS

MUSICALITY (10 POINTS) - Movement that complements the music accents,rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique, and original manner.

ROUTINE STAGING & VISUAL EFFECTS (10 POINTS) - Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.

COMPLEXITY OF MOVEMENT (10 POINTS, MAXIMUM POINTS FOR NOVICE = 7.5 POINTS) - Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.

OVERALL EFFECT – 10 POINTS

COMMUNICATION/PROJECTION/AUDIENCE APPEAL & APPROPRIATENESS (10 pts) – Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age-appropriate music, costume and choreography that enhances the performance.

DANCE SCORE CARD RUBRIC

The below rubric is the slide of which your routines are positioned by judges, i.e.

NYE (Not Yet Established) is a 5-6 point range, AVERAGE is a 6-7 point range – GOOD is a 7-8 point range – EXCELLENT is a 8-9 point range – OUTSTANDING is a 9-10 point range.

