



2026 AASCF DANCE DOUBLES SCORING BREAKDOWN

Revised 18th February 2026 (V1)
Changes to 2025 in **Red**

DANCE DOUBLES

- Minimum & maximum of 2 persons.
- Dance Doubles will follow [IASF Dance Rules 2025 - 2028](#).
- A Dance Doubles routine contains important characteristics including interaction and execution of chosen style (Hip Hop, Jazz, Pom, or Lyrical/Contemporary).
- No minimum time – 1:30 maximum time.

DANCE GENRE DESCRIPTIONS

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. See score sheet for more information.

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. See score sheet for more information.

Pom

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, 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. See score sheet for more information.

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. See score sheet for more information.



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DANCE DOUBLES SCORE SHEET EXPLANATION

The Dance Doubles score sheet is out of 100 points. To qualify for Nationals, teams must finish in the TOP 5 and must have a minimum score of 70% (70/100 points) for Youth and Junior divisions and 75% (75/100 points) for Senior and Open divisions at the Virtual Stunt & Dance Doubles Nationals Qualifier event.

DANCE SCORECARD 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.

	*NYE		Good		Outstanding
	5.....5.5.....6.....6.5.....7.....7.5.....8.....8.5.....9.....9.5.....10				
	Average		Excellent		

TECHNICAL EXECUTION – 30 points

EXECUTION OF CATEGORY STYLE (10 pts) -

- 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; hard hitting and energetic with strength, extension, and presence/carriage.
- Contemporary/Lyrical - Quality of movement using contraction/release, control, sustained and expressive movement.

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

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



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EXECUTION AS A DOUBLE – 30 points

SYNCHRONIZATION/TIMING (10 pts) - Correct timing between athletes and with the music.

UNIFORMITY (10 pts) - Movements are the same on both athletes: clear, clean, and precise.

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

CHOREOGRAPHY – 30 points

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

STAGING (10 pts) - Utilization of varied formations and seamless transitions. Creative use of the performance space through partner work and connections, floor work, lifts, levels, opposition, etc.

COMPLEXITY OF MOVEMENT (10 pts) - 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 ROUTINE PERFORMANCE IMPRESSION – 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.

TOTAL POINTS - 100