



## 2026 AASCF DANCEABILITY SCORING BREAKDOWN

*Revised 4<sup>th</sup> June 2026 (V1)*

### **DANCEABILITY**

DanceAbility provides an opportunity for all athletes, regardless of their ability, to compete in All-Star Cheer and Dance in Australia. The provision of both unified and independent teams allows programs to promote and grow their program at their own pace. DanceAbility is available in Pom, Jazz, Hip Hop and Lyrical/Contemporary. Teams must follow the IASF Dance General Rules and ACU DanceAbility Rules.

### **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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### DANCEABILITY SCORECARD RUBRIC



\*NYE – not yet established

### TECHNICAL EXECUTION – 20 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.

**SKILL & MOVEMENT TECHNIQUE EXECUTION (10 pts)** – Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength. Movement that has strength,intensity, placement, control, presence, and commitment.

### EXECUTION

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

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

### CHOREOGRAPHY

**CREATIVITY (10 pts)** - Movement that complements the music and highlights the athletes' abilities 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.



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### **OVERALL ROUTINE PERFORMANCE IMPRESSION**

**COMMUNICATION/PROJECTION (10 pts)** - Ability to exhibit a dynamic routine with genuine showmanship and audience appeal.

**OVERALL IMPRESSION (10 pts)** - The performance fulfills the category description and has age-appropriate music, costume and choreography that enhances the performance.

**TOTAL – 80 POINTS**