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ACU Dance Documents

1. IASF Dance Rules:
 - Outlines the rules for All Star Dance
2. IASF Dance Glossary
 - Outlines terms used and their definitions
3. ACU Dance Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division
4. ACU Dance Deduction System
 - Outlines the definitions for routine infractions and rule violations for All Star dance routines.
5. ACU Dance General Scoring
 - Outline general information regarding divisions and dance styles.
6. ACU Novice Dance Rules
 - Outlines specific requirements within the novice division

General Information

1. University Dance

- 1.1. University Dance teams must comprise 100% current University student athletes from the same institution.
- 1.2. Student athletes competing in the University divisions will need to state their current University Student Card ID number on the official entry form and present their card to be verified by Event Officials.
- 1.3. Student athletes competing in a University Dance Team may crossover to an All-Star Dance Program.
- 1.4. University student athletes CANNOT compete twice in the same University dance style.
- 1.5. Any University who would like to have *Open University* Dance teams which may comprise of a mixture of current students, alumni and outside athletes may do so with these rules:
 - All team members must be 17yrs+. If they are any younger, they must be a current registered University student.
 - University Open Dance teams could be combined into the All Star dance divisions if there is not a minimum of 3 or more Open University Dance teams.
 - University athletes CANNOT compete twice in the same dance style.
 - Crossovers between Open University Dance Teams and All Star Dance teams are NOT permitted.
- 1.6. University dance routine time limits:
 - University Dance teams have a maximum of 2.00 min

- Open University Dance teams have a maximum of 2.15 min
- University Dance Doubles have a maximum of 1.30 min

- 1.7. All University Dance teams are to follow the IASF Dance Rules and Guidelines and the IASF Dance Scoring Systems and score sheet.

Age Grid

University Age Grid 2022					
Division	Age	# Petite	# Small	# Large	Style
University*	Uni Student	n/a	5-16	n/a	JZ, HH, PM
University*	Uni Student	n/a	n/a	5-24	LR/CT
University*	Uni Student	n/a	n/a	16-20	HH, PM
University*	Uni Student	n/a	n/a	17-20	JZ
University*	Uni Student	2	n/a	n/a	JZ, HH, PM
Open University	17+	n/a	n/a	n/a	JZ, HH, PM, LR/CT
*University athletes must be from the same institution.					
Small and large dance divisions will be combined unless there are 7 or more in the divisions and at least 3 teams in each split.					
FISU Divisions: To be eligible to be selected for UniSports Uni Roo's Dance Team for the FISU World Championships you must compete in the LARGE Jazz, Hip Hop or Pom divisions. For FISU World Championships the Large division in Jazz requires a minimum of 18 dancers.					

Pom (PM)

2. Category Definition

- 2.1. 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, levels 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.

Hip Hop (HH)

3. Category Definition

- 3.1. Incorporates authentic street style influenced movements with groove and style. 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 athleticism. Costuming should reflect the category style. See score sheet for more information.

Jazz (JZ)

4. Category Definition

- 4.1. Incorporates traditional or stylized dynamic movements with strength, continuity, presence and correct technical execution. 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. 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.

Lyrical / Contemporary (LR/CT)

5. Category Definition

- 5.1. 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.