



SCHOOL COMPETITION DIVISIONS, CATEGORIES, TEAM SIZES & TIME LIMIT

School Divisions	
Division	Team Size
Elementary Dance	4 or more dancers
Junior High Dance	4 or more dancers
Junior Varsity Dance	4 or more dancers
Small Varsity Dance	4 - 14 dancers
Large Varsity Dance	15 or more dancers

School Category Styles/Genres	
Pom	Jazz
Hip Hop	High Kick*
Lyrical/Contemporary	
Team Performance (3 styles within routine)	

• Time limit for all performances is 2:00

SCHOOL COMPETITION ROUTINE RULES

PROPS

- General props are allowed.
- Before registration, please notify Stage 8 Dance Brands of routines that require prop setup and removal from the stage. Props that require setup and removal may not be allowed at all venues/locations.
- It is the studio's/school's responsibility to setup and remove props from the stage within two minutes. Deductions will occur if overtime.
- It is the studio's/school's responsibility to ensure the stage is completely clean and clear after the routine is finished.
- Damage caused by props or performances may be subject to fines.
- Performers cannot stand above 6'6" on a prop.
- Props that stand above 10' are not guaranteed to fit on the stage.
- No dangerous props (swords, fire, etc.).
- No use of live animals.
- No scenery.

ROUTINE RULES

- General lifts are permitted.
- At no time can any person or any object be thrown or tossed off the stage.
- No substances of any kind are allowed on the stage. This includes, but is not limited to: baby powder, chalk, paint, liquid, sand, glitter and confetti.
- All routine music, costuming and choreography must be appropriate for family viewing. Point deductions or disqualification could result if judges find a number inappropriate.
- Visual coaching is prohibited during competition.
- Competition marley floor is a minimum of 42' x 42'.
- Routine time limits:
 - No minimum length.
 - There will be a 10 second “grace period” allowed for each routine.
 - 1-point deduction for each second overtime.
- High Kick Routines must include at least 40 kicks (waist high or above) performed by at least 50% of the team.

SOLO/DUET/TRIO AGES & DIVISIONS

DANCER'S AGE BY BIRTH YEAR CHART TARGE AGE RANGES (SOLO/DUETS/TRIOS)

Dancer's Age by Birth Year	
Birth Year	Age
2019	4
2018	5
2017	6
2016	7
2015	8
2014	9
2013	10
2012	11
2011	12
2010	13
2009	14
2008	15
2007	16
2006	17
2005	18
2004	19
2003	20
2002	21

Solo/Duet/Trios Age Divisions		
Division	Birth Years	Target Age Range
Peewee	2019 or after	4 years & under
Tiny	2016 - 2018	5 - 7 years old
Mini	2013 - 2015	8 - 10 years old
Youth	2010 - 2012	11 - 13 years old
Junior	2007 - 2009	14 - 16 years old
Senior	2005 - 2006	17 - 18 years old
Adult	2004 or before	19 & older



SOLO/DUET/TRIO PERFORMANCE LEVELS & RULES

PERFORMANCE LEVELS

2 Performance Levels for Solos, Duets, Trios

Mini Age Division & Older

Levels are based off of training level/time spent training per week

- **RISING TALENT:** our lower level for beginner/intermediate dancers. This level is for dancers with little to no experience competing and who perform at a level that would be expected from dancers who have trained 3 years or less **OR** around 3 hours or less per week.
- **PREMIER TALENT:** is our higher level for advanced dancers. This level is for dancers with competition experience and who perform at an advanced technical level. These dancers perform at a level that would be expected from dancers who have trained for 4+ years **OR** around 4+ hours per week.

PERFORMANCE LEVELS - ADDITIONAL DETAILS

- The intent of our Performance Levels is to provide dancers with the opportunity to compete against other dancers with similar experience and training.
- If a Duet/Trio contains a dancer who competes a solo in the Premier Talent level, it must compete in the Premier Talent level.
- ****IMPORTANT**** – It is at the judges discretion to move any routine that they feel is placed in a level below their ability to the higher level. *All judges decisions are FINAL.* If the judges determine that a routine should be moved to a different level, and that level has already competed, the routine will then be eligible for adjudication only.
- Once the tentative schedule is posted, routines may no longer change performance levels unless it is a technical error. Be careful with your level placements as you register, taking care to place your routines in the right level.

SOLO/DUET/TRIO RULES

- No props that bear weight or elevate a dancer from the performance surface.
- It is the Coach/Director's responsibility to only allow dancers to perform choreography and skills they have demonstrated competency in prior to competing.



CONVENTION AGE BREAKDOWN AGE GROUPS

- Dancers will attend classes based on their individual age, *NOT* the age group they compete with.
- ALL competition participants *MUST* be registered for the convention in the city they are competing.
- Dancers that are not competing can still attend the convention.
- All ages are determined by dancer's "Year of Birth". This is equivalent to the dancer's age by the end of 2023. See chart below to determine each dancer's age according to their year of birth.
- Based on the size of each age group, venue facilities, etc. The Dance Connection may vary these age groups to best accommodate each event.
- Video recording with any media device (i.e. digital cameras, cell phones SLR's, Flip, etc.) of faculty instructors is prohibited during workshop classes.

Dancer's Age by Birth Year	
Birth Year	Age
2019	4
2018	5
2017	6
2016	7
2015	8
2014	9
2013	10
2012	11
2011	12
2010	13
2009	14
2008	15
2007	16
2006	17
2005	18
2004	19
2003	20
2002	21

EXAMPLE AGE GROUPS (May vary city to city)

Convention Age Groups	
Youth	10 years and under (born 2013 or after)
Junior	11-13 years old (born 2010–2012)
Senior	14+ years (born 2009 or prior)