



AASCF DANCE SCORING SYSTEM DOCUMENTS

1. IASF Dance Legality Rules: Outlines the rules for all age groups and styles.
2. IASF Glossary: Outlines of most common dance terms used within the scoring system.
3. AASCF NOVICE Rules: Outlines Rules of AASCF Novice Divisions.
4. AASCF Dance Deduction System: Outlines the definitions for routine infractions and rule violations for dance routines.
5. AASCF Division and Age Grids: Outlines the divisions on offer, including ages, team sizes and levels for each style.
6. AASCF Dance Doubles Scorecard Breakdown: Outlines scorecard breakdowns.
7. University Dance & Cheer Rules: Outlines the University divisions and clarifies scoring system.
8. AASCF Cheer Image Policy: Outlines the expectations and requirements regarding appropriateness of choreography and appearance.



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 All Star 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 (refer to below rules). The difficulty score is capped at 7.5 out of 10, which reflects the skills allowed in the 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. A dancer CANNOT compete in a Novice division and an All Star division within the same style. i.e., if an athlete competes in Novice Jazz, they cannot compete in a regular All Star Jazz division but can compete in the regular All Star Pom, Hip Hop and Lyrical/Contemporary divisions.

- 1.6. Novice Dance is not compulsory for new teams but an option. If you are competing in the regular All Star divisions during the season, you cannot move into Novice for a National Championship (unless recommended by the organisers judging panel at a State Championship).
- 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. In other instances, the team may receive a deduction.

2. ALL STAR DANCE

- 2.1 All Star dance is a competition sport that involves females and/or males performing a 2 minute and 15 second routine in the styles of Jazz, Hip-Hop, Pom, Lyrical/Contemporary and High Kick.
- 2.2 These routines incorporate dance technique, synchronization, and uniformity, staging and visual, communication and crowd appeal.
- 2.3 The time limit for All Star routines is 2.15minutes with a minimum of 1.45minutes.
- 2.4 A dancer CANNOT compete in the All Star division and the Novice or Elite division within the same style. i.e., if an athlete competes in All Star Jazz, they cannot compete in the Elite Jazz division but can compete in the All Star Pom, Hip Hop and Lyrical/Contemporary or High Kick divisions.



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3. ELITE DANCE

3.1 Due to the growth within the All Star Dance industry in Australia in recent years AASCF has introduced and ELITE dance division.

3.2 This divisions will follow the IASF Dance rules and must follow the IASF Dance Age Grid as well as entry rules including roster verification upon entering warm up rooms.

3.3 The Elite division has been added to our Youth, Junior, Senior and Open dance divisions.

3.4 To be eligible to compete in the Elite division at the AASCF Nationals event teams must have competed at least once within this division throughout the season.

3.5 A dancer CANNOT compete in the Elite division and the All Star division within the same style. i.e., if an athlete competes in Elite Jazz, they cannot compete in the All Star Jazz division but can compete in the Elite Pom, Hip Hop and Lyrical/Contemporary divisions.

4. DANCE GENRE DESCRIPTIONS

4.1 HIP HOP

4.1.1 Minimum of 5 persons (MINIMUM 6 dancers for Open age category)

4.1.2 Category Definition - Executions of traditional Hip Hop street style, uniformity, high energy and creativity. The music must be typical to its style. Routines demonstrate the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity, and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. A variety of styles is not required in Hip Hop routines.

4.2 JAZZ

4.2.1 Minimum of 5 persons (MINIMUM 6 dancers for Open age category)

4.2.2 Category Definition - Execution, style, control, transitions, and creativity performed to high energy music. Routines must be age appropriate. A jazz routine can encompass any range of jazz movement including traditional jazz, commercial jazz, musical theatre, jazz funk or stylised hard hitting jazz, and incorporates stylised dance movements and combinations, formation changes, group work, leaps and turns.

A jazz routine can also encompass traditional or stylised hard-hitting, crisp and/or aggressive approach to movement and can include moments of softness while complementing musicality. Emphasis is placed on proper technical execution, extension, control, body placement, communication, and team uniformity.

Key elements a Jazz routine may contain are: parallel kicks and lines, Jazz turns with a parallel working leg on an intentionally bent support leg as well as on a straight/locked supporting leg, contractions, hitch kicks, lay outs, headwhips, jazz arms, body rolls, quick foot work, high energy and fast paced movement.



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4.3 POM

4.3.1 Minimum of 5 persons – (MINIMUM 6 dancers for Open age category) MUST USE POMS

4.3.1 Category Definition - Poms must be used for at least 80% of the routine. Important characteristics of a pom routine include *synchronization and visual effect, clean, sharp, strong and precise motions, strong Pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different colour poms, etc. Maledancers are not required to utilize poms.

Pom needs to provide an experience, leaving a memorable impression. It's a form of dance and movement, however, there should never be a movement where you doubt it is Pom.

*Synchronization means moving together but also having the movements being done exactly the same. Uniformity is key.

4.4 LYR/CONT - CONTEMPORARY/LYRICAL

4.4.1 Minimum of 5 persons (MINIMUM 6 dancers for Open age category)

4.4.2 Category Definition - A Contemporary/Lyrical routine uses organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. Emphasis is placed on group execution including synchronization, uniformity, spacing, control, sustained, expressive movement, body placement, and contraction/release, use of breath, uniformity, communication, and technical skills.

The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style.

4.5 HIGH KICK

4.5.1 Minimum of 5 persons (MINIMUM 6 dancers for Open age category) Junior and Open Categories ONLY.

4.5.2 Category Definition - A High Kick routine emphasizes control, height uniformity, extension, toe points, timing, and creativity of a variety of kickseries and patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. Kicks should be performed throughout the routine. Inadequate utilisation of kicks may also affect the panel judges' overall impression and/or score of the routine.

4.5.3 The aim is to kick in a straight line, to get all dancers of different sizes to kick at the same time, at the same height. Choreography should display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique, and uniformity of height are to be emphasize.



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.

High Kick - Quality of High Kick Technique: posture, flexibility, extension, control, foot prep/closure.

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

MOVEMENT TECHNIQUE EXECUTION (10 POINTS) – The judges will credit here: Movement that has strength, intensity, placement, control, presence, and commitment.

SKILL TECHNIQUE EXECUTION (10 POINTS) – The judges will credit here: 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) - The judges will credit here: Correct timing with team members and the music.

UNIFORMITY OF MOVEMENT (10 POINTS) - The judges will credit here: Movements are the same on each person: clear, clean, and precise.

SPACING (10 POINTS) - The judges will credit here: Correct positioning/distance between individuals on the performance surface during the routine and transitions.

CHOREOGRAPHY – 30 POINTS

MUSICALITY (10 POINTS) - The judges will credit here: 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) - The judges will credit here: Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.



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COMPLEXITY OF MOVEMENT (10 POINTS, MAXIMUM POINTS FOR NOVICE = 7.5 POINTS) - The judges will credit here: 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) - The judges will credit here: Ability to exhibit a dynamic routine with genuine showmanship and audience appeal 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.

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