



# AASCF DANCE COACH GUIDE

## JAZZ, LYRICAL, HIP HOP, POM, DOUBLES



AUSTRALIAN ALL STAR  
CHEERLEADING FEDERATION

# 2018

03 9800 4080

4 April, 2017

# DANCE SCORE SHEET EXPLANATION

## DIFFICULTY

Below are the elements you need to consider when scoring difficulty with in the routines.

- Full Team
- Linking of movements/progressions/skills
- Change weight
- Change direction
- Change spot
- Tempo - Increase/decrease tempo
- Changing tempos
- How you enter/exit a skill/series/movement
- Change body/leg position in air
- Release head on turns (spot)
- Intricate Creativity
- Partner Work
- Floor Work
- Lifts
- Intricate Staging/Visuals
- Original Style
- Balance/Extension
- Extreme flexibility coupled with control

## DANCE SCORE CARD RUBRIC

- (NYE) NOT YET ESTABLISHED - FAIR - GOOD - EXCELLENT - OUTSTANDING.



## Dance Safety & Rules Legalities

All dance teams must follow the USASF Dance Rules and the AASCF Competition Package General Rules. Points will be deducted in the instance of any of the below.

- ~~WARNINGS = 0 points~~
- ~~DROPS & FALLS = 1 point~~
- ~~GENERAL RULES = 2 points~~
- ~~LEGALITIES = 3 points~~

### Time of Routine Violations

- 3-5 seconds over: -0.5pts
- 6-10 seconds over: -1.5pts
- 11+ seconds over: -3pts
- Under time limit: -0.5pts

Boundary Violation: -0.5pts (POINTS ALL BEING REVIEWED)

# JAZZ SCORE SHEET EXPLANATION

Routine Description: A Jazz routine encompasses traditional or stylized hard hitting, crisp and/or aggressive approach to movement and can include moments of softness while complementing musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills.

## **TECHNIQUE – 35 points**

**EXECUTION OF TECHNICAL SKILLS (10 pts)** - The judges will credit here: Demonstration of proper execution of elements such as, but not limited to, leaps, turns, lifts, etc.

**ALIGNMENT / EXTENSION (10 pts)** – The judges will credit here: The performers posturing and body placement.

**STRENGTH / CONTROL & BODY PLACEMENT (15 pts)** – The judges will credit here: The individual dancer's ability to exhibit great control in the presented style effectively and continually throughout the routine.

## **GROUP EXECUTION – 25 points**

**INTERPRETATION OF MOVEMENT (10 pts)** - The judges will credit here: The ability of the team to maintain accuracy, clarity and control along with commitment to the style and interpretation of movement as a group.

**SYNCHRONIZATION & TIMING (10 pts)** - The judges will credit here: How well the team dances together as a group, rather than the execution of technique.

**TRANSITIONS / SPACING (5 pts)** - The judges will credit here: The ability of the performers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

## **CHOREOGRAPHY – 30 points**

**COMPOSITION OF ROUTINE (15 pts)** - The judges will credit here: How well the movement complements unique musicality. The creative structure and originality of routine, concept, musicality and movement. How the piece is designed in space and use of stage. The inclusion of skills, both individual and small group work supports the flow and enhances the team dynamic. Piece displays balanced use of dancers and appropriate utilization of the team's ability level.

**ROUTINE STAGING & VISUAL EFFECTS (10 pts)** - The judges will credit here: How the dancers are staged on the floor. The seamless incorporation of unique and challenging formations and transitions and their placement on the stage. Visual effects that are developed through use of creative floor work, group/partner work, level changes, opposition, etc.

**DEGREE OF DIFFICULTY (5 pts)** - The judges will credit here: The difficulty of the routine (does not reflect execution). Effective incorporation of challenging elements. Overall level, pace, and intricacy of movement such as footwork, direction changes, technical skills.

## **PERFORMANCE IMPRESSION – 10 points**

**COMMUNICATION (5 pts)** - The judges will credit here: The genuine use of projection, confidence, expression and emotion to convey and maintain mood and emotion of intended style/story/concept.

**OVERALL IMPRESSION: APPEAL / APPROPRIATENESS (5 pts)** - The judges will credit here: Appropriateness of the music, costume and choreography. Did the performance leave a memorable and lasting impression?

# CONTEMPORARY / LYRICAL SCORE SHEET EXPLANATION

Routine Description: A Contemporary or 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 control, sustained, expressive movement, body placement, contraction/release, use of breath, uniformity and communication.

## **TECHNIQUE – 25 points**

**STRENGTH / CONTROL / BODY PLACEMENT (15 pts)** - The judges will credit here: The individual dancer's ability to exhibit great control in the presented style effectively and continually throughout the routine.

**ALIGNMENT / EXTENSION (10 pts)** - The judges will credit here: The performers posturing and body placement.

## **GROUP EXECUTION – 25 points**

**INTERPRETATION OF MOVEMENT (10 pts)** - The judges will credit here: The ability of the team to maintain accuracy, clarity and control along with commitment to the style and interpretation of movement as a group.

**SYNCHRONIZATION / TIMING (10 pts)** - The judges will credit here: How well the team dances together as a group, rather than the execution of technique.

**SPACING / TRANSITIONS (5 pts)** - The judges will credit here: The ability of the performers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

## **CHOREOGRAPHY – 35 points**

**COMPOSITION OF ROUTINE (15 pts)** - The judges will credit here: How complimentary the movement is to specific lyrics or rhythmic values to the music. How the piece is designed in space and use of stage. The inclusion of skills, both individual and small group work supports the flow and enhances the team dynamic. Piece displays balanced use of dancers and appropriate utilization of the team's ability level.

**UNIQUE & ORIGINAL CONCEPTS (5 pts)** - The judges will credit here: The artistic interpretation of theme, story or unique, original concepts.

**ROUTINE STAGING & VISUAL EFFECTS (10 pts)** - The judges will credit here: How the dancers are staged on the floor. The seamless incorporation of unique and challenging formations and transitions and their placement on the stage. Visual effects that are developed through use of creative floor work, group/partner work, level changes, opposition, etc.

**DEGREE OF DIFFICULTY (5 pts)** - The judges will credit here: The difficulty of the routine (does not reflect execution). Effective incorporation of challenging elements. Overall level, pace, and intricacy of movement such as footwork, direction changes, technical skills.

## **PERFORMANCE IMPRESSION – 15 points**

**COMMUNICATION (10 pts)** - The judges will credit here: The genuine use of projection, confidence, expression and emotion to convey and maintain mood and emotion of intended style/story/concept.

**OVERALL IMPRESSION: APPEAL / APPROPRIATENESS (5 pts)** - The judges will credit here: Appropriateness of the music, costume and choreography. Did the performance leave a memorable and lasting impression?

# HIP HOP SCORE SHEET EXPLANATION

Routine Description: A Hip Hop routine can incorporate any street style movement with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation.

## **TECHNIQUE – 40 points**

**TECHNIQUE OF SELECTED HIP HOP STYLE(S) (10 pts)** – The judges will credit here: The dancer’s demonstration of correct technique within any hip hop/street dance style such as, but not limited to, the following: Popping, Locking, Gliding, Animation, Rocking, Freezes, Stalls, Waaking, Voguing, Punking, Krumping, Crunking, Stepping, Dance Hall, Housing, Dubstepping, Clubbing, Tutting, Threading, and/or Breaking.

**EXECUTION OF SELECTED HIP HOP STYLE(S) (10 pts)** – The judges will credit here: The dancer’s demonstration of correct implementation of any hip hop/street dance style such as, but not limited to, the following: Popping, Locking, Gliding, Animation, Rocking, Freezes, Stalls, Waaking, Voguing, Punking, Krumping, Crunking, Stepping, Dance Hall, Housing, Dubstepping, Clubbing, Tutting, Threading, and/or Breaking.

**QUALITY OF MOVEMENT: INTENSITY/STRENGTH\* (10 pts)** – The judges will credit here: The overall execution, stabilization, control, and momentum of the dancers. Method with which the dancers attack or approach the movement. Consistency and quality of movement by the group as a whole (\*Does not have to mean “speed” for the dancers to intensely execute the movement.)

**EXECUTION OF HIP HOP ELEMENTS (10 pts)** - The judges will credit here: Demonstration of correct approach, execution, and re-lease of skill(s) by an individual dancer/group. Body awareness and control of the dancer’s strength, balance, and form while completing selected element(s).

## **GROUP EXECUTION – 20 points**

**UNIFORMITY / SYNCHRONIZATION (10 pts)** - The judges will credit here: How well the team dances together as a group, rather than the execution of technique. Consistent unison, timing/rhythm by the group as a whole. Uniformity of team movement within both choreography and skills.

**TRANSITIONS / SPACING (10 pts)** - The judges will credit here: The ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

## **CHOREOGRAPHY – 30 points**

**COMPOSITION OF ROUTINE (15 pts)** - The judges will credit here: How well the movement complements the music (such as sound effects, rhythms, lyrics, etc.) as well as the originality of routine, creative concepts, musicality and movement. Skill incorporation that supports the flow of the routine as well as individual or small group work that enhances the routine dynamic. Appropriate utilization of the team’s ability level.

**ROUTINE STAGING / VISUAL EFFECTS (10 pts)** - The judges will credit here: How the dancers are staged on the floor. The seamless incorporation of unique and challenging formations and transitions. Visual effects that are created with interactive movements and incorporation of creative and unpredictable visuals, group builds, illusions, patterns, levels and/or opposition.

**DEGREE OF DIFFICULTY (5 pts)** - The judges will credit here: The difficulty of the routine (does not reflect execution). Effective incorporation of challenging elements. Overall level, pace, and intricacy of hip hop movements such as foot- work, direction changes, and technical elements.

## **PERFORMANCE IMPRESSION – 10 points**

**COMMUNICATION (5 pts)** - The judges will credit here: Genuine projection, energy, and intensity. Did the team project a confident presence clearly conveying their particular message and/or style(s)? Did the team find and communicate their groove?

**OVERALL IMPRESSION: APPEAL & APPROPRIATENESS (5 pts)** - The judges will credit here: Appropriateness of music, costume, and choreography. Did the performance leave a memorable and lasting impression?

# POM SCORE SHEET EXPLANATION

Routine Description: A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Skills (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc.). Poms must be used 80% of the routine.

## **TECHNIQUE – 30 points**

**MOTION PLACEMENT / ALIGNMENT (10 pts)** – The judges will credit here: Accuracy of pom/body work. The dancer's superior motion control and precision.

**MOTION STRENGTH / SHARPNESS (10 pts)** – The judges will credit here: Overall strength of motions.

**EXECUTION OF SKILLS (10 pts)** - The judges will credit here: Incorporation/Execution of Pom elements such as, but not limited to: Pom passes, jump sequences, leaps / turns, kick lines, etc. executed with strong technique.

## **GROUP EXECUTION – 30 points**

**UNIFORMITY / QUALITY (10 pts)** - The judges will credit here: The ability of the team to maintain accuracy, clarity and control.

**SYNCHRONIZATION / TIMING (10 pts)** - The judges will credit here: How well the team dances together as a group, rather than the execution of technique.

**TRANSITIONS / SPACING (10pts)** - The judges will credit here: The ability of the dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

## **CHOREOGRAPHY – 30 points**

**COMPOSITION OF ROUTINE (15 pts)** – The judges will credit here: How well the movement complements the music. The presentation of new and unique “pictures” created through a variety of pom motions, staging and transitions. Appropriate utilization of the team's ability level.

**ROUTINE STAGING / VISUAL EFFECTS (10 pts)** – The judges will credit here: How the dancers are staged on the floor. The variety of seamless formation changes, their placement on the stage, and how these formations create visual “pictures”. Visual effects that are created through a variety of pom motions, level changes, group/ground work, formation changes, etc.

**DEGREE OF DIFFICULTY (5 pts)** – The judges will credit here: The difficulty of the routine (does not reflect execution). Overall level and intricacy of pom motions and movement, noting the variety of movement and utilizing intricate pom motions, footwork, skills, transitions and formations.

## **PERFORMANCE IMPRESSION – 10 points**

**COMMUNICATION (5 pts)** – The judges will credit here: The genuine use of projection, energy and intensity.

**OVERALL IMPRESSION: APPEAL & APPROPRIATENESS (5 pts)** – The judges will credit here: Appropriateness of the music, costume and choreography. Did the performance leave a memorable and lasting impression?

## DEFINING THE DANCE CATEGORY: POM

### POM DEFINITIONS:

USASF defines a Pom routine as.....

"A Pom routine contains important characteristics such as strong pom technique, clean/precise and sharp motions, synchronization, visual effects and may incorporate Pom Skills (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc.). Poms must be used 80% of the routine."

'POM is an extension of your hands that help bring life to visuals on the stage.'

**Cheryl Paquette** USASF Dance Adjudication Director & Pom Specialist

### POM for JUDGES

- Pom needs to provide an experience, leaving a memorable impression
- Pom is a form of dance and movement. *However*, there should never be a movement where you doubt it is pom.
- Category Description - POM
  - Poms must be used 80% of the routine.
  - Important characteristics of a pom routine include:
    - Synchronization and Visual Effect.
      - Visual effect includes level changes, group work, formation changes, the use of different colour poms, etc.
      - Synchronization – is moving together but also having the movements being done exactly the same. Uniformity is key. - Category Description
  - Clean and precise motions
  - Strong Pom technique
  - Incorporate dance technical elements

[www.aascf.com.au](http://www.aascf.com.au)

CHEER & DANCE

# DANCE DOUBLES SCORE SHEET EXPLANATION

Routine Description: A Dance Doubles routine contains important characteristics including interaction and execution of chosen style (jazz, pom or hip hop) with 2 dancers. Emphasis is placed on body alignment, extension, control, uniformity, communication and style associated technical skills.

## **TECHNIQUE – 40 points**

**EXECUTION OF STYLE & TECHNIQUE (10 pts)** – The judges will credit here: The demonstration of proper execution of chosen styles technique and skills associated. The dancer's ability to exhibit the presented style effectively and continually throughout the routine.

**PLACEMENT / CONTROL (10 pts)** – The judges will credit here: The performers posturing, control, alignment and body placement.

**STRENGTH OF MOVEMENT (10 pts)** – The judges will credit here: The overall execution, stabilization, control of movement as well as the method with which the dancers attack or approach the movement.

**EXTENSION / FLEXIBILITY (10 pts)** - The judges will credit here: The demonstration of controlled flexibility with strength and placement to support extension of lines through the legs, knees, toes and/or back, shoulders, arms, fingertips/or poms.

## **GROUP EXECUTION – 10 points**

**SYNCHRONIZATION (10 pts)** - The judges will credit here: The ability of the athletes to dance in unison including unified style, mirror image, uniformity in body, arm, and leg angles as well as timing and musicality.

## **CHOREOGRAPHY – 40 points**

**COMPOSITION OF ROUTINE (15 pts)** – The judges will credit here: The creative structure and originality of routine, concept, musicality and movement. The inclusions of skills displaying appropriate utilization of the dancers' ability level as well as how well the movement complements the music.

**ROUTINE STAGING / VISUAL EFFECTS (10 pts)** – The judges will credit here: How the dancers are staged on the floor. The variety in use of the space and their placement on the stage. Visual effects that are created through a variety of level changes, group/ground work, creative interaction, arm lines, mirror imaging etc.

**DEGREE OF DIFFICULTY (5 pts)** – The judges will credit here: The difficulty of the routine (does not reflect execution). Overall level and intricacy of movement, noting the variety of movement, technical elements and utilizing intricate arm lines, footwork, skills, transitions and formations.

## **OVERALL EFFECT – 10 points**

**OVERALL IMPRESSION, COMMUNICATION & PROJECTION (10 pts)** – The judges will credit here: Appropriateness of the music, costume and choreography. The genuine use of projection, energy and intensity. Did the performance leave a memorable and lasting impression?



# SPECIAL ABILITY SCORE SHEET EXPLANATION

Routine Description: A Special Ability Routine is performed by athletes with special abilities and may be of any style (Jazz, Pom or Hip Hop). Emphasis is placed on technique, strength, choreography, execution and performance.

**CREATIVITY AND CHOREOGRAPHY (15 pts)** – The judges will credit here: The creative structure and originality of routine, concept, musicality and movement. How the piece is designed in space and use of stage. Piece displays balanced use of dancers and appropriate utilization of the team's ability level.

**TRANSITIONS & FORMATIONS (10 pts)** - The judges will credit here: The ability of the performers to gauge and position themselves correct distances between each other in and throughout all formations and transitions

**JUMPS, KICKS, LEAPS AND TURNS (10 pts)** – The judges will credit here: Demonstration of attempted execution of elements such as, but not limited to jumps, kicks, leaps and turns.

**MOTIONS / ARM MOVEMENTS (10 pts)** - The judges will credit here: Overall strength, clarity and accuracy of arm/pom motions as well as the dancers motion control and precision.

**DANCE STYLE (10 pts)** – The judges will credit here: Demonstration, execution and uniformity of selected dance style.

**OVERALL IMPRESSION (10 pts)** – The judges will credit here: Appropriateness of the music, costume and choreography. Did the performance leave a memorable and lasting impression?

**COMMUNICATION (10 pts)** - The judges will credit here: The genuine use of projection, energy and intensity.

## **RULES FOR SPECIAL ABILITY DANCE TEAMS**

- All teams with special needs will follow the USASF general rules and routines requirements.
- Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. No limit to amount of assistants around perimeter of the floor in a squat position.
- Assistants will be dressed in contrasting t-shirt and jeans or dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light colour uniform top, Assistants will be in a dark matching t-shirts, if athlete is in light uniform top, all Assistants will be in dark coloured matching t-shirts. NO FLIP-FLOPS or Jewellery worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed

## **GUIDELINES FOR TINY DANCE TEAMS ONLY**

Coaches may place the TINY age group athletes onto the performance floor and guide from side of the floor as long as they are not in judge's view creating distraction.

# DANCE NOVICE DIVISION BASIC GUIDELINES

## NOVICE DANCE RULES

Novice must follow the relevant USASF Rules for Dance in the chosen category and age group but with the following amendments:

- Turns -** Stationary (pirouette) turns are limited to one turning rotation.  
Series non-travelling turns such as fouette's are not allowed.  
Series turns which intentionally travel must not involve a jump or leap

*Clarification -travelling turns which involve jumps or leaps include axel turns and turn jetes (tour jeté). These are not allowed in any novice section.*

**Leaps and Jumps** – 'Russian' or 'Switch Jetes' in any position are not allowed.

**Inverted Skills** – Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall)

**Tumbling and Tricks** – All hip overhead skills must involve hand support with at least one hand throughout the skill.

Airborne hip overhead rotation skills are not allowed

*Clarification: aerials and handsprings are not allowed in novice regardless of age group or category including hip hop.*  
Exception – round-offs.

**Partnering and lifts** – Any lift in which the executing dancer has their head, neck and torso above extended arm level must involve 3 or more supporting dancers with at least 1 of these in a position to protect the head and neck

**Inverted lifts** - Any lift in which the executing dancer becomes inverted while not in contact with the performance surface are not allowed (example: cartwheel lift over supporting dancer's legs are illegal in novice)

\*Any time a dancer becomes inverted they must have contact with at least one hand on the performance surface.

[www.aascf.com.au](http://www.aascf.com.au)

CHEER & DANCE