



**FREEDOM DANCE**  
SCHOOL DANCE  
DIVISIONS  
2022-2023 SEASON



## SCHOOL DANCE

- **ROUTINE TIME:** No Minimum, 2 Minute Maximum

| DIVISION              | AGE                | CATEGORIES               | ATHLETE #'s            |
|-----------------------|--------------------|--------------------------|------------------------|
| <b>ELEMENTARY</b>     | 6th GRADE & BELOW  | POM, HIP HOP, JAZZ       | 5+ DANCERS MALE/FEMALE |
| <b>MIDDLE SCHOOL</b>  | 9th GRADE & BELOW  | POM, HIP HOP, JAZZ, KICK | 5+ DANCERS MALE/FEMALE |
| <b>JUNIOR VARSITY</b> | 11th GRADE & BELOW | POM, HIP HOP, JAZZ, KICK | 5+ DANCERS MALE/FEMALE |
| <b>INTERMEDIATE</b>   | 12th GRADE & BELOW | POM, HIP HOP, JAZZ       | 5+ DANCERS MALE/FEMALE |
| <b>VARSITY</b>        | 12th GRADE & BELOW | POM, HIP HOP, JAZZ, KICK | 5+ DANCERS MALE/FEMALE |

## DIVISION DETAILS

- EVERY MEMBER REPRESENTING A SCHOOL MUST BE OFFICIALLY RECOGNIZED BY THE COMPETING SCHOOL'S ADMINISTRATION AS A MEMBER OF THE COMPETING SCHOOL'S TEAM.
- MUST CONSIST EXCLUSIVELY OF MEMBERS THAT HAVE NOT GRADUATED FROM HIGH SCHOOL.
- DIVISIONS WILL BE DETERMINED BY THE GRADE OF THE PARTICIPANTS' AT THE TIME OF THE COMPETITION, REGARDLESS OF THE PARTICIPANTS' AGES.
- ALL DIVISIONS ARE OPEN TO FEMALE AND/OR MALE.
- **ROUTINES HAVE NO MINIMUM TIME, AND A MAXIMUM TIME OF 2 MINUTES.**
  - Time will begin with the first choreographed movement or note of the music, and will end with the last choreographed movement or note of the music, whichever comes last.
- **FREEDOM DANCE STRONGLY RECOMMENDS ALL TEAMS HAVE ALTERNATE(S), NOT CURRENTLY COMPETING WITH ANOTHER TEAM, WHO IS PREPARED TO SUBSTITUTE IN THE EVENT OF INJURY, PROBATION, ETC.**
- **ROUTINES SHOULD BE APPROPRIATE AND ENTERTAINING FOR ALL AUDIENCE MEMBERS.**
  - *Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc.), words, costuming or music will result in deductions per violation.*

**IF ENROLLMENT ALLOWS DIVISIONS MAY BE FURTHER SPLIT INTO SMALL, MEDIUM AND LARGE DIVISIONS.**



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- **TEAMS ARE REQUIRED TO HAVE A MINIMUM OF FIVE MEMBERS.**
  - A 0.5 general deduction will be given for less than 5 members. Any participant on the performance floor is considered as a member.
- **PARTICIPANTS MAY NOT COMPETE IN MULTIPLE DIVISIONS OF THE SAME CATEGORY AT A SINGLE COMPETITION.**
  - EXAMPLE: a dancer may **NOT** compete in **Varsity Jazz** and **Junior Varsity Jazz**.
- **TEAMS MUST COMPETE ALL ROUTINES AT THE SAME LEVEL, WITH THE EXCEPTION OF KICK SINCE THERE IS NOT AN INTERMEDIATE DIVISION OFFERED**
  - EXAMPLE: A team may compete in **Intermediate Pom** and **Varsity Kick** but can **NOT** compete in **Intermediate Pom** and **Varsity Jazz**.

**UPDATED: 9/7/21**