



FREEDOM DANCE

REC DANCE DIVISIONS
2024-2025



REC/NON-AFFILIATED DANCE

- **ROUTINE TIME:** 1 minute 45 seconds Minimum, 2 Minutes 15 seconds Maximum

DIVISION	AGE	CATEGORIES	ATHLETE #'s
MINI	8 & YOUNGER	POM, HIP HOP, JAZZ, LYRICAL, VARIETY	4+ DANCERS MALE/FEMALE
YOUTH	11 & YOUNGER	POM, HIP HOP, JAZZ, LYRICAL, VARIETY	4+ DANCERS MALE/FEMALE
JUNIOR	15 & YOUNGER	POM, HIP HOP, JAZZ, LYRICAL, VARIETY	4+ DANCERS MALE/FEMALE
SENIOR	18 & YOUNGER	POM, HIP HOP, JAZZ, LYRICAL, VARIETY	4+ DANCERS MALE/FEMALE

DIVISION DETAILS

THESE DIVISIONS ARE FOR PROGRAMS THAT DO NOT FALL UNDER USASF DANCE OR OTHER DANCE DIVISIONS.

- **ALL TEAMS MUST FOLLOW THE ELITE DANCE SAFETY RULES & REGULATIONS.**
https://usasfmain.s3.amazonaws.com/Rules/2024-25/USASF_Dance_Rules_24-25.pdf
- **ALL DIVISIONS ARE OPEN TO FEMALE AND/OR MALE.**
- **ROUTINE MINIMUM TIME IS 1 MINUTE 45 SECONDS, AND MAXIMUM TIME IS 2 MINUTES 15 SECONDS.**
 - 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.*
- **THE VARIETY CATEGORY:**
 - *A Variety routine must incorporate a blend of **TWO OR MORE** styles listed in the USASF Categories. (Jazz, Pom, Hip Hop, Lyrical and/or Kick) All styles will compete together in this category.*

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

UPDATED: 6/13/24