



**FREEDOM DANCE**  
REC/NON-AFFILIATED  
DANCE DIVISIONS  
2022-2023 SEASON



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## **REC/NON-AFFILIATED DANCE**

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

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

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## **DIVISION DETAILS**

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

- 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.*

**UPDATED: 9/14/21**

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