

Chapter 6 – Category

1.1 How Category Season Works

- 1.1.1 The Category competition is a format using 1.5 to 3 minute performances of different styles of dance to define the performance divisions of evaluation. Jazz, Lyrical, Modern, Hip Hop, Pom and Novelty are 2-3 minutes in length. The Kick category is 1:30 – 2:30 minutes in length. The emphasis of this format is to offer areas of specific stylistic criteria, allowing teams to explore different styles or techniques of dance and be compared to other teams within that same style. All sub-captions are worth 100 points.
- 1.1.2 Each category division allows the use of one prop or costume change within the routine. Novelty is allowed any number of props, sets, floors and/or costume changes within the routine.

1.2 Style Definitions

- 1.2.1 Jazz – technical training, creativity of movement and influence of performers.
- A. Character and music should drive the style of the choreography and utilization of accents, rhythms, etc.
 - B. Technique: traditional skills with a twist. Utilize pliè, parallel, contraction, lower center of gravity, etc.
 - C. Strong character development, even to the point of theatrics.
 - D. Style may vary and incorporate lyrical jazz, pop jazz, African jazz, etc.
 - E. Sub-captions scored are Technique, Choreography and Projection.
- 1.2.2 Lyrical – is a type of dance done to a contemporary piece of music that usually includes words.
- A. It can include Jazz, Ballet and Modern techniques, but uses more fluid motion.
 - B. The movements should attempt to illustrate the actual meaning and emotion communicated in the song. The emotional aspect is what separates this style from all others.



- C. Fluidity in the arms will help to distinguish it from Jazz and other styles.
 - D. Sub-captions scored are Technique, Choreography and Projection.
- 1.2.3 Modern – often includes abstract movement technique, timing and theme.
- A. Movement qualities can be abstract and organic, pedestrian, informal, and possibly unpredictable in nature.
 - B. Music and its interpretation may be unconventional.
 - C. Sub-captions scored are Technique, Choreography and Projection.
- 1.2.4 Hip Hop – style is identified by its use of body isolations and punctuated musical rhythms.
- A. Timing and articulation of the body and a low sense of weight are major elements of the technique. Movements and gestures are mostly bound and percussive often in conjunction with the musical down beat.
 - B. Styles could include lyrical hip hop, krump, breaking, popping & locking, tutting.
 - C. Sub-captions scored are Precision, Choreography, and Projection.
- 1.2.5 Kick – movement performed as an extension of the leg from the hip or knee.
- A. Kick Rules
 - a. A kick routine must contain a minimum of (50) WAIST-HIGH or higher kicks performed by the MAJORITY of the team in unison. At least half of the team must execute a kick in unison in order for it to be counted.
 - 1. A one-line ripple of fan kicks will be counted as one (1) kick.
 - 2. A ripple of kicks done by four groups will be counted as one (1) kick.
 - 3. Two groups alternating kicks will be counted as one (1) kick per group.
 - b. A kick from the HIP (grand battement) is defined as one foot remaining on the floor while the working foot is



forward-lifted from the hip with a force to a minimum of WAIST-HIGH, then returned to the floor. Rear-lifted kicks must be a minimum of KNEE-HIGH.

1. Leg-lifts that rest on another dancer's body are NOT considered a kick.
 2. Fouette or a la secondé turns are NOT considered a kick.
 3. Running straight-leg with feet below waist-high are NOT considered a kick.
 4. Illusions are NOT considered a kick.
 5. Leg-lifts while sitting or lying back on floor WILL be considered a kick.
 6. Hitch-kicks WILL be considered 1 kick.
 7. Scissor kicks WILL be considered 2 kicks.
- c. A kick from the KNEE (battement développé) is performed as a full extension of the leg from a bent and lifted knee. A knee-kick will be considered a kick when the foot moves the FULL range of motion at a minimum of WAIST-HIGH, then returns to bent or floor position.
1. Small "half-count" flicks of the foot are NOT considered a kick.
 2. Running with feet hitting the rear is NOT considered a kick.
 3. Knee-held kicks (can-can) WILL be considered a kick.
 4. Knee-kicks while sitting or lying back on the floor WILL be considered a kick.
- 1.2.6 Pom – focus is on use of Poms and should demonstrate synchronization, sharp motions and visual effect.
- A. Choreography should be upbeat and fast paced.
 - B. Showcase precise and tight arm motions, as well as technical dance skills.
 - C. Emphasis should be on creating visual effect with the Poms and entertaining and engaging the audience.
 - D. Sub-captions scored are Precision, Choreography and Visual Repertoire.
- 1.2.7 Novelty - is the presentation of creative entertainment by use of theme, music, characters, costumes, props/sets, choreography and communication with the audience.



- A. Routine construction and choreography should be more than a skit.
- B. Sub-captions scored are Projection, Choreography and Visual Repertoire.

