



USA Dance Competitions

Updates for the 2024-25 Season

Rev. 5/6/24

Divisions:

Some divisions will change from Championship and Open levels to Championship and Intermediate levels. See division grid.

All team divisions must qualify for Nationals and receive a minimum threshold of points to qualify.

Novelty/Musical Theater and Character Dance will be combined into the Musical Theater division.

Solos at Nationals (5 maximum per school) – Each school can enter 1 dancer into the Solo Champion division. The Super Dancer will now be split by grade level. Each school will be allowed to enter 1 dancer into the Senior division, 1 dancer into the Junior division, and up to 1 sophomore and 1 Freshman into the Sophomore/Freshman division.

All Team Divisions - prior qualification through a USA Regional/Classic competition or other sanctioned event/process is required in order to attend Dance Nationals in any team division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all Championship divisions and 75% of total possible points for all other divisions, regardless of any penalties received.

A team must compete in the same category/division at Nationals for which it qualified in at a Regional/Classic unless prior written approval is received from the USA. For example, 1) If you qualify for Hip Hop Championship at a Regional/Classic, you may not compete in Hip Hop Intermediate at Nationals, unless you also qualify for that category at a Regional/Classic. The above is an example – other examples of this also exist.

If a team qualifies for Nationals two or more times (80% of total possible points, regardless of any penalties received) in the Championship level at a Regional/Classic competition, then they must compete in the Championship level at Nationals.

Rules/Scoring: Intermediate Division Limitations

1. New: Dancers must have 4 counts between the completion of one technical skill to the execution of another.
 - a) Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.
 - i. Exception: chaines & piques in succession.
 - ii. Exception: chaine battement/fan

2. Technical Skill/Element Restrictions:

A. Turning Skills:

- a. Single and double pirouette turns may be executed in passé, coupe, pencil and attitude positions.
- b. A single or double pirouette, plie, into a single turn is permitted but the plie must be clear, or it may be considered a pirouette with more than 2 rotations.

B. Turn sequences:

- a. You are permitted to do a maximum of two separate turn sequences in your routine, which can be performed by one or more team members. Turn sequences may not be performed consecutively.
- b. Pirouettes that are performed separately from fouette turns and second turns are not considered turn sequences.
- c. Traveling turns (i.e., chaine turns, pique turns) are not considered turn sequences.
- d. Turn sequences are limited to fouette turns, A la Seconde turns and pirouettes only. No other skills besides these turns are permitted within a turn sequence. No other skills can be connected and/or executed immediately out of the last turn before ending the turn sequence.
 - i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
 - ii. Spot direction must remain consistent throughout the entire turn sequence.
 - iii. Fouette turns, second turns may be performed only as a part of a turn sequence.
 - iv. Floats are not permitted
 - v. Changing spot/direction is not permitted
- e. Each turn sequence is limited to one 8-count of turning (not counting the prep or ending/completion of the turn sequence).
 - i. When a turn sequence starts with a fouette turn or second turn, the 8-count will begin when the working leg opens to second position. When a turn sequence begins with a pirouette turn, the eight count begins immediately.
 - ii. The completion of the turn sequence must occur after one 8-count (or in other words, "count 9.") For example – A turn sequence begins with a second turn and the working leg opens to 2nd position on count "1" the landing/completion of the sequence must finish on the following count "1".
 - iii. New Language: Dancer(s) must come to a complete stop with both feet on the performance surface. Dancers must have 4 counts between the completion of one technical skill to the execution of another.

C. Leaps/Jumps:

- a. Switch leaps/Scissor leaps are not permitted.
- b. Leaps/jumps that release the head toward the back must be performed stationary and cannot be connected to any other skill or technical element.
- c. Preparations for traveling leaps and/or jumps are limited to a step or chasse. A chaine turn used as a preparation directly into a leap and/or jump is not permitted.

- d. New Language: Dancer(s) must come to a complete stop with both feet on the performance surface. Dancers must have 4 counts between the completion of one technical skill to the execution of another.
- i. Clarification: Jump sequences or multiple jumps in a row are not permitted

Permitted

Double Pirouettes (2 rotations)
 Single Leg Hold Turn (1 rotation)
 Tour Jete
 Second Leap (leap in 2nd position)
 Surprise Leap
 Reverse Leap
 Toe Touch
 One 8-count of Fouette Turns/Second Turns
 (see #1B above)
 Kip Ups (with hands)
 Headsprings (with hands)
 Tilt Jump

Not Permitted

Triple Pirouettes (3 rotations or more)
 Double Leg Hold Turns (Or more)
 Calypso Leap
 Axels
 Switch/Scissor Leap
 Turn sequences longer than one 8-count
 Turning Disc/chaine second jump
 3 or more turn sequences in a routine
 Floats
 Aerial/ Front Aerial/ Butterfly Aerial
 Side Somis
 Multiple Jump Sequences

Please Note: For technical skills or combination of skills that are not specifically addressed in the “Intermediate” limitations, the USA has the discretion to determine the level of difficulty of that skill based on the similarity of other skills for that particular division.