

# IASF DANCE CATEGORY DEFINITIONS



**POM** – Incorporates the use of proper Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. Costuming should reflect the category style. See score sheet for more information.

**HIP HOP** - Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Costuming should reflect the category style. See score sheet for more information.

**JAZZ** - Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality. Costuming should reflect the category style. See score sheet for more information.

**HIGH KICK** – Incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. Choreography should display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information.

**OPEN OPEN** - Incorporates organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style. See score sheet for more information.