

2021-2022 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, surprising, and innovative pom pictures, 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 the IASF 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.

Distinctive clothing and accessories reflecting the Hip Hop culture must be worn.

See the IASF score sheet for more information.

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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 the IASF score sheet for more information.

HIGH KICK - Incorporates the use of proper high kick technique that includes flexibility, endurance, stamina, upper and lower body strength, placement, and control, while allowing for the use of creative concepts such as staging and skills.

High Kicks are required to be used throughout the majority of the routine in a purposeful manner and should be the emphasis of routine content.

The choreography of a dynamic and effective high kick routine focuses on musicality, staging of visual effects through intervals in kick lines, fluid and creative transitions, levels and groups, along with complexity of movement and athleticism.

An emphasis is placed on group execution including synchronization, uniformity, and spacing.

Costuming should reflect the category style.

See the IASF score sheet for more information.

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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 the IASF score sheet for more information.