



FIYA DANCE competition

Guidelines, Categories, & Scoresheet

Effective as of February 21, 2024

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Please read carefully through this entire document for all information about our dance competitions. If you still need more information thereafter, please email info@onfiya.org with your specific questions.

OVERVIEW

- **DANCE CATEGORIES:** There are four (4) separate categories for which you may enter a team to compete. They are as follows:
 - › (1) **HIP HOP**
 - › (2) **POM/SONGLEADING**
 - › (3) **DRILL TEAM/MILITARY AND**
 - › (4) **DANCE** (Jazz, Lyrical, Contemporary & Modern).
 - › (5) **NEW! Cheer Performance (Not Core Cheer, Limited Stunts) 2-3min**
- **REGISTRATION:** Our online team registration for all dance competitions will be posted within specific timeframes on our [Dance Page](#) at the beginning of each school year. Please read that page and our registration instructions carefully.
 - › In addition to basic team information you will need to list the first and last names of all your dancers and their grade levels
 - › **Each dancer can participate in TWO (2) maximum team events;** any dancer participating in three (3) or more team events will cause penalty deductions to all teams involved.
 - › Coaches / team coordinators / athletic directors will need to complete a separate registration for each dance category your school team or teams wish to enter. By way of example, you need to do one online registration for your school's Division 1 Large Group Hip Hop team and another online registration for your school's Division 2 Small Group Dance Lyrical. Group sizes and age divisions are listed on Page 3.
- **COMPETITION ORDER:** For all competitions, the competition order for each category will be inverse based on when registration occurred. That is, a team that registers first will compete last, a team that registers second will compete second to last, etc.

SAFETY GUIDELINES

- The following Safety Guidelines pertain to all divisions.
- Knee drops are prohibited (Ex: Landing onto the knees from standing position)
- Performers are not allowed to have any dangling jewelry, consumption of food (gum) or drinks during the performance.
- Cheer stunts are not permitted in any dance division with the exception of thigh stands and shoulder sits. Please see below for Dance Lifts limitations.
 - Dance lifts are permitted with the condition that the dancer is supported by at least 2 performers.
 - Inversion lifts are also permitted with the condition that the dancer is supported throughout the inversion until the dancer has is in an upright standing position with both feet on the ground.
- Coaches and competitors are not permitted to sit in front of Judges table during performance. Please stay off to the side.
- Any and all stunts/tumbling should be performed in safe manner. Coaches, please do NOT let your student attempt any skills that they are NOT confident executing.
- Coaches/Advisors are not permitted to stand in for missing competitor during a performance. No exceptions!

GROUP SIZES & AGE DIVISIONS

- For each dance category you wish to register for, your school team must select:
 - **(a) GROUP SIZE** (“Small” is a minimum of 4 dancers and a maximum of 9 dancers; “Large” is a minimum of 10 dancers and maximum of 19 dancers); and
 - **(b) GRADE DIVISION** (Division 3 is 4th grade and below, Division 2 is 6th grade and below and Division 1 is 8th grade and below).
- Consequently, similar group sizes in same divisions compete against each other in each dance category.

DANCE CATEGORIES

- The following are the categories we are opening to compete in. Please register your team in the appropriate Category, Size, and Division. You can register for more than one category. All teams should be prepared to perform on a gym floor. There will be Small Team Categories (4-9 dancers) and Large Team Categories (10-19 dancers)
- **DANCE (will consist of Jazz, Lyrical, Contemporary, or Modern Styles): 2-3 min.**
 - › **Jazz** - Contains traditional jazz movements and technique. Routine consists of Jazz stylistic movements and is accompanied with upbeat music.
 - › **Lyrical** - Dancers interpret the lyrics, mood and content of the music. Routine is composed of various dance/ballet technical skills and is accompanied with a slower tempo song.
 - › **Contemporary** - Routine incorporating lyrical or jazz movement fused with modern elements. Routine is composed of various dance/ballet technical skills and is accompanied with a slower tempo song.
 - › **Modern** - Consists of modern technique, movement and choreography. Routine is composed of various dance/ballet technical skills and is accompanied with a slower tempo song.
- **HIP HOP: 2-3 min.**
 - › Street or contemporary jazz-funk.
- **SONGLEADERS / POM & POM: 2-3 min.**
 - › Performed with poms for at least 75 percent of the routine.
- **DRILL TEAM / MILITARY DRILL TEAM: 2-3 min.**
 - › **Drill Team** - must utilize both dance and military. This division is for beginning level teams.
 - › **Military Drill Team** - $\frac{3}{4}$ of the routine must consist of Sharp Drill Style Moves

- **Cheer Performance (Not Core Cheer, Limited Stunts) 2-3min:**

- › Performance using music, cheer, or any combination of both. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms, megaphones, signs, flags, and banners are allowed.
- › Allowances & Limitations are as follows:
- › Standing Tumbling: Walkovers
- › Running Tumbling: Walkovers
- › Stunts: Two leg prep level stunts, single leg below prep level stunts, 1/4 twist load-in/stunt transition
- › Inversions: Prohibited
- › Dismounts: 1/4 turn Cradle
- › Release Moves: Prohibited
- › Tosses: Prohibited
- › Pyramids: Two-leg extended stunts braced on both or one side, single-leg prep level stunts braced on one side by prep level or below stunts

RULES CONTINUE ON NEXT PAGE

MUSIC GUIDELINES

- Coaches or team coordinators must submit their final, edited/ cut music for their performance(s) **no later than 48 hours prior to competition.**
 - Please email your music in **.mp3 file format** to our media coordinator Mallory Rawson at malloryrawson@onfiya.org. If you have any issues or need further assistance in doing so, feel free to email her with any inquiries *prior to the 48 hour deadline.*
- For precautionary reasons, it's highly recommended to have a backup copy of your media prepared for the day of the event and able to play from an AUX cord.
- All teams must have an advisor, coach or an adult by the sound area for the duration of your team's time performance.
- Music with profanity or offensive lyrics will be CUT off. Penalty or Disqualification may be a result, depending of the severity of the content. Our DJ will not adjust the speed of the music or make cuts.

JUDGING

- Will take into consideration choreography, technique, showmanship, and precision. Each judge will award up to 100 points. The total score of the judges will determine the ranking of the routine.

PHOTOGRAPHY & VIDEOTAPING

- Photography is permitted. Flash photography and the use of tri-pods are NOT permitted. Videotaping another team PROHIBITED and is strictly enforced.
- **If caught videotaping another team, you will be asked to leave the event**
Additionally, your team's performance will result in a disqualification



fiya dance competition scoresheet

School: _____

Division/Category: _____

Judge Signature: _____

COMPETITION CATEGORY:

TEAM SCORE:

COMMENTS:

CHOREOGRAPHY 10 _____

MUSICALITY 10 _____

DIFFICULTY 10 _____

TECHNIQUE 10 _____

GROUP EXECUTION/SYNCHRONIZATION 10 _____

FORMATIONS/STAGING 10 _____

TRANSITIONS 10 _____

SPACING 10 _____

SHOWMANSHIP 10 _____

OVERALL VISUAL EFFECT 10 _____

TOTAL SCORE /100

We look forward to this year's dance season with you!

Be sure to follow, “like”, and subscribe to FIYA on Facebook, Instagram, Twitter, YouTube, and Pinterest **@fiyathletics** and our email newsletter for all: updates, info, photos, videos, and MORE from our Dance and other sports' seasons.

Tag us @fiyathletics in any of your posts from the season to be featured!
Use the hashtags #FIYAthletics | #FIYAdance

