



## **CATEGORY DESCRIPTIONS**

*The following explanation of category routine styles should be adhered to when entering an ADTS® contest. Please adhere to entrance/exit time limits on all routines to avoid penalties*

**JAZZ:** This style of routine should focus on the technical aspect of "true" jazz and may incorporate leaps, turns, and technical moves. No props or poms may be used in this category.

**KICK:** A routine that should be executed by a team who is performing varied kick sequences with proper kick technique. Kicks must be done to at least 70% of the music.

**PROP:** A team may use any prop they desire besides poms for this category. Props may be hand held or used as staging for the dance. The prop should be the main visual focus of the routine and should be used for at least 80% of the music. All props or staging **MUST** be padded properly and approved by an ADTS® representative or by a school/facility administrator prior to performance.

**NOVELTY:** A routine that should contain proper dance technique and fit a "character" and/or the thematic interpretation of a song. The use of costumes to fit a character routine is permitted. Props may be used in this category as long as they are not serving as the major visual point of the routine. Limited staging is permitted as long as set up and breakdown can be included in the 5 minute time window (set up/performance/breakdown).

**POM:** A pom routine should consist of visual formations and strong visual effects with the use of the poms. Proper dance technique should be used while performing and teams must enter and exit with poms in their hands. Poms must be used for at least 80% of the routine.

**MILITARY:** A routine that contains sharp arm, head and leg movements, as well as visual formations done with military type marching, pivots, and/or flanks. The focus should be precision and placement.

**HIP HOP:** A routine that consists primarily of contemporary upbeat moves that are sharp and dynamic and have a "street style" of dance. Music will have a driving beat as well as high energy and fast paced.

**LYRICAL:** This style of routine should incorporate technical dance moves from ballet and fluid jazz, as well as proper interpretation of the music. The routine should be visual and connected throughout and should contain leaps, turns and footwork.

**MODERN:** It should be a theatrical dance that is not ballet and not lyrical. It allows performers a unique vocabulary that is not standardized, and can include partnering, floorwork and interpretive movements. It allows for aesthetic, free forms of dance and is not restricted to traditional dance terms nor moves.

**CONTEMPORARY:** A dance style that utilizes ballet, modern, or postmodern movements. The choreography should be innovative and fresh, as well as an interpretation of the music itself. In terms of the focus of its technique, contemporary dance tends to combine the strong and controlled legwork of ballet with modern dances' stress on the torso, and also employs contract-release, floor work, fall recovery, and improvisation characteristics of modern dance. This category is designed for routines that incorporate modern elements with both classical and non-classical movement.

**OPEN:** Open category can include styles of dance that do not fall under another category, ex., Ballet, Ballroom, Step Team, or a combination of 3 or more styles of dance. **It is not allowed to perform a duplicate style dance that is already registered by your team.**

**FIELD ROUTINE:** The Field Routines category will be any routine that was designed for a halftime field performance. This can be any style or genre of your choice. Teams may wear field uniforms or other costuming for routines entered in this category. Performances can be performed to band music.

**Updated for 2024! PEP RALLY/GAME DAY:** The Pep Rally/Game Day category will consist of any routine that was designed for a pep rally or game day performance. Game Day routines can also showcase your school's spirit and traditions. Pep Rally routines can be any style or genre of your choice.

**WORLD DANCE:** World Dance is the study of diverse cultures while celebrating their heritage through the art form of Dance. Genres include, but are not limited to, Ballet Folklorico, Latin (Salsa, Merengue, Bachata, Punta), Regional Cumbia, African Dance, Bollywood, Tango, Swing, Lion Dance, Irish dance, etc. While honoring traditional world dances, dancers will also bring forth a sense of unity within diversity!

**SHOW PRODUCTION:** Show Production category will be a themed production that has some staging and props to carry out a theme and can include any style or combination of styles of dance. The dancers must consist only of grade eligible students from your school (no one outside your school). The time limit for this category is 10 minutes inclusive (set up, performance, break down). Penalties will be incurred for teams exceeding the 10 minute limit. There is a different entry fee for Show Production than the other team categories.

**IMPORTANT TEAM TIME LIMIT INFORMATION:** *For 2024, we encourage all props to be handled/managed by the performing dancers when entering and exiting the floor. Curtains will NOT be provided;* please plan to bring your own curtains or share with another team for each contest. Please be sure any setup/breakdown has been rehearsed for time purposes.

- **SHOW PRODUCTION** will allow **10 minutes** for setup, performance and break down.
- **Novelty & Open** will allow for **5 minutes** for setup, performance and breakdown.
- **All other categories** will have **4 minutes** for set up, performance and break down.
- *If there is any exception to this, it must be approved through the American office.*
- **Penalties will be assessed in the amount of one point per minute per judge for any time overage.**
- The head judge will assess this penalty after the judges have issued their scores on the routine.
- *Keep in mind that many contest locations have limited prop storage on site.* All props will need to be able to pass easily through a 7 foot door without the center bar.

\*\*If you are unsure of the category that your routine should be placed in, [please call our office](#). *If the head judge feels a routine is out of category, the routine may not be eligible for Judges Awards.*