

# USASF WORLDS DIVISIONS

## USASF DIVISIONS AND CATEGORIES 2024

DIVISION/CATEGORY	TARGET AGE	BIRTH YEARS	FEMALE/MALES	NUMBER ON TEAM
Senior Small Hip Hop (SSHH)	13-19 yrs	6/1/04-12/31/11	0 males	4-14 members
Senior Large Hip Hop (SLHH)	13-19 yrs	6/1/04-12/31/11	0 males	15+ members
Senior Small Coed Hip Hop (SSCHH)	13-19 yrs	6/1/04-12/31/11	female(s) and male(s)	4-14 members
Senior Large Coed Hip Hop (SLCHH)	13-19 yrs	6/1/04-12/31/11	female(s) and male(s)	15+ members
Senior Small Jazz (SSJ)	13-19 yrs	6/1/04-12/31/11	female(s)/male(s)	4-14 members
Senior Large Jazz (SLJ)	13-19 yrs	6/1/04-12/31/11	female(s)/male(s)	15+ members
Senior Small Pom (SSP)	13-19 yrs	6/1/04-12/31/11	female(s)/male(s)	4-14 members
Senior Large Pom (SLP)	13-19 yrs	6/1/04-12/31/11	female(s)/male(s)	15+ members
Senior Small Contemporary Lyrical (SSCL)	13-19 yrs	6/1/04-12/31/11	female(s)/male(s)	4-14 members
Senior Large Contemporary Lyrical (SLCL)	13-19 yrs	6/1/04-12/31/21	female(s)/male(s)	15+ members
Senior Kick (SK)	13-19 yrs	6/1/04-12/31/11	0 males	4+ members

**NOTE:** Adult athletes are required to have current background checks with green light determinations and complete athlete protection education. Adult athletes are those who are 18 years and older or will turn 18 before June 1, 2024. Exceptional Athletes are excluded from this requirement.

## USASF CATEGORY DESCRIPTIONS

**HIP HOP:** A Hip Hop routine can incorporate any street style movement that has evolved from the hip hop culture. Emphasis is placed on the execution of authentic style(s), originality, control, musicality, intricacy, uniformity and may incorporate purposeful elements and skills.

**JAZZ:** A Jazz routine can encompass any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk or stylized, hard-hitting jazz. Movement is crisp and/or aggressive in approach and can include moments of softness while complementing musicality. Emphasis is placed on style, body alignment, extension, control, uniformity, technical elements and communication.

**POM:** A Pom routine contains important characteristics such as strong pom quality of movement (clean, precise, sharp motions), synchronization, visual effects and may incorporate purposeful pom elements (i.e. pom passes, jump sequences, leaps|turns, kick lines, etc). Poms should be used throughout the routine. Inadequate use of poms may also affect the panel judges' overall impression and/or score of the routine.

**CONTEMPORARY/LYRICAL:** A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, dynamics, alignment, use of breath, uniformity, communication and may incorporate purposeful elements and skills.

**KICK:** A Kick routine emphasizes control, height uniformity, extension, toe points, timing and creativity of a variety of kick series and patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. Kicks should be performed throughout the routine. Inadequate utilization of kicks may also affect the panel judges' overall impression and/or score of the routine.