

Performance Time Limits & Extensive Set-Up

TEAM/OFFICER:	1½ - 3	Minutes in Length / 5 Total Minutes
GAME DAY:	2½ - 3	Minutes in Length / 5 Total Minutes
PRODUCTION:	5 - 7	Minutes in Length / 12 Total Minutes
DUET/TRIO/ENSEMBLE:	1½ - 2½	Minutes in Length / 4 Total Minutes
SOLO:	1½ - 2	Minutes in Length / 4 Total Minutes

- Total Time Limit refers to Set-Up, Entrance, Performance, Tear Down and Exit
- Team, Officer and Ensemble performances are scheduled every 5 minutes
- Production performances are scheduled every 12 minutes
- Solo, Duet and Trio performances will be scheduled every 4 minutes
- Extensive Set-Up Fee: Pre-Paid \$125/Post Event \$150. For scheduling purposes, please select the Extensive Set-Up option for EACH entry which exceeds the Time Limit for TOTAL time for Set-up/Entrance, Dance, Exit/Tear Down.
- Each entry exceeding the Time Limit without registering for the Extensive Set-Up Fee will be invoiced \$150 Post Event
- In the event a routine must be reperformed, it must be within 30 minutes of the original performance time to remain in Category for the integrity and consistency of scoring. The second performance will be the score of record

Music Requirements

- For your Online Registration to be complete, you must VERIFY by agreeing to our Terms & Conditions that your music selections for our event have been purchased legally and have not been altered in any way to violate music copyright laws. By agreeing to our Terms & Conditions you hold harmless Ascension Dance from being liable should you be in violation of any copyright laws
- Music must be uploaded to your Registration Portal by the Deadline posted on our website Tuesday 2 WEEKS prior to contest date. For any changes, please contact our office. Music changes uploaded after the Deadline may not be correct on our Playlist!
- Team Representative for Game Day Category must be at the Sound Table and should remain for the duration of routine

Performance Categories

CONTEMPORARY: A compilation of many techniques and styles that integrate the mind, body, and spirit connection with its freedom of movement and form. It has a strong emphasis on modern dance technique

HIP HOP: A dance performance that displays a grounded, street-style movement. Performance includes isolations and control while utilizing rhythmic, creative, movements with the major beats of a musical selection

JAZZ: A dance performance which includes a combination of rhythmic body movements which interpret and emphasize a musical selection while emphasizing technique and execution

KICK: A performance that includes a variety of kicks choreographed into 75% of the routine performed by the majority of the team emphasizing precision, timing, control, technique and uniformity of height

LYRICAL: A dance performance which incorporates smooth, fluid, technical body movements which include balance, isolation, extensions and control that emphasize and interpret a musical selection

MILITARY: A dance performance which emphasizes sharp, concise, precision movements that utilizes formation changes, patterns, footwork and dynamic presentation

MODERN: A dance style that exhibits personal expression and inner feeling through movement and abstract ideas while utilizing contractions, suspension, releases, falls, level changes, and weight sharing

NOVELTY: A dance performance choreographed with movements placing special attention on a character or theme reflected in the music selection. Props and/or costumes may be used to reflect a theme, but should not be the main focus

OPEN: A dance performance that does not adhere to the above listed categories. Examples include but are not limited to Ballet, Pointe, Folkloric and Tap (with use of protective flooring or tap boards)

POM: A dance performance which emphasizes strong, energetic dance movements containing visual effects, pattern and formation changes throughout. Poms should be utilized for at least 75% of routine

PRODUCTION: A dance presentation over 3 minutes that utilizes a combination of dance elements and styles which interpret a theme throughout. Props, costumes, back drops and sets may be used, but emphasis should be on the overall entertainment value

GAME DAY: A dance performance that is a merge of Fight Song, Spirit Performance and Dance Performance

NOTE: Performance may be in any order and Team must submit Order and Time Sequence in Advance for Adjudicators to note

- **Fight Song - Choreography** should represent a traditional Fight Song that your team performs at games and community events. Recorded band music **MUST** be used and musical instruments may be utilized if off stage. Scoring in this section is determined by the dancers ability to perform a traditional school fight song displaying high energy and solid performance techniques with accurate execution
- **Spirit Raising Performance** - Teams will choose to perform ONE of the following: Sideline Routine, Stand Routine, Drum Cadence or Band Chant. Emphasis of team choice should be on the appeal to the audience. Scoring in this section is determined by the ability of the dancers to promote audience interaction/participation, excitement and genuine spirit
- **Dance Performance** - A routine (hip hop, jazz, kick, or pom) that is designed for entertainment with emphasis on energy and audience connection. Scoring in this section is determined by the ability of the dancers to entertain and connect to the audience