



WINTER WISHES POM AND DANCE COMPETITION 2020

GENERAL INFORMATION

DATES & LOCATIONS:

We are offering two dates and locations in 2020! Participants can choose one location, or compete at both. Join us on Saturday, January 25th at **Pinckney High School**, or Saturday, February 8th at **Fraser High School**. The schedule will be available one week prior to the event. A map can be found on website. The competition will take place in the gymnasium.

REGISTRATION RATES:

\$15 per person - first routine, \$100 each additional routine. Early bird rate of \$12 per person if registered before November 15th, 2019. Registration fees are **non-refundable, non transferable** unless a refund is requested in writing more than two weeks prior to the event

Rates are per routine:

Solo Registration - \$25

Duo/Trio Registration - \$40

Varsity Guy/Girl Division - \$100

SPECTATOR FEES and DONATIONS TO MAKE-A-WISH. MICHIGAN:

Spectator tickets are \$5, with \$2.50 from every spectator ticket will be donated to Make-A-Wish Michigan.

DIVISIONS:

Collegiate; must consist of team members who perform or compete as a Collegiate team. *(Pinckney location only)*

Varsity; must consist of 9th-12th grade students who perform or compete as a Varsity team.

Junior Varsity; must consist of 9th-12th grade students who perform or compete as a JV team.

Middle School/Junior High; must consist of students in 9th grade and below.

Elementary; must consist of students in 6th grade and below.

Students do not have to attend the same school. (Example: community programs)

Studio Team/Group; teams representing specific studios or gyms. There are three age divisions.

Ages divisions are determined as of January 1st, 2020.

DIVISIONS BY SIZE:

If more than 8 routines are registered in a Division/Category, the category will be split according to the number of participants. These divisions are not pre-determined, and will be based on the registered teams at each event.

SOLO and DUO/TRIO DIVISIONS

Those who are registered to perform with a team may also register to compete in a Solo and/or Duo/Trio. Age divisions are determined as of January 1st, 2020. Divisions are (8 and Under), (9-13 years), (14 and Over). Age divisions may be modified or added according to registration numbers. Performers may only compete in one solo and one duo/trio at the Winter Wishes Competition. Routines may be Hip Hop, Jazz/Lyrical, or Contemporary, and must be suitable for **all** viewing audiences.

CATEGORIES

SCHOOL TEAMS:

Each team is allowed to register one routine per category

Jazz/Lyrical: Use of technique with such moves as turns, kicks, leaps, extensions, etc. Encompasses the use of balance, flexibility, and control while utilizing the cues, lyrics, and tempo changes of the music. Performances in this category can range from stylized jazz to contemporary/lyrical.

Hip Hop: A precision dance which consists of the latest street dance style.

Traditional Pom: Precision movements with focus on the use of visual effects involving poms, color, formations, and transitions. Routine must include a kickline with all team members performing a minimum of 12 simultaneous kicks at any level.

Dance Tech Pom: Fast-paced precision movements. Technical elements such as leaps and turns must be included in the choreography. A kickline is not required, but is allowed.

***NEW! Varsity Guy/Girl:** A ratio of 1 female to 1 male dancer is required. Any Varsity team that is registered to compete in a team routine (Jazz/Lyrical, Hip Hop, or Pom), may choose to compete a Guy/Girl routine as well for a flat rate of \$100. The routine should include a common theme, coordinating outfits or costumes, and feature dancing and partner work throughout the routine. A fun way to end your season!

STUDIO TEAMS/GROUPS:

Each studio is allowed to register one routine per category/per age group.

All Star Pom: Fast-paced precision movements. Technical elements such as leaps and turns must be included in the choreography. A kickline is not required, but is allowed.

Jazz/Lyrical: Use of technique with such moves as turns, kicks, leaps, extensions, etc. Encompasses the use of balance, flexibility, and control while utilizing the cues, lyrics, and tempo changes of the music. Performances in this category can range from stylized jazz to contemporary/lyrical.

Hip Hop: A precision dance which consists of the latest street dance style.

JUDGING CATEGORIES

Appearance, Choreography, Skill Level/Difficulty, Rhythm/Timing/Precision, Formations/Transitions, Showmanship, and Overall Impression are each worth 10 points and are on ALL judging sheets. For Traditional Pom, there is a 5 point category for Height of Kicks, and a 5 point category for Form of Kicks. For Dance Tech Pom and Jazz, there is a 10 point category for Technique. For Hip Hop, there is a 10 point category for Style. Total points per judge is 80. There are 3 judges for each routine for a total of 240 points available. Two judges will be providing written feedback, while one judge will record verbal critiques over a video that will be provided to each team. Specific details on what the judges are looking for in each category will be emailed prior to the competition. ***Please note in advance:*** Choreography must be original competition choreography that is unique to your team. Routines, or portions of routines, that are recognized from clinics, camps, previous performances by your team or another team, and/or workshops may have points deducted in the choreography category.

REQUIREMENTS/RULES

Every performer must have a signed release form turned in at check-in. All team routines must be at least 1 minute and 30 seconds, and no longer than 3 minutes and 30 seconds. Solo and Duo/Trio routines must be at least 45 seconds, and no longer than 1 minute and 45 seconds. Varsity Guy/Girl routines may be up to 4 minutes in length. Music must be submitted **at least one week in advance**, and can be sent to Info@DanceForceXpress as an attachment, sent by DropBox, or mailed to our office on a clearly labeled CD or USB drive. These are the only acceptable options for music submission. Routines that did not submit music in advance will not be allowed to perform. Music will be available for all routines in the warm up gym, as well as the main performance gym.

Teams may start anywhere on the performance floor. Timing will begin with the music, or with the first movement of an organized entrance. Timing will end with the completion of music. Exits will not be included in the timing of the routine if performed after the completion of music, but should not exceed 15 seconds in length. Upon submission of music, please note anything that we should be aware of such as music cutting out and coming back in, music for exit after applause, etc.

Handheld props are allowed in all divisions. Do not use or throw props on or off of the performance floor that might cause damage. The following items are NOT ALLOWED: liquids, gels, aerosols, glitters, powders, etc. Performance floor must be returned to its original pre-performance condition within 60 seconds.

Teams must wear non-marking shoes. Any shoes that may potentially damage the performance floor will be required to be removed. Tap shoes are not allowed. Performers may wear any form of dance shoe or may go barefoot, although shoes are highly recommended for safety/sanitary reasons.

Unsafe moves: Any fall, drop, or landing where the complete body weight is unsupported (i.e. knee drops, body falls), stunts or partner moves where a performer is incapable of catching themselves or protecting their body from injury, or any tosses or throws of a performer without adequate safety measures/spotters are prohibited. Safety should be the first concern in regards to choreography. While we do not intend to limit choreography, and we cannot possibly list all prohibited movements and lifts, we stress that lifts and choreography should in no way be potentially dangerous to performers. If moves are in question, please send a short video clip to Info@DanceForceXpress.com for clarification. Although these are not requirements, please consider the following in regards to safety; *Are there spotters for a lift? Is there any motion where a head injury could occur? Have those who are lifting or supporting someone been properly trained to avoid strain or injury?* A 5-point penalty will be assessed for any routines not meeting, or exceeding, the time limit, or performing moves that are determined to be unsafe.

"Dance Force Xpress stresses the importance of safety and requires participants to execute only those skills, techniques and practices that will not cause harm or injury to performers, spectators, or the facility."

AWARDS

Qualified and experienced judges will provide written and verbal critiques. Directors or Coaches will receive video critiques through Dropbox/email within 48 hours following the competitions.

Each performer will receive a placement ribbon for every routine. All teams will receive a placement trophy or plaque. Medals/pins/or ribbons will be awarded for each performer in a first place routine. Special judges' choice ribbons will be handed out at the judge's discretion. The number of Solo and Duo/Trio awards will be determined by the number of registered performers in each division. First place will be awarded in all age divisions.

HIGH SCORE AWARDS – Awarded to the highest scoring routine in each division; Collegiate, Varsity, JV, Junior High, Elementary. All routines in all categories are eligible for this award. Teams will be awarded a banner or trophy, each individual will receive a pin or medal, and the team will be awarded a *\$100 credit towards a future event.

In the Studio divisions, the highest scoring routine in each age division will be awarded a *\$100 credit towards a future event in addition to a banner and individual medals/pins.

** There must be 5 or more routines registered in the division to award the \$100 credit. If there are less than 5 registered routines, the credit will be for \$50.*

REGISTRATION IS SIMPLE:

- Visit www.DanceForceXpress.com and click on the REGISTRATION tab to register online.
- Register your team as either a 'School Team' - Elementary, Junior High/Middle School, Junior Varsity, Varsity, or Collegiate - or 'Studio Team/Group'.
- Select the style(s) of your routine(s) – Jazz, Hip Hop, Traditional Pom, Dance Tech Pom for **School Teams**, or All Star Pom, Hip Hop, or Jazz/Lyrical for **Studio Teams** - noting the number of performers in each routine. If the number of performers varies, please register the largest routine first.
- Follow our easy pricing structure of \$15 per participant for the first routine, \$100 per routine for each additional routine, \$25 per solo, and \$40 per duo/trio.
- Registration is due **January 10th for the Pinckney competition / January 24th for the Fraser competition**, and can be paid by credit card (online through link on invoice), school or studio check or money order. To receive the Early Bird rate of \$12 per person, registration must be completed online with full payment received in our office by November 1st, 2019. Registration may close early if event reaches capacity.

IMPORTANT DATES – 2019/2020:

September 20 th	Online registration opens!
November 15 th	Early registrations are due for discounted rate (<i>Registration and Payment</i>)
December 20 th	*Suggested latest date to submit invoices to your school administration *
January 6 th	Connect with your administration to ensure payment has been sent
January 10 th /24 th	Final day to register!
January 18 th	Schedule posted on the Dance Force Xpress website for the Pinckney event Music due (may be sent as attachment to Info@DanceForceXpress.com)
January 25 th	Competition at Pinckney High School
February 1 st	Schedule posted on the Dance Force Xpress website for the Fraser event Music due (may be sent as attachment to Info@DanceForceXpress.com)
February 8 th	Competition at Fraser High School

Your team's talent could make Winter Wishes come true for Make-A-Wish, Michigan!

Please contact us with any additional questions. Find us on Facebook, Instagram, and Twitter.

We look forward to meeting you and your team soon!

P.O. Box 1390

Sterling Heights, MI 48311

(248) 4- DANCE X

www.DanceForceXpress.com