



2025-2026 Dance Divisions

Open Dance is the overall category for Studio Programs, Recreation Programs and Individual Programs that do not fall under the USASF Dance or School Dance overall categories. School teams can elect to compete in Open Divisions for the sake of having more competition.

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 technique (clean, precise and 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.

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.

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.

VARIETY

A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF Categories. (Jazz, Pom, Hip Hop, Contemporary/Lyrical and/or Kick) All styles will compete together in this category. The style of dance performed will determine which "category" rules a team will follow in the appropriate age division.

Recreation/Studio Dance Age Grid			
Tiny	6 years & younger	Female/Male	4+ members
Mini	9 years & younger	Female/Male	4+ members
Youth	13 years & younger	Female/Male	4+ members
Junior	16 years & younger	Female/Male	4+ members
Senior	18 years & younger	Female/Male	4+ members
DanceABILITIES Age Grid			
DANCEABILITIES	ALL AGES	Female/Male	unlimited

Overall Categories/Styles of Dance may be combined/split at the discretion of The ONE PRIME Finals.
If you do not see your division listed, contact registration@theonefinals.com

The ONE PRIME Finals will combine dance genres for the sake of competition. If there are not 2 of each genre in each age division the genre/category of dance will be combined into age divisions.
Example: Junior Open Jazz (1 Team) and Junior Open Variety (1 Team) will be combined into Junior Open Dance

The age of the athlete is age as of December 31, 2025.



2025-2026 Dance Divisions

School Dance is the overall category for dance programs directly affiliated/registered under their school name/program.

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SCHOOL DANCE DIVISIONS

AGES	BIRTH YEAR	DIVISION	FEMALE/MALE
ELEMENTARY	6 TH GRADE & BELOW	FEMALE/MALE	4+ MEMBERS
JUNIOR HIGH	9 TH GRADE & BELOW	FEMALE/MALE	4+ MEMBERS
JUNIOR VARSITY	9 TH – 12 TH GRADE	FEMALE/MALE	4+ MEMBERS
VARSITY	9 TH – 12 TH GRADE	FEMALE/MALE	4+ MEMBERS

*SCHOOL DANCE WILL BE COMBINED BY AGE GROUP INTO AN OPEN DANCE CATEGORY TO CREATE COMPETITION