



AGE GROUPS

Petite: 4-6

Mini: 7-9

Junior: 10-12

Teen: 13-14

Senior: 15-18

*8CDT reserves the right to change/combine age groups according to the number of entries.

GROUP SIZES

Small Group: 4-9 dancers

Large Group: 10-19 dancers

Extra Large Group: 20+ dancers

SKILL LEVELS

****Skill Levels for Dancers****

Skill levels are based on the number of hours trained per week, including classes and rehearsals.

****Novice (1-3 hours/week)****

* Focus on mastering basic techniques, coordination, and musicality.

* Works on strength, flexibility, and body awareness.

* Begins developing expression and performance quality.

- * Competes in 2 routines (excluding solos/duos).

****Competitive (4-5 hours/week)****

- * Solid technical skills, with improved control, flexibility, and strength.

- * Works on transitions, fluidity, and stage presence.

- * Competes in 3 routines (excluding solos/duos).

****Elite (6-7 hours/week)****

- * Strong technical skills with focus on control, flexibility, and artistry.

- * Refines performance quality and executes complex transitions.

- * Competes in 4 routines (excluding solos/duos).

****Premier (8+ hours/week)****

- * Advanced technique and precision, blending artistry and performance.

- * Executes intricate movements and transitions with ease and control.

- * Competes in 5-6 routines (excluding solos/duos).

- * Xtreme dancers demonstrate flawless, high-speed execution, while Premier dancers balance technique with dynamic stage presence.

GENRES

Tap: Tap routines must consist primarily of tap technique.

Jazz: Jazz routines must consist primarily of jazz technique.

Ballet/Pointe: Ballet/Pointe routines must consist primarily of ballet technique.

Hip Hop: Hip hop routines must consist of hip hop and street dance styles.

Musical Theater/Character: Routines featuring any style of dance portraying a song or character from Musicals, Movies, Broadway Shows, etc.

Lyrical: Routines should demonstrate technique, balance, and extension through lyrical style.

Contemporary: Routines infused with Modern and ballet technique; portraying a story and/or a feeling reaching beyond jazz and lyrical techniques.

Production: Routine that utilizes multiple dance genres for choreographic impact

or conveys a recurring theme through music or story.

Open: All dance styles that do not conform to the above listed categories. Ex. ballroom, acro, cheer, clogging, pom