

2021 AAU DANCE CABARET RULES

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Amateur Athletic Union

Where Champions Are Made

AAU DANCE CABARET RULES 2021
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I. Preamble

- A. **What is Cabaret?** *Cabaret incorporates lifts and counter balances woven in various genres of dance. It consists of a partnership(s) of a male and a female. Cabaret is often characterized by telling a story or dancing a theme using theater arts, demonstrating lifts of a flyer by a base, while integrating types of dance such as ballroom, lyrical, contemporary, ballet, jazz, etc.*
- B. **What does it mean to be lift trained?** *A dancer who has the understanding of body awareness, balance, agility, and form who has learned the proper techniques in flying, basing, and spotting; utilizing strengths of a partnership as well as understanding the limits of experience and weakness with a teachable and clear state of mind.*

II. Cabaret Categories:

A. Classic Cabaret

B. XL Cabaret

While each category focuses on something different, they are both judged Artistically and Technically.

- 1) Artistic Judging is looking at the dance itself
- 2) Technical Judging focuses on the lifts.

III. Classic Cabaret

- A. Classic Cabaret is Cabaret in its original form: A dance routine which focuses on the dance genre with accents of lifts periodically in the piece. It is often categorized with flowing lifts and artistry while telling a story or emotion. But it can also be a strong powerful piece that has more of a focus on the dancing than the lifts that are included. It is most commonly found performed in a dress and ballroom shoes but is not limited to that. Classic
- B. Cabaret is judged
 - 1) 60% Artistic
 - 2) 40% Technical.

IV. XL Cabaret

- A. XL Cabaret is Cabaret in a more athletic and acrobatic form. This cabaret form focuses on the lifts themselves with accents of dancing in a chosen dance genre. It is often categorized with power lifts and unique and/or acrobatic combinations while telling a story or a theme. This form of cabaret is often defined on the amount of lifts in the piece, as well. This is often danced in bare feet or foot soles but is not limited to that.
- B. XL Cabaret is judged
 - 1) 40% Artistic
 - 2) 60% Technical.

V. Category Choice

In determining which category to enter: Category should be chosen by the coach for Group Cabaret and Solo Cabaret based on the following criteria. If a solo couple has no coach, the couple should decide this together.

- A. Do you want your routine judged more on the dance elements or on the lifts? If you feel like your dance portions are stronger than your lifts, you will want to choose the Classic

Category. If you feel that your lifts are the stronger portion of your routine, you should choose XL so that the judging is more focused on your lifts.

- B. How many lifts and counterbalances are there in the piece?
 - 1) Is there more than 12? If so, you may want to choose the XL Category.
- C. What is the ratio of lifts to time length of the piece?
 - 2) If the flyer is in the air 50% of the dance or more you will want to choose the XL Category.
- D. Are the lifts basic and classic (star, kite, ice-skater, t-press) or are they more acrobatic in nature?
 - 3) If you have different types of transitions that lead you from one lift to another creating combination lifts or there are unique transitions that are not typically seen or any acrobatic lifts that have several moving parts, you would want to choose the XL Category.

VI. Levels of Divisions for Each Category

Once a Cabaret Artist has chosen their Cabaret Category listed above, a Cabaret Couple needs to choose their divisions with the assistance of a coach. There are Experience Divisions and two Age Divisions available for Cabaret Athletes who wish to Compete and Perform. Athletes can choose to dance as a solo couple or as a group utilizing AAU Cabaret rules at District, Regional, National, or AAU Junior Olympic Games. Each requirement needs to be followed for the beauty and safety of the dance. A dancer may compete in two different categories with a different partner for each. However, he/she may not compete against oneself.

VII. Age Division

- A. Age Division is determined by age of athlete on September 1st of the current AAU membership year.
- B. There are two Age Divisions
 - 1) 15-18
 - 2) 19-21
 - a) Athlete must be at least 15* years of age to compete. If an athlete has received 70+ hours of lift training on September 1st at the age of 15, the athlete will be eligible to participate in competition.
 - b) Certification of hours must be provided with entry.
- C. An athlete must be under the age of 21 on September 1st of that AAU Membership year to participate in the AAU Junior Olympic Games.
- D. There are Specific lifts limited in each Division of age and experience. A dancer may compete in two different categories with a different partner for each. However, he/she may not compete against oneself.
- E. An athlete must be within 2.5 years in age of their partner.
 - 1) If separation of age is greater than 2.5 years, Athletes may petition for the age difference to be accepted. (form found on the website)
 - 2) Brother/sister partnerships can exceed the 2.5 year age difference as long as both partners are within the Age Divisions.
 - 3) A partnership's Age Division is determined by the oldest partner's age on September 1st of the current AAU Membership year.

VIII. Experience Division

- A. While the Experience Division Criteria is based on numbers of years experience and practice time, Coaches are encouraged to also evaluate where a team or couple really are in their growth. If the number does not line up on where they should be, a coach can inform the AAU Dance Cabaret Director and submit a video for division change in order to receive the proper placement for a team/couple.
 - 1) However, if a given team/couple is placed in a lower division in order to dominate the division at a competition or qualifier, the team/couple will be given a 1% deduction and be

placed in another division by the AAU Dance Director for the West Coast AAU Junior Olympic Games.

- B. Divisions in experience are based on numbers and experience for that given year per individual.
- 1) For a Partnership the sum of both individuals is added together and divided by 2.
 - 2) For a Group: add all partnership's totals and divide by the number of participating partnerships in a group.
 - 3) Number of hours per week spent training and practicing in lift (workshops and personal practice) plus Number of years in lift , Number of years dancing of any kind and Certifications earned are added together and calculated to determine the correct Experience Division.
- C. Calculation:
- 1) Add each athletes' individual Lift Training Hrs per week + Yrs in Lift + Yrs Dancing + # of Certifications for an Individual Total.
 - 2) A Cabarets Division Level is determined by adding each athlete in the Partnerships Total and divide by 2 which will result in a number that will determine their placement in the appropriate Division of Experience.

Example below indicates couple should be in Division 1 in their Age Division of 15-18

Age	Hrs per week Training	Years Lift exp	Years Dance exp	# Certifications	Individual Total	Total for Couple	Average Per Couple	Division
15-18								
Man-18	3	2	4	0	9	22	11	1
Lady-17	4	2	7	0	13			

Dancers will then determine their Division with the following chart:

Age Division 15-18	Age Division 19-21
Division 1: 8+	Division 1: 11+
Division 2: <7.9	Division 2: ≤10.9

- D. Since Cabaret is a sport that focuses on Lifts, there are a certain number of lifts that are required in each Division, according to age.
- 1) If dancers do not include the minimum of the number of lifts listed, they will be given deductions according to how many they have missing to meet the minimum requirement.

CLASSIC- Number of Lift Requirements:

Ages 15-18	Ages 19-21
Division 1: 10+ Lifts	Division 1: 12+ Lifts
Division 2: 8+ Lifts	Division 2: 10+ Lifts
Division 3: 7+ Lifts	Division 3: 8+ Lifts

XL Number of Lift Requirements:

Ages 15-18	Ages 19-21
Division 1: 16+ Lifts	Division 1: 18+ Lifts
Division 2: 12+ Lifts	Division 2: 14+ Lifts
Division 3: 10+ Lifts	Division 3: 12+ Lifts

IX. Dress Code

A. Dress code is age & safety appropriate.

1) A picture of Costumes, (front, back, both side views plus movement in inverted lift) must be submitted with application/Entry for any AAU National or International Event.

B. Invigilation at an event before dancing is required (Understand that if your costume is approved via a prior picture, upon registration at the event, it may be denied if guidelines for dress code are not met.

1) All Costumes must be approved by the costume invigilator upon arriving at an event to compete).

2) All Group Cabaret members must be approved individually.

C. Ladies Dress Code

1) Unitards recommended (for safety purposes of those doing Acro or Power routines)

2) Dresses/skirts (lyrical style category) must be no shorter than mid thigh.

3) Bodices must have 1" strap over both shoulders (nude bra must be worn with nude straps/clear ones, no colored bras/sports bras. Bra strap is not included in the 1") Bra straps on sleeves and back must be covered with the costume. There can be no nude or sheer (nude, colored, or glitter) fabric in the bodice unless it is lined with a solid fabric. No cleavage exposed. The top of the costume must completely cover chest area even when in an inverted lift. High neck halter top is allowed as long as it is NOT a "tied" top. Hook or button clasp is required. With a halter top, it should still have full coverage of the bra on the back. If a Halter style is used, the 1" strap rule does not need to be applied.

4) Dance Trunks should be "Boy Short" cut dance trunks at a minimum (must have a minimum 2" inseam. Can not be a leotard cut bottom). You may also use mid thigh, knee length, calf length, or ankle length leggings as well. If trunks are not attached to dress, a non-nude leotard (that is not sheer) must also be worn so as to not expose the midriff when inverted.

5) Leotards may be worn with pants, a skirt or full length leggings. If a leotard is showing, it must comply with the rules set forth for a bodice. If a shirt is used, a leotard must be also worn as well so that if the shirt does come untucked, the midriff is not exposed. Snap crotch leotards are not allowed.

6) Tights or fishnets may be worn if they do not create a safety issue.

7) Pants with a leotard may also be used. If pants have holes above the kneecap they must be lined with a solid fabric (no sheer fabrics allowed), and must be reinforced. If pants have pockets they are required to be sewn shut for safety reasons.

8) Foot Attire options: Latin Sandals, ballroom shoes, bare feet, jazz shoes, foot undies, ballet shoes, dance sneakers, half-soles etc. may all be worn (Judges cannot mark a routine down for any of these).

D. Men Dress Code

1) Shirts may have no sleeves or can be a tank top. Sheer fabrics are allowed in the sleeves or on the bodice if it is fully lined with solid fabric. Shirts must be buttoned to mid sternum (minimum of 6" below the clavicle). If there are any tricks where he goes upside down, he must have compression shorts that attach to his shirt.

2) Compression shorts are required under costume.

- 3) Pants and shorts to the knee may be used. However, if pants have rips in them, the holes must be lined with an opaque fabric that is not nude. If the pants have pockets, they must be sewn shut.
- 4) Foot Attire that is allowed: Male Ballroom & latin shoes, jazz shoes, foot undies, or bare feet may be used by a male dancer for his routine without penalty.

X. **Music**

- A. Music length must be 3.5 minutes or less including entrance and exit.
 - 1) Music must contain no swearing, demeaning, offensive, or degrading lyrics.
- B. Music must be sent in MP3 format and submitted as requested with your registration.
 - 2) Failure to supply music as requested prior to the day of the event may result in disqualification.
- C. Bring your music on a USB flash drive to the event in case file submitted is corrupted.

XI. **Dance Content Limitations**

- A. Dance sections should be clean and free of suggestive moves. No erotic or sexual moves allowed. If used, immediate disqualification will occur.
 - 1) For the 15-18 year olds, content of passionate romance is strongly discouraged.
 - a) For 15-18 year olds there is a limitation on lifts in which connection is too intimate (Any hand hold that is directly on the ladies breast or either partners groin is prohibited in all ages and Divisions).
 - 2) Lifts in which there are no handholds for the man or lady and are completely above the man's head are limited to 19-21 year olds in Division 1.
 - a) Petitions for more experienced dancers that are signed by the trainer can be submitted.
 - b) Any lift that inverts upside down in which the lady and the man have no handhold is limited to 19-21 years old in Division 1.
 - c) Any lift that dives upside down to the ground is prohibited but can be petitioned by the competitors if signed by the Trainer. Dives are allowed if there is a handhold (limited to Division 1).
 - 3) Lifts may not be suggestive or sexual in nature.

XII. **Dance Content Requirements**

- A. Dance elements must be present throughout the piece.
 - 1) A genre of dance steps must be represented or a combination of genres. This can not be a routine void of dance elements.
 - 2) A minimum of 10% of Routine must be in the dance genre.
 - f) A routine can have more than one dance genre.
- B. Routine must have **musicality** and can not be exclusive Gymnastic/Acrobatic routines.
- C. A side by side or mirrored sequence is also required for the piece to determine synchronization and compatibility as a partnership.

XIII. **Balances / Counterbalances:**

- A. Balances are defined as a move in which the partnership counterbalances one another.
 - 1) Some of these balances involve a base/flyer relationship while with others both parties remain grounded. Any shape created by a partnership in which one or both partners must maintain balance or counteract partner's balance in order to create or move through a shape.
 - 2) In contrast to the rest of the lift types, these shapes are judged in the Artistic portion as they express line and balance.

XIV. **Dancer Lift Syllabus**

- A. The syllabus of lift is broken down by Type, Range, and Level. All are important in basic understanding of lifts and what they do.

4) Types of lifts

- a) **Stationary Lifts:** Stationary lifts are defined as lifts that involve a base/flyer relationship whereas the characteristics/shaping are not dependent on motion to be successful. A shape in which one partner of the couple is off the floor and can be maintained without rotational movement. Often stationary lifts can also rotate (but do not require rotation to maintain shape.)
 - g) **Rotational Lifts:** Rotational lifts are defined as lifts that must keep in motion in order to maintain shape and form. A shape that can only be created by momentum or maintained by momentum usually by base turning or rotating. A Stationary lift that rotates in the choreography is categorized as rotational lift.
 - h) **Acrobatic Lifts:** Acrobatic lifts are defined as the base being stationary and the flyer being rotational.
 - i) **Combinations:** A composite of all types (Counterbalance, Stationary, Rotational, Acrobatic) can be accomplished through both basic and creative transitions, sometimes creating a whole different style or form.
 - j) **Transitions:** The Connector piece from one lift to another or from dance genre to lift or vice versa. Creative Transitions merit bonuses in the scoring as often the transitions can be more difficult than the lift or counterbalance itself.
- 5) **Range** of a lift is the height in which the lift occurs.
- e) **Low lifts** are defined as lifts in which the female dancer or flyer is below the waistline of the male dancer or the base.
 - f) **A medium lift** occurs when the flyer's body is in the range of the base's torso.
 - g) **A medium high lift** takes place when the flyer's body is in the range of the base's shoulders.
 - h) **A high lift** is defined by the body of the flyer being above the base's head.
- 6) **Level** of difficulty of the lift
- a) Beginning Level
 - b) Intermediate Level
 - c) Advanced Level
 - d) Advanced Plus Level

XV. Technical In the Technical Category, dancers will be judged on their Sequence of lifts (rotational, stationary, acrobatic, and combinations) as well as execution quality.

- 1) Each routine will begin with 100 points.
- 2) Deductions will be made for partial executions, poor transitions and omitted or fallen lifts.
- 3) Bonus points will be given for Transitions, difficult lifts, female basing, as well as high lifts done in the last 30 seconds of the piece.
 - a) Bonus points can not be received for lift duplication or beginning level lifts.
- 4) Each Routine is limited to 8 Bonus Points.
- 5) Overall seamlessness in transitions including intricate body work in between the dance and the lifts will be observed and judged
- 6) Dancers overall execution of the lifts in general. The Judges will look at the following aspects:
 - a) The Individual Lift Score (46%)
 - b) Overall Lift Development (27%)
 - c) Overall Lift Transitions (27%)

XVI. Artistry In the Artistry/ Presentation Category, dancers will be scored on a variety of elements.

- 1) Judges will see whether the Story or feeling elements remained present throughout the entire piece.

- 2) Dancers will be graded overall on the quality of their movements. Judges will grade on the Composition itself and how the routine is crafted.
 - 3) Each category will be graded on a 100 point scale but each category is weighted below.
 - 4) The Team/couple will also be scored on their formations or use of the floor.
 - 5) The Judges will look at the following aspects:
 - a) Dance Quality: Fluidity of Movement, Well Executed Genre, Footwork (30%)
 - b) Quality of Line: Alignment/Posture, Leg Line, Pointed Toes (30%)
 - 6) Synchronization: Partnership/ Group, Side By Side/ Mirrored (15%)
 - 7) Performance Quality throughout: Portrays an emotion or Story well, Is not flat or 1 dimensional (15%)
 - 8) **Solo Only:** Overall Use of Floor- Does routine stay in 1 place or cover the floor? Is it linear or cyclical? (10%)
 - 9) **Group Only:** Formations, Couples in line, Set shapes, Rotations, Ripples (10%)
- A. Classic Cabaret** is judged the same way as XL with the exception that there is a different percentage for Artistic and Technical Judging.
- 1) Classic is 60% Artistic/ 40% Technical
 - 2) XL is 40% Artistic/ 60% Technical)

XVII. Qualifying for Nationals and the AAU Junior Olympic Games

- A.** A dancer must have performed or competed in a Qualifier Event in order to participate in the AAU Nationals or West Coast AAU Junior Olympics.
- B.** If there is not a Qualifying Event in Athletes District or Region, an athlete may petition AAU Dance for an invitation to participate. A documentation of the past 12 months of competition and or performance is required on the petition, and a video of the routine in costume must be submitted for review.

XVIII. Registration

- A.** When competing in an AAU Event, a dancer must submit the following:
 - 1) **AAU Membership Number** as an AAU Membership is required for all participants, including dancers, coaches, & judges
 - 2) **Entry form** provided by Organizer
 - 3) **Signed Waiver and Commitment Form**
 - a) A waiver of consent and release of liability is to be filled out and signed by Parent/Guardian, or competitor 18 years or older. Competitors under 18 years of age must have the signature and consent of a parent or guardian. Signature on Waiver is acceptance of conditions to participate and that they agree to the terms and conditions and will comply with training, age, certifications, music, and costume.
 - b) Further understanding that any drug or alcohol intake is extremely damaging to the body and strictly prohibited.”
 - 4) **Picture of costumes** (front with hands raised, back, both side views plus movement in inverted lift).
 - 5) **Creative Expressions Description** is a brief description of the routine
 - a) one sentence explanation of the dance piece story or emotion or a one sentence reason as to why they chose this subject and music
 - 6) **Signed Application Certification** by a Trainer that shows a record of accumulated hours training and lift level as a Lift/Cabaret Artist.

XIX. Dancer Training Options

- A.** Dancers have a multitude of options to complete and maintain their certification. Through Lift Workshops, private lessons with qualified guest trainers and Lift Camps, dancers can hone their skills in a safe environment. As dancers certify certain lifts, they are eligible to view video clips of learned lifts with reminder techniques and tips to ensure learning retention. A Medals Examination will be offered in the near future.

XX. Judging

- A. A competition must have a minimum panel of 3 judges for District & Regional Events.
- 1) There is a minimum of 5 Judges at Championships, Nationals, Internationals or AAU Junior Olympics.
 - 2) Judges are trained at Workshops, Video Conferencing and On Site Certification.
 - 3) Judges are selected based on their background in dance with varying specialties in Cabaret, Theater Arts, Gymnastics, Acrobatics, Cheerleading, Ballroom, pairs ice skating or pairs ballet.
 - 4) Judges must be open to new creations and appreciate dancers and routines that are original and thought provoking.
 - 5) There must be at least 1 female judge and 1 male judge as they can give specific guidelines for each of the partnerships.
- B. **Judging Criteria**
- 1) Judges will give scores based on Technique and Artistry.
 - a) These are separated on to two sheets and scored by separate judges.
 - b) The separate scores will be combined for an overall total.
- C. **Championships, Nationals, Internationals or AAU Junior Olympics**
- 1) For Classic Cabaret
 - a) 3 judges score Artistic
 - b) 2 judges score Technical.
 - 2) For XL Cabaret,
 - a) 2 judges score Artistic
 - b) 3 judges score Technical.
- D. **District & Regional Events.**
- 1) For Classic Cabaret
 - a). 2 judges score Artistic
 - c) 1 judge score Technical.
 - 2) For XL Cabaret
 - a) 1 judges score Artistic
 - b) 2 judges score Technical.
- E. **Classic and XL**
- 1) Lifts must demonstrate proficiency through stability, fluidity, time in lift, balance, and lift development.
 - 2) Technique evaluates transitions from a clinical perspective by rating them from “smooth & seamless” to “choppy & disjointed.”
 - 3) Scoring of synchronization is a required element of the dance.
- F. **Technical**
- 1) the Technical Category, dancers will be judged on their
 - a) Sequence of lifts (rotational, stationary, counter/balances, and combinations) as well as execution quality.
 - 2) Each routine will begin with the same amount of points.
 - 3) Deductions will be made for partial executions, poor transitions and omitted or fallen lifts.
 - 4) Bonus points will be given for Transitions, difficult lifts, female basing, and high lifts done in the last 30 seconds of the piece.
 - 5) Overall seamlessness in transitions including intricate body work in between the dance and the lifts will be observed and judged, in addition to dancers overall execution of the lifts in general.
- G. **Artistry**
- 1) In the Artistry/ Presentation Category, dancers will be scored on a variety of elements.
 - a) Judges will see whether the Story or feeling elements remained present

throughout the entire piece.

- b) Dancers will be graded overall on the quality of their movements.
- c) Judges will grade on the Composition itself and how the routine is crafted.
- d) Each category will be graded on a 100 point scale.
- e) The Team/couple will also be scored on their formations or use of the floor.

The Judges will look at the following aspects:

- i. Dance Quality: Fluidity of Movement, Well Executed Genre, Footwork
 - ii. Quality of Line: Alignment/Posture, Leg Line, Pointed Toes
 - iii. Synchronization: Partnership/ Group, Side By Side/ Mirrored
 - iv. Performance Quality throughout: Portrays an emotion or Story well, Is not flat or 1 dimensional
- f) **Solo Only:** Overall Use of Floor- Does routine stay in 1 place or cover the floor? Is it linear or cyclical?
 - g) **Group Only:** Formations, Couples in line, Set shapes, Rotations, Ripples

H. Classic Cabaret

- 1) is judged the same way as **XL** with the exception that there is a different percentage for Artistic and Technical Judging.
 - a) Classic is 60% Artistic/ 40% Technical
 - b) XL is 40% Artistic/ 60% Technical)

XXI. Scoring

- A. Dancers will be given the following scores:
 - 1) Technical and Artistry/Presentation scores that are formulated by elements that are required in the performance as listed above (points)
 - 2) Ratings from Superior Plus, Superior, Excellent and Good
 - 3) Comments from Judges to help Athletes improve routine
 - 4) Placing of medals 1st through 3rd and then ribbons 4th through 8th

B. AAU CODE APPLIES aausports.org

AAU Dance Cabaret is a Genre Division of the AAU Dance National Program

AAU Dance Cabaret Rules, Regulations and Scoring System
has been developed by Tricia Leslie, Founder and Director of Silhouette Ballroom Studio in Utah.
For Information or questions regarding these rules of becoming a Judge
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