



2022 WEST COAST AAU JUNIOR OLYMPIC GAMES – AAU DANCE BASIC ENTRY GUIDELINES

Solos
Teams
Couples

AAU MEMBERSHIP IS REQUIRED FOR PARTICIPATION

EVENT REGISTRATION FEE

\$45 per athlete includes Athlete's admission to Ballroom for 2 days of competition, Opening Ceremonies, Pizza Party, Gala, Certificate of Achievement plus Event T-Shirt

CATEGORY		SOLO & TEAM DANCE		CABARET
SHOWDANCE Show Dance-Latin/Rhythm Show dance-Standard/Smooth Show dance-Swing TEAM DANCE Medley-Latin/Rhythm Medley-Standard/Smooth		SOLO & TEAM DANCE Hip Hop Folk Breaking Jazz Contemporary Open* Clogging Majorette Dance *Any Style not listed & Mixed Styles **19 Ballroom dances - Solo Only or Medley		AGE DIVISION 15- 18 19- 20 TEAM SIZE DUET 2 TRIO 3 SM Groups: 4-10 LG Groups: 11-20 XL Groups: 21+
TEAM SIZE Solo: 1-3 SM Groups: 4-10 LG Groups: 11-20. XL Groups: 21+	MUSIC Solo 3:00 SM Group: 3:30 Lg Group: 4:00 XL Group: 4:30	TEAM SIZE Solo: 1-3 SM Groups: 4-10 LG Groups: 11-20. XL Groups: 21+	MUSIC Solo 3:00 SM Group: 3:30 Lg Group: 4:00 XL Group: 4:30	MUSIC Solo 3:30 SM Group: 3:30 Lg Group: 4:30 XL Group: 4:30

FORMATION		PRODUCTION	
TEAM SIZE Couples SM Group: 4-6 Lg Group: 7-8	MUSIC SM Group: 3:30 Lg Group: 4:00	TEAM SIZE Theatre: 15+	MUSIC Theatre: 6:00* *Extra time granted if available
<p>A Production is any mix of styles, ages, & levels. Costume and Music must match theme and Dance must follow storyline. No singing or instrument playing. Acting as form or body language, lip singing, and/or gestures are allowed, but for no more than 20% of the choreographed dance. Entertainment value judged at 70%</p>			

AGE & LEVEL BREAKDOWN FOR SOLO, FORMATION, SHOWDANCE, TEAM GROUP & PRODUCTION

AGE DIVISIONS Individual Age MINI: 7 or less PRETEEN: 8-11 yrs. JUNIOR: 12-15 yrs. YOUTH: 16-18 yrs. UNDER 21: 19-20 yrs.	EXPERIENCE LEVEL GUIDELINE Individual/Group Average DIVISION 1, DIVISION 2 & DIVISION 3 are based on the average of the total of the experience per year per each athlete plus the average of the number of hours of practice each week of each athlete. The total of the two averages equal a Value. The chart in the rules will indicate which Division that Value belongs in for each age division. (An excel Skills Division Calculation Template is available for download on the journeydancesport.com website.) The Coach should be the ultimate guide where the routine and dancers should be scheduled.
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ENTRY FEES: Solos: \$90 Show Dance, Formation, Team Dance: \$20 Per Athlete Per Dance.

Late Entries: Add \$5 late fee per athlete per group for entries paid after May 30th.

AWARDS: Medals 1st – 3rd

BASIC DANCE ENTRY GUIDELINES ~ WEST COAST AAU JR OLYMPIC GAMES

BALLROOM SINGLE DANCE & MULTI DANCE

AGE DIVISIONS MINI/ PRETEEN 1A under 8yrs *PRETEEN 1B: 8 -9 yrs. *PRETEEN 2: 10-11 yrs. *JUNIOR 1: 12-13 yrs. *JUNIOR 2: 14-15 yrs. YOUTH: 16-18 yrs. UNDER 21: 19-20 yrs. *Pre Teens may be combined *Juniors may be combined	CATEGORIES Amateur Couple Single Student Teacher/Student Mix Proficiency	LEVELS <table border="0"> <tr> <td>SYLLABUS</td> <td>OPEN</td> </tr> <tr> <td>Bronze</td> <td>Advance</td> </tr> <tr> <td>Silver</td> <td>Pre Champ</td> </tr> <tr> <td>Gold</td> <td>Champ</td> </tr> </table> PreTeen 1A/1B is restricted to Syllabus.	SYLLABUS	OPEN	Bronze	Advance	Silver	Pre Champ	Gold	Champ
	SYLLABUS	OPEN								
Bronze	Advance									
Silver	Pre Champ									
Gold	Champ									
	BALLROOM DISCIPLINES International Standard International Latin American Smooth American Rhythm									

SYLLABUS SINGLE – DANCES

DISCIPLINES: All AGES: All LEVELS: Gold Silver Bronze	SINGLE DANCES Single Dances Single Student Dance Standard Latin WTVWFTQ CSRPDJ/ Smooth Rhythm WTFTVW CRSWSM	FEE PER COUPLE \$20 \$15	AWARDS West Coast AAU JR Olympic Ribbons 1 ST – 7 th Place Late fee: Add \$5 to each dance after May 30th Dress Code applies
FRIENDLY VERSION - MINI & PRETEEN POLKA \$10 COUPLE - AWARDS: MEDALS 1st – 3rd			

SYLLABUS MULTI – DANCES

DISCIPLINES: All AGES: All LEVELS: Gold Silver Bronze	MULTI-DANCES 2 Dance W-Q / C-S / W FT / C SW 3 Dance WTQ / CSR/ WTFT / CRSW 4 & 5 Dance WTVWFTQ / CSRPDJ WTFTVW / CRSWSM	FEE PER COUPLE \$40 per couple \$60 per Couple \$80/\$100 per Couple	AWARDS West Coast AAU JR Olympic Medals 1 ST – 3 RD Place Late fee: Add \$5 to each Dance after May 30 Dress Code applies
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OPEN MULTI - DANCES

DISCIPLINES: All AGES: PreTeen 2 Junior 1 & 2 Youth Under 21 LEVELS: Advance Pre Champ Champ	MULTI DANCE 3 Dance- Advanced WTQ / CSR /WTFT /CRSW 4 Dance– Pre Champ WTFTQ/ CSRJ/ WTFTVW/ CRSWM 5 Dance- Champ WTVWFTQ / CSRPDJ/ WTFTVW/ CRSWBM	FEE PER COUPLE \$60 \$80 \$100	AWARDS West Coast AAU JR Olympic Medals 1 ST – 3 RD Place Late fee: Add \$5 to each Dance after May 9 Dress Code applies Dance Sport Rules and Regulations are on the website for complete information.
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DEFINITIONS & BASIC GUIDELINES

TEAM DANCE

Any group of 4 or more athletes, utilizing styles of: Hip Hop, Folk, Breaking, Cabaret, Jazz, Contemporary, Clogging, Majorette Dance, and Styles not listed may be entered in the Open Category. (Ex: Charleston, New York Hustle, TwoStep etc.)

SHOWDANCE

ShowDance must be comprised primarily of any recognizable ballroom dance figures and may have 1-5 dances combined within the same style of Latin, Standard, Smooth or Rhythm. ShowDance Swing consists of the styles: West Coast swing, East Coast Swing, Lindy and Jive. Swing style lifts/Stunts permitted. There may be additional open choreography and staging. Any mix of styles or age levels allowed. Dance must have a theme and dance and costume must follow the theme. Entertainment value judged at 50%. A Showdance may also be comprised of a variety of any other styles of dance.

FORMATION

Uniform costuming- Only one age level/ division. Minimum 3 formation changes-Choreographed on stage- stage off. Entertainment value judged at no more than 30%. Ballroom Formation: 1-5 dances per one style. Dance Formation: Minimum of 2 styles,

PRODUCTION

A Production is any mix of styles, ages, & levels. Costume and Music must match theme and Dance must follow storyline. No singing or instrument playing. Acting as form or body language, lip singing, and/or gestures are allowed, but for no more than 20% of the choreographed dance. Entertainment value judged at 70%

GROUP AGE

- Ages in the group are added together, averaged, and rounded up.
- PreTeen1 & PreTeen 2 may be combined and the Junior 1 & Junior 2 may be combined

GROUPS

Athletes may dance on more than one team in same category. No Team or Athlete can compete against themselves. No routine can be competed twice.

SCORING

- All Genres are judged against Bronze, Silver, Gold Standards and Decisions of the Chairman are final.
- Should there only be one entry in an event, it will be judged against the Skills Standard as entered.
- 3 or more entries listed in the Open style may be grouped together.
- Groups may be combined if less than 3 groups per style, age, or skill level
- If a Genre does not have 3 routines entered it will be competed under Open.

DRESS CODE

All Athletes are invigilated for proper Dress Code. 1) Groups email picture of front and back of Costumes on an athlete to Invigilator by May 9th. 2) Solos and Individual Ballroom Dancers may be approved onsite prior to competition.

POLKA COMMENTS

- A couple consist of 2 athletes, boy/girl or girl/girl Age level is the age of oldest partner.
- Polka Dress Code and Syllabus is on the website under registration.
- Jr and Youth may enter Polka in the Open Team Dance Category.



DEADLINES

HOTEL RESERVATIONS

- Hotel Reservations before May 25th: [Hotelreg.com/2306AAUJODance](https://www.hotelreg.com/2306AAUJODance)
- Late fee of \$5 per Entry or per Athlete as required applies as of June 1.
- Music for Solos and all Groups must be uploaded to Dance Comp Genie online Registration by May 30th
- Group Dress Code – Email approval prior to May 25th -See Important Info Doc
- All Entries require AAU Membership, signed Parent Consent/Release, and payment.
- Solos, Groups, Medleys, Formations, and Showdances register online entry portal: AAU.DanceCompGenie.com
- Ballroom Entries: Single and Multi-Dance register online: register.o2cm.com/?event=wca

ENTRY FORMS

- Entry forms are available for viewing purposes to assist your planning.
- Ballroom may register through the O2CM system or entries will be accepted by mail if postmarked by May 30th and mailed with payment to: Journey DanceSport, 12523 Limonite Ave Ste. 440-151, Eastvale, Ca 91752. Credit Card authorization or Cashier Check, payable to Journey Dancesport must accompany entries. Or email for Venmo info.
- **Please see Important Information Document on the website for further details.**

EXPLANATION OF CATEGORIES & SKILLS DIVISION FOR BEST RESULTS

WHEN REGISTERING FOR THE SOLO OR GROUP COMPETITIONS PLEASE KEEP IN MIND THIS BRIEF EXPLANATION OF THE CATEGORIES AND SKILLS DIVISIONS TO ASSIST YOU IN PROPER PLACEMENT OF YOUR ROUTINE/S FOR BEST SCORING RESULTS.

SOLOS/DUOS/TRIOS:

Technical Execution (Technique, Choreography, Organization) is worth 55% of score Entertainment Value (Music, Overall Effect) is worth 45% of score with One, Two or Three Dancers.

FORMATIONS:

A Formation dance is a dance that is made primarily to showcase and/or compete synchronicity and uniformity. The purpose of the dance is to display technical aspects, therefore the technical aspects of the dance outweigh the theatrical aspects. Technical Execution (Technique, Choreography, and Organization) is worth 70% of score Entertainment Value (Music, Overall Effect) is worth 30% of score

Requirements- Uniform costuming. a minimum of 3 formation changes, & choreographed stage enter/stage exit, all ages in the same Div. with a minimum of 2 up to 5 dance styles. STYLES: 1) Ballroom: styles within either Standard, Latin, Smooth or Rhythm. 2) Open: Any Style & may include Ballroom styles.

SHOWDANCE:

A Showdance is a dance that is made to showcase and/or compete a performance. The purpose of the dance is to have a meaning, theme, or storyline, accompanied by a solid display of technical elements with the music following the theme.. Therefore, the technical execution and the entertainment value are judged equally. Technical Execution is the Technique, Choreography, & Organization which is worth 50% of score. The Entertainment Value is the Music & Overall Effect of the performance and is worth 50% of score.

TEAM DANCE: Any ShowDance that does not fit into the Standard/Smooth, Latin/Rhythm, or Swing Categories. should register the Group as a Team Dance in the appropriate style. If the style is not listed, choose OPEN and enter the most prominent style that represents the routine. The scoring is the same as ShowDance.

PRODUCTION:

A Production is a dance that is made to showcase and/or compete a musical theater piece. The purpose of a production is to tell a mini story or musical, along the lines of a Broadway show using acting skills, costumes, music, and props to accentuate the dance skills. The purpose of the dance is to display a narrative, therefore the theatrical aspects of the dance outweigh the technical aspects. **Technical Execution** (Technique, Choreography, Organization) is worth 30% of score. **Entertainment Value** (Music, Overall Effect) is worth 70% of score

Requirements- Any mix of styles, ages, musical piece and costuming to follow theme/meaning, no singing and/or live instrumental music, lip singing and/or silent acting and/or gesturing allowed for no more than 20% of choreographed dance. Props are allowed but must be approved prior to event.

SKILL DIVISIONS:

Are based on the number of years and hours per week each student dances. Add together each students' years of experience and divide by the number of dancers to get an average experience, then repeat the same equation for the hours of practice each week. Next add the two numbers to receive a Skills Value for their age Division.

Example: A YOUTH Team has 4 dancers with yrs of experience each of: $6+6+7+5 = 24$ total Yrs. Exp. divided by 4(dancers)= avg of 6 Yrs. Experience for the Team. Each of the 4 dancers practice 8 Hrs. a week- add $8+8+8+8 = 32$ divided by 4 dancers= an avg of 8 Hrs. Practice a week. ADD 6 Yrs. + 8 Hrs. = Skills Value of 14. Go to the Skills guide to Youth and this would be over the value of 10 which places your team in the Highest Skills Division #1. Use the same calculating method for each age level to determine the best skill Division for proper placement.

NOTE: *There can be circumstances where the coach will not agree with the formula results. This could be the result of extenuating circumstances that are not reflected by the calculations. If this is the case, we must rely on the judgement of the Coach to place the Team in the proper category based on his/her knowledge of the Teams abilities.*