



WINTER WISHES

POM AND DANCE COMPETITION 2023

Visit the **WINTER WISHES** page of our website for complete details!

DATE & LOCATION:

Join us on Saturday, January 28th, 2023 at Fraser High School. The Winter Wishes Pom and Dance Competition is an annual event for school teams and studios. The schedule will be available three weeks prior to the event. A map can be found on our website. The competition will take place in the gymnasium. Registration and full payment are due by Friday, December 16th, 2022.

REGISTRATION RATES:

GROUP ROUTINES: First routine - **\$22** per participant Additional routines - **\$12** per participant. If participation numbers fluctuate between routines, the routine with the largest number of participants must be registered as the 'First Routine'. Registration fees are **non-refundable, non transferable** unless a refund is requested in writing more than two weeks prior to the event.

SOLOS AND DUO/TRIOS: Solo - **\$35** per routine Duo/Trio - **\$50** per routine
Dancers who are registered to perform in a group routine may also register to compete a solo and/or duo/trio. Solos and Duo/Trios may be Hip Hop, Jazz, or Lyrical/Contemporary. Routines must be suitable for **all** viewing audiences. Solo and Duo/Trio routines must be at least 45 seconds, and no longer than 2 minutes and 45 seconds. Dancers may only compete one Solo. Dancers may compete in up to two Duo/Trios.

Professional performance videos and action photos are included in your registration fees!

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.

AGE DIVISIONS:

Collegiate; must consist of students who perform or compete as a Collegiate level team.

The following divisions will compete as separate divisions, registering as either a School **or** Studio group. A Studio Group is defined as a team representing a specific gym or studio. *Note: participants in a School group are not required to attend the same school. (Example: community programs)*

Varsity; must consist of students with an average age of 9th-12th grade. School groups should be those who perform, compete, and are recognized as a Varsity team by their home school. Studio groups should be in the same age group, performing with an advanced skill set.

Junior Varsity; must consist of students with an average age of 9th-12th grade. School groups should be those who perform, compete, and are recognized as a Junior Varsity team by their home school. Studio groups should be in the same age group, performing at a competitive level, but still working on the advanced skills that would be considered a Varsity level.

The following divisions will compete as one division, including both School and Studio groups:

Middle School/Junior High; must consist of students with an average age of 6th-9th grade.

Elementary Level 2; must consist of students with an average age of 4th-6th grade.

Elementary Level 1; must consist of students with an average age of K-3rd grade.

SIZE DIVISIONS:

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 actual registration numbers for the event. Example: Small Varsity, Large Varsity, etc.

SOLO and DUO/TRIO COMPETITION

Divisions are determined by the level of the performer's registered team routine: Collegiate, Varsity, Junior Varsity, Junior High/Middle School, Elementary Level 2, or Elementary Level 1.

Divisions may be split depending on the number of registrations. Participants may perform Hip Hop, Jazz, or Lyrical/Contemporary. Routines must be suitable for **all** viewing audiences.

CATEGORIES *(Each team is allowed to register one routine per category)*

Hip Hop: A vibrant form of dance that combines a mixture of precision and often freestyle movements. Hip Hop has evolved into a popular and influential styles of dance.

Jazz: 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.

Lyrical/Contemporary: Similar to the jazz category in regards to the technical elements, this category often adds expressive choreography and the use of emotions to tell a story or give a visual of the music or lyrics.

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.

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.

JUDGING CATEGORIES *(Judging categories may be updated prior to the competition)*

Appearance/Music, Choreography, Skill Level/Difficulty, Rhythm/Timing/Precision, Formations/Transitions, Showmanship, and Overall Impression are each worth 10 points and are on ALL judging sheets.

In Traditional Pom, there is a 10 point category for Kickline, including height and form. In Dance Tech Pom, Jazz, and Lyrical/Contemporary there is a 10 point category for Technique. In Hip Hop, there is a 10 point category for Style.

Total possible points per judge is 80. There are 3 judges for each routine for a total of 240 points possible. All judges will provide verbal feedback, with each performance receiving three performance videos through their Dance Comp Genie account. Specific details on what the judges are looking for in each category will be emailed prior to the competition in the 'Guide to Judging – Winter Wishes'. ***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. Solo and Duo/Trio routines must be at least 45 seconds, and no longer than 2 minutes and 45 seconds. Music must be submitted **at least one week in advance**, and will be loaded directly to your Dance Comp Genie account. Routines that do 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. Music may not be changed or updated on competition day.

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.

Shoes must be non-marking. 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. NOTE – Basket tosses are not allowed. 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.”

PLACEMENT AWARDS

Qualified and experienced judges will provide verbal critiques and complete score sheets. Directors or Coaches will receive video critiques through Dance Comp Genie within 48 hours following the competition.

Each performer will receive a placement ribbon for every routine. All team routines 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 awards will be handed out at the judge’s discretion. The number of Senior Solo awards will be determined by the number of registered performers.

HIGH SCORE AWARDS

Awarded to the highest scoring routine in each division; Collegiate, Varsity Team, Varsity Studio, JV Team, JV Studio, Junior High/Middle School, Elementary 1, and Elementary 2. All routines in all categories are eligible for this award. Teams will be awarded a banner, and each participant will receive a pin or medal.

REGISTRATION IS SIMPLE – ONLINE REGISTRATION OPENS JULY 1st, 2022:

- Visit www.DanceForceXpress.com and click on the REGISTRATION tab to register online.
If you are new to using Dance Comp Genie, please watch our quick video tutorial on our website!
- Set up a Dance Comp Genie account for your team through the link on our website, or log into your account. Each team must have their own account (i.e. Varsity and JV from the same school should each create an account to ensure coaches each receive appropriate emails).
- Enter your full roster of performers. You will be required to enter a first name, last name, and birthdate and/or grade for each performer. Your roster must be added prior to registering routines.
- Go to the red 'ADD A NEW REGISTRATION' button. Enter an estimated number of routines for your team. This should include team routines, solos, and duo/trios.
- Enter a 'Routine Title' – Please use this format: "Team Name - Level, Category" (**South Detroit - Varsity Jazz**). Please avoid using music titles. Click on the green link to "Add a new routine..."
- Add the students that will be performing in that specific routine. Select either 'First Routine' or 'Additional Routine'. If the number of performers varies, please register the largest routine as the 'First Routine'. Select the category and level of the routine. Save the routine.
- Enter any additional routines in the same format. Solos and Duo/Trios are added by entering the routine name (Example: Jenny Solo) and enrolling a single dancer. The program will then register the routine as a Solo or Duo/Trio.
- Complete the checkout screen. If paying by credit card, you will pay online. If a check will be sent through the mail, please be sure to 'complete' the checkout process by selecting this method of payment. Your registration will not be complete until you fully check out.
- Registration is due **December 16th, 2022**, and can be paid by credit card (online through Dance Comp Genie), school or studio check or money order. Online registration must be complete, and full payment must be received by the deadline.

Registration may close early if event or specific divisions reach capacity.

IMPORTANT DATES – 2022/2023:

July 1 st	Online registration opens through Dance Comp Genie
December 1 st	Suggested latest date to submit online registration to your school administration
December 7 th	Connect with your administration to ensure payment has been sent
December 16 th	Final day to complete registration
January 7 th	Schedule posted on the Dance Force Xpress website
January 21 st	Music due; upload to Dance Comp Genie account
January 28 th	Competition at Fraser High School

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

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

We look forward to meeting you and your team soon!

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www.DanceForceXpress.com