



ICE Ultimate Dance Experience

Disciplines

ACRO

An Acro dance routine combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

HIGH KICK

Incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. Choreography should display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized.

HIP HOP

Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Costuming should reflect the category style. See score sheet for more information. Costuming should reflect the category style.

JAZZ

Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality. Costuming should reflect the category style.

LYRICAL

Incorporates organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style.

MUSICAL THEATRE

Musical theatre dancing is less of a particular style, and more of a description of dancing that is rooted in the diverse history of Broadway musicals. Incorporating elements of acting, ballet, tap, and jazz, musical theater places emphasis on musical interpretation.

OPEN

Open Dance routines can be composed of a variety of styles, or simply a style that is not listed on the ICE Ultimate Dance Experience categories such as ballet, tap and regional. This division is not limited by number or age. Dancers may leave the floor and replace other, but may not perform off the dance floor area.

POM

A Pom routine contains important characteristics such as proper strong pom quality of movement (clean, precise, sharp motions) while allowing for the use of concepts from Jazz, Hip Hop and Kick. An emphasis is placed on group execution including synchronization, uniformity, spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels and groups, along with complexity of movement and skills. **Poms must be used 80% of the routine.**

CLASSIC POM

Classic Pom is a Pom routine that focuses on Pom Technique as opposed to skills. The focus is on formations, performance, motion technique, complexity, strength and precision and routine visuals. There are restrictions on the turns and leaps allowed **Poms must be used 90% of the routine. This routine takes place on a dance floor**

TRADITIONAL POM / CHEER DANCE (SCOTLAND ONLY)

Traditional Pom is a Pom routine that focuses on Pom Technique as opposed to skills. The focus is on formations, performance, motion technique, complexity, strength and precision and routine visuals. No turns or leaps are allowed. Jumps are allowed, but best used to support visuals. **Poms must be used 90% of the routine. This routine takes place on a cheer floor**

ROUTINE TIME LIMITS

- Minimum 1:45 (one minute – forty-five seconds)
- Maximum 2:15 (two minutes – fifteen seconds)

ROUTINE RULES

- Props must be pre-approved by ICE scoring before use.
- Staging props are not permitted. Props should be able to be carried on to the performance floor by one individual.
- Dancers may also wear a prop like a costume or on the body. Props may guide the dancer's pathways, but may not support the dancers (for example, ropes supporting 'flying' dancers; stilts).
- Dancers in Open divisions can leave the floor and come back on again but cannot perform off the performing surface.
- All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.
- All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.
- Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music. Violation of the time limit may result in a deduction.

- Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.) Violation will result in a deduction.
- Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
- Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they compete.
- All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
- A participant wearing a hard cast (i.e. fiberglass or plaster) or a walking boot may not be involved in choreography that may cause harm/injury to others.
- Dancers may not lift others with props or poms in their hands.
- Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
- All choreography should be age appropriate.
- Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- Performing in shigh heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is not allowed. If in doubt please contact ICE socring for approval
- Jewelry as part of a costume is allowed.
- All costuming should be secure. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
- ICE may combine Traditional Pom and Pom categories or Contemporary and Lyrical categories depending on number of entries in each division.

INCREDIBLY COOL EVENTS - ACRO-SPECIFIC INFORMATION AND RULES

SAFETY RULES

- Choreography must be placed 1 metre from the back of the floor/backdrop and be a safe distance from the sides and front of floor area and Judges table. You must be confident that your dancers will not be at risk of falling or injury, and that all tricks, tumblers and balances can be safely and competently performed.
- All choreography must be rehearsed and deemed safe, you must be confident that your dancers are secure and confident in their execution of the content on the ICE dance floor.

ACRO/TRICKS

We understand acro/tricks definitions vary across schools/competitions.

Please find a list below of what ICE class as acro/tricks, it is important to note that there may be variations and alternate names for acro/tricks.

Aerial Cartwheel, Back Walkover, Back Layout, Back Tuck, Backward Roll, Forward Roll, Front Tuck, Cartwheel, Elbow Stand, Chest Stand, Front Aerial, Front Walkover, Hand Walking, Handspring, Handstand, Human Pyramid, Nip-Up, Roundoff, Valdez, Shoulder Stand (duo trick), Pitch Tuck (duo trick), Lawnmower (duo trick), Swizzle (duo trick).

This list is not exclusive but offered as a guide to consider.

TEAM ACRO

When performing human acro pyramids, pyramids must not be more than two persons high, i.e., shoulder stand. Adding a person on top of the shoulder stand would be illegal, as it would be considered three person high. Tosses, dismounts and releases, where the dancer is free in the air from anyone on the performance, must be caught in a cradle position by at least 3 catchers, and have an active spotter spotting the person for the whole transition.

PERFORMANCE AREA SPEC

Floor area 12m wide and 12.5m front to back.

Vinyl dance floor, Matt finish surface. Centre spot marked.

INCREDIBLY COOL EVENTS – CLASSIC POM -SPECIFIC INFORMATION AND RULES SAFETY RULES

No tumbling is allowed with the exception of forward rolls and aerial cartwheels

No other aerial dance skills are allowed

Lifts are only allowed at gut level or below and should not affect the flow of the routine

The lifting athlete cannot execute a lift while holding pom poms.

Assisted toe touches are the only assisted jump allowed

GENERAL RULES

Poms should be used for 90% of the routine

Dance leaps are not allowed

Jumps are allowed

Only single pirouette and chaines turns are allowed

INCREDIBLY COOL EVENTS – TRADITIONAL POM -SPECIFIC INFORMATION AND RULES SAFETY RULES

No tumbling is allowed with the exception of forward rolls and aerial cartwheels

No other aerial dance skills are allowed

Lifts are only allowed at gut level or below and should not affect the flow of the routine

The lifting athlete cannot execute a lift while holding pom poms.

Assisted toe touches are the only assisted jump allowed

Kicklines are not allowed

GENERAL RULES

Poms should be used for 90% of the routine

Dance leaps are not allowed

Jumps are allowed

Only $\frac{3}{4}$ pirouette turns are allowed