

Category	Definition	What Judges Are Looking For	Pro-Tips
Presentation	Stage presence, posture, facial expressions, and emotional connection with the audience and partner/team.	- Costume, entrance, exit, stage presence.	- Project confidence and engage with the audience - Match your energy to the mood of the dance
Floor Craft & Choreography	Efficient use of space, smooth transitions, and creative, varied, and flowing movements.	- Versatility, creativity, movement, and formations as well as how well the performers use the floor space.	- Use the entire floor creatively and avoid collisions - Transition smoothly and keep choreography dynamic and varied
Originality & Creativity	Maintaining balance, precision, and clarity in your movements and body positioning.	- Uniqueness of the performance.	Please don't copy the routine from 'Bring It On'.
Timing & Synchronization	The precise control of movements to match the music's rhythm, beat, tempo, and pace.	- Steps that clearly reflect whether the song is fast or slow. - A strong understanding of the rhythm and flow of the music.	- Prioritize quality over quantity; don't rush to include too many moves. - Allow pauses to let your partnership and the audience connect with your performance.
Technique	The foundational quality of dance, focusing on clean basics, control, balance, and posture.	- Precise footwork. - A stable frame and controlled movements. - Moves appropriate for the dancer's level and the music.	Dance with all Out energy and expression, but prioritize: - Frame, connection, and balance. - Awareness of other dancers and proper floor etiquette.
Teamwork	The ability of partners to collaborate seamlessly, showcasing connection and foundational skills.	- Synchronization and mutual respect. - Equal engagement, ensuring no one overshadows the other. - Demonstrating true partnership rather than dancing side by side.	- Maintain eye often contact to build chemistry and connection. - Treat each other as if you're the only dancers in the room.
Content	The creative and varied moves, transitions, and combinations used to interpret the music.	- A variety of moves that reflect the music's highs, lows, and changes. - Creativity and knowledge of multiple combinations.	- Let the music guide your creativity and timing. - Use phrase changes to introduce unique combinations. - Time lifts and standout moves to align with the music's powerful moments.
Showmanship	The ability to engage the audience and judges through energy, style, and performance flair.	- Dynamic phrasing and individual style. - Flair that enhances the performance without sacrificing technique. - Moves that draw in the crowd and judges alike.	- Angle your best moves toward the judges for visibility. - Balance audience engagement with showcasing your top work to the judges.