

GROOVE



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2025 REGIONAL RULES AND REGULATIONS

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Section 1: United States Dance Regulators Standard Rules

Section 1A: Age Groups

Each entry will be placed in one of the following age groups based on the average age of all competitors in the routine. Average age should be calculated by adding up the age of each competitor (as of JANUARY 1) and dividing by the total number of competitors in the routine using integer ages (all decimals are dropped). Proof of age may be requested on-site at an event if deemed necessary. Entries must compete within the age division that they qualify for; entries cannot be "bumped" to a different age division.

MINI	6 & UNDER
PETITE	7-9
JUNIOR	10-12
TEEN	13-15
SENIOR	16-19
ADULT	20+

Note: Any entry containing a dancer that is 20+ years in age will automatically compete no lower than the senior age division, regardless of the average age of the entry. Routines may compete no more than 1 age division lower than the oldest dancer in the routine.

Section 1B: Divisions

Every entry will be placed in one of the following divisions based on the number of competitors in each routine:

SOLO	1
DUO/TRIO	2-3
SMALL GROUP	4-9
LARGE GROUP	10-19
LINE	20+
PRODUCTION	15+

Note: In the solo division, a dancer can only compete 1 routine per performance category. Upon registering, entries with 15 or more dancers will be given the opportunity to register as a large group or production. Entries with 20 or more dancers will be given the opportunity to register as a line or production. Entries must compete under the division that they qualify for; no exceptions will be made.

Section 1C: Time Limits

The following list contains each division's time limit:

SOLO	2:45
DUO/TRIO	2:45
SMALL GROUP	3:00
LARGE GROUP	4:00
LINE	4:30
PRODUCTION	8:00

Note: Extended time is available for purchase. Solos, duos, trios, small groups, and large groups may be extended by up to 1 minute. Lines and Productions may be extended by a maximum of 3 minutes.



Section 1D: Performance Categories

Acro	Routine combining the artistry of dance technique along with the athleticism of acrobatic skills. Choreography must contain 50% dance technique.
Ballet	Routine consisting of classical Ballet movement and technique.
Ballroom	Routine in which dancers perform a variety of ballroom dance styles, such as Waltz, Tango, Foxtrot, Viennese Waltz, Quickstep, Cha Cha, Rumba, Paso Doble, Jive, etc. Emphasis is placed on technique, partnering skills, and musicality.
Baton	Routine in which the dancer demonstrates a variety of twirling technique, such as fingerwork, rolls, and/or a variety of tosses and catches, that is coordinated with dance movements.
Character	Routine in which dancers must portray an easily recognizable character or storyline. Does not need to come from a Musical or have Musical Theatre technique or choreography.
Clogging	Routine in which dancers perform percussive dance movements, primarily with the feet, to create rhythmic patterns and sounds. Clogging has its own unique rhythms and vocabulary, differentiating it from Tap dance or Irish Step.
Contemporary	Routine influenced by multiple styles of dance including Jazz, Modern, and Lyrical. The movement is expressive, gestural, and unique in its dynamics.
Folk/Ethnic	Routine incorporating one or more ethnic styles of dance.
Hip Hop	Routine consisting of mostly Hip Hop or Street Style moves characterized by bounces, rocks, krumping, popping, locking, breaking, etc. This style places emphasis on rhythmic isolations and strong musicality.
Improv	Routine consisting of completely improvised choreography. Any style of improv is welcome in this category. Studios must provide their own music.
Jazz	Routine consisting of Jazz technique in which the movements traditionally mimic the sounds, rhythms, and syncopations of the music.
Lyrical	Routine that places an emphasis on expression and connection to the lyrics of a song.
Modern	Routine consisting of codified styles of modern dance technique, such as Graham, Taylor, Cunningham, Limón, Dunham, Duncan, Horton, and etc.
Musical Theatre	Routine choreographed to a song from a Broadway or movie musical using song, dialogue, and/or dance. This form of dance strongly focuses on elements of performance quality, such as connecting with the audience, facial expressions, and/or storytelling.
Open	Routine consisting of multiple or unspecified styles of dance.
Pointe	Routine containing pointe technique. At least 50% of the performers must be en pointe. This category is only available in the advanced level. Dancers performing en pointe, even if in another category such as Open, will be moved to the advanced level.
Pom/Drill	Routine consisting of Pom Squad/Drill Team dance technique, with an emphasis on precision, clean technique, and sharpness that incorporates elements of Jazz and Hip Hop.
Song and Dance	Routine consisting of singing and any style of dance. Music may only have backup voices. Performance will use the boundary microphones or one handheld microphone provided by the competition.
Street Jazz	A routine containing a hybrid of Jazz technique with Hip Hop influences. Seamlessly blends commercial dance with traditional dance techniques.
Student Choreography	Routine choreographed by students with minimal assistance from an instructor.
Tap	Routine consisting of Tap technique. No pre-recorded Tap sounds are allowed. Use of pre-recorded Tap sounds will result in a red card and 2-point deduction. Tap shoes must be worn.
Vocal	Any type of vocal performance using one handheld microphone provided by the competition. Backup vocals are permitted. Vocal routines will be eligible for adjudication only. Vocal solos are not counted towards a dancer's level.

Note: Only 4 acrobatic tricks are permitted in any performance category except Acro, Open, Character, Hip Hop, Pom, and Production.

Section 2: Performance Levels, Judging Criteria & Scoring

Section 2A: Performance Levels

- Upon registering, studio directors select the performance level for each dancer.
- Solo entries must compete in the performance level that the dancer is registered.
- The level of duo/trio and group entries will be determined by the average level of the dancers registered in said entry. An average of .5 or above will round up to the next level.
- Group entries consisting of 50% or more advanced level dancers will automatically be registered for the Advanced level.
- Performance levels are defined as follows:

Spirit Level: At OneBeat, we believe that dance should be an inclusive and welcoming place for everyone, of all abilities. Our Spirit Level is geared toward dancers who have a physical, sensory, or mental disability.

- We will work with studio directors to provide a safe space for those dancers to perform/compete.
- Dancers registered in this performance level will perform in the Spirit Level for their solo. In the case of dancers using an aide, the aide's age and level will not be considered in determining the placement of the routine. Dancers will be recognized onstage during adjudications and are eligible for Judges' Special Awards. To be eligible for overall awards in the Spirit Level, all performers in the routine must be registered as Spirit Level dancers.

Novice Level: This division is for dancers who train for less than 3 hours per week and have very limited or no competition experience.

- A dancer in this division may compete in no more than 6 routines.
- Novice level dancers may compete only 1 solo.
- A well-executed Novice Level dancer has a simple and clean routine that they are executing with attention to musicality and performance quality.
- These performers are working on the basic understanding of the foundations of dance and with the execution of the technical elements in the routine. Difficulty in choreography is not necessarily something our judges are looking for at this level.

Intermediate Level: This division is for intermediate dancers who take 4 to 5 hours of dance per week and have limited competition experience.

- A dancer in this division may compete in no more than 9 routines.
- Intermediate Level dancers may compete in no more than 2 solos.
- A true Intermediate dancer will have more simplistic choreography with less difficulty than that of an Advanced dancer.
- A dancer at this level executes a significant portion of the routine with technical proficiency.
- Our judges are looking for dancers with strong technical capabilities, who command the stage, are invested in their performance, and exude confidence.
- At this level, dancers should demonstrate above-average staging, musicality, and confidence, but their technical execution may not match that of an Advanced Level dancer.

Advanced Level: This division is for advanced dancers who take 6 or more hours of dance per week or have extensive competition experience.

- Advanced dancers may compete in an unlimited number of routines, with an unlimited number of solos.
- Dancers who wish to be picked for our National Opening Number, and compete for cash awards MUST be in the Advanced Division.
- Dancers at this level have a strong grasp of technique and self-expression.
- These dancers confidently execute challenging choreography with technical precision.
- At this level dancers are beginning to explore their artistry, style, and creativity, and it is evident that they have a strong work ethic.

Section 2B: Scoring Criteria

- Every performance will be critiqued according to the competition level, age, and category by a panel of 3 judges.
- Each judge will use a 100-point scale and will consider technique, difficulty, execution, choreography, showmanship, and overall effect.
- The decisions of the judges are final. Each judge will give a verbal critique for every entry. All entries will receive an adjudication score and award. Scores will be available to studio directors the week after the competition.
- Performers who exit the stage prior to the end of their performance will not receive a score if the judges do not feel enough of the routine was completed. The performance is eligible to perform again for adjudication only.

Section 2C: Judging Guidelines

- When the judges unanimously agree that dancers are placed incorrectly the routine will be moved up to the appropriate level regardless of whether the overall award has already been given.
- Judges will also take into consideration whether routines are age appropriate and placed in the correct performance level.
- Only 4 acrobatic tricks are permitted in any performance category except Acro, Open, Character, Hip Hop, Pom, and Production. When a routine has 4 or more acro tricks, judges have the right to move the routine to the appropriate category. An acro trick is considered anything where both feet pass over the head and body is airborne such as, but not limited to, back handsprings, back tucks, front/side aerials, etc. An acro pass is considered one trick. Headstands, walkovers, head cartwheels, kip ups, forward rolls, contemporary inversions, or headsprings are not considered acro trick.
- A **RED CARD** will be given when a rule break occurs. Rule breaks include, but are not limited to, the use of illegal props (baby powder, liquid, glitter, hairspray, paint, confetti smaller than 1/2 inch, fog machines, and/or strobe lights), offensive music, prop assembly exceeding a timely fashion and/or extensive clean up. Judges are granted the right to Red Card any dance they deem necessary. A Red Card will result in an automatic 2-point deduction from the total score. The studio director will be notified when a dance is Red Carded.
- A **CONTENT AWARENESS** note will be given to a studio director when a judge believes the content of a dance is offensive or culturally insensitive. Cultural or racial appropriation and over-sexualization for an age division are examples that could receive a content awareness note. Content Awareness notes were created to give judges the opportunity to explain their point of view. There is no point deduction accompanying a content awareness note.

Section 3: Awards

Section 3A: Adjudicated Scoring

- Every entry will receive an adjudicated award and solos and duo/trio entries will receive a trophy. Dancers in duos/trios or groups will receive an award pin.
- Adjudicated awards will be given based on the scale below.
- Production routines do not have a level, and will compete for 12 & Under and 13 & Over Production overalls. For consistency, all Productions will be judged and scored using the Advanced Adjudication Scale.

	SPIRIT & NOVICE	INTERMEDIATE	ADVANCED
GROOVE PERFECTION	NOT AVAILABLE	NOT AVAILABLE	295.5-300
ELITE DIAMOND	285-300	288-300	291-295.4
DIAMOND	273-284.9	276-287.9	279-290.9
ELITE SAPPHIRE	261-272.9	264-275.9	267-278.9
SAPPHIRE	249-260.9	252-263.9	255-266.9

Section 3B: Overall Awards

- In addition to adjudicated awards, the top scoring routines will be recognized.
- Entries must compete prior to their awards ceremony to be eligible for Overall Awards.
- Entries in the Vocal category will not be eligible for overalls or cash prizes.
- The number of top scores announced will be determined by the number of entries in each division and level.
- Soloists may only place with their highest scoring routine.
- Production Overall Awards will be presented in 12 & Under and 13 & Over Divisions.

Section 3C: Cash Prizes

- The Solo and Duo/Trio Competitive divisions must have at least 15 entries in order for a cash prize to be awarded.
- All Competitive group divisions (including Productions) must have at least 10 entries in order for a cash prize to be awarded.
- All cash prizes will be issued to the studio the entry was registered with. Cash prizes will not be awarded in the Novice and Intermediate levels.
- The top scoring entry in each Advanced Division will be awarded a cash prize as shown below:

DIVISION	1ST PLACE CASH PRIZES
SOLO	\$100
DUO/TRIO	\$100
SMALL GROUP	\$125
LARGE GROUP	\$150
LINE	\$175
PRODUCTION	\$200

Section 3D: Additional Awards

Convention Scholarship

A OneBeat Convention Scholarship will cover a certain percentage of the dancer's convention tuition. This scholarship can be used at any OneBeat Convention taking place that upcoming fall (Note: each scholarship has an expiration date, is non-transferable and holds no cash value). Registration is based on a first come, first serve basis.

OneBeat Dance Scholarship

A OneBeat Scholarship will cover a certain dollar amount of a dancer's entry fees for a OneBeat event. This scholarship can be used at any OneBeat event taking place that upcoming year (Note: each scholarship has an expiration date, is non-transferable and holds no cash value). Registration is based on a first come, first serve basis.

Judges' Awards

At each competition, our judges will be selecting entries for Judges' Awards based on extraordinary attributes to a dance. Judges' Awards are not based on adjudicated scores. Entries of all ages, levels and divisions are eligible to be nominated for a Judges Award by our judges.

Category Placements

Groove will announce up to the top three placing entries of each category per age group and level at each of our competitions.

Photogenic

Groove's photogenic contest consists of two ages: 12 & under and 13 & over. Photogenic entries are submitted, registered for, and paid for during the competition at the merchandise booth. Photogenic entries must be turned in at least three hours prior to the last group award ceremony of the weekend, which is the ceremony where photogenic winners will be announced.

Opening Number Invitations

Opening Number Invitations are awarded to exceptional solo and duo/trio performers in the advanced divisions. Dancers receiving Opening Number Invitations are invited to participate in the Opening Number at any of our National Finals in the same calendar year. Opening Number Invitations are only awarded at the advanced level and are non-transferable.

OneBeat Standout Awards

OneBeat Standout Awards are presented to individual group entries to honor the choreographer of the chosen entry. OneBeat Standout Awards are chosen based on the overall impact the entry had on the judges. OneBeat Standout Awards are divided into a 12 & under division as well as a 13 & over division. All levels are eligible for OneBeat Standout Awards.

Industry Dance Awards Outstanding Performances

Groove is a proud sponsor of the Industry Dance Awards, which is a multi-competition event and benefit show that helps raise money and awareness for Dancers Against Cancer. At each of our Regional Competitions, we will be announcing Outstanding Performances in the following categories: Jazz, Tap/Clogging, Acro/Ballet/Open, Musical Theatre, Hip Hop, Contemporary/Lyrical/Modern and People's Choice (which is a dance from any group competitive category hand-picked by the judges). Dances must compete at the competitive level to be eligible for IDA Outstanding Performances. All categories are chosen based on overall score with the exception of People's Choice. Groove will narrow down each category from all of our Regional Competitions to choose one dance per category to be our Overall Outstanding Performances representing Groove at the Industry Dance Awards.

Overall Studio Awards

Groove will award the following overall studio awards at each of our Regional Competitions:

- **Studio Technique:** Awarded to the studio with excellent technique
- **Studio Choreography:** Awarded to the studio with excellent choreography
- **Professionalism Award:** Awarded to a studio whose dancers and staff are extremely professional to work with throughout the duration of the event.
- **Inspired by Passion Award:** Awarded to a studio whose passion shines through onstage and through their entire presence at the event.

ADCC Studio of Excellence

This award is sponsored by the ADCC (Association of Dance Conventions and Competitions). It is awarded to a studio that exemplifies the mission and the purpose of The ADCC which is to promote quality, integrity and opportunity in the dance competition world.

The Groove Award

The Groove Award is decided by a total studio score. The total studio score will be calculated by totaling the top five highest scoring routines from each studio (excluding solos, duets and trios and all adult divisions). The studio with the highest studio score will receive the Groove Award along with a \$500 cash prize at a Regional event. Group entries of all levels will be counted toward the Groove Award. *Note: The event must be hosting over 200 entries in order for a cash prize to be awarded.

Section 4: Registration Information

Section 4A: Music

- All music must be cut, edited and of the correct pitch. Our staff is not capable of making music edits or alterations onsite. All tempos, pitches and keys must be correct on each track. Music must be of a reasonable volume and uploaded one week prior to the start of the event. Studio owners should have at least two backup copies of all music. One (1) wireless microphone and/or one (1) wired microphone can be provided by the competition for usage during an entry. No outside microphones of any kind may be used.
- Music that is offensive, demeaning, intentionally derogatory, or threatening will not be tolerated and is subject to a red card with a 2 point deduction or disqualification as determined by the judging panel. Any music in question will be pulled and listened to by the panel and competition director to determine if a point deduction or disqualification will occur. This particularly pertains to music in which slurs or derogatory language are not fully edited.
- Any entry featuring disturbing sound effects within their music (including realistic gunshots and realistic explosions) may be subject to a point deduction based on our judge's discretion
- It will be up to the studio to submit music for any entry entered in the Improv category; Music will not be provided for the Improv category.
- No studio or group may use ANY music owned by Kirbyko Music LLC or Watson Music Group (including "Space Jam") without rights. Violators of this rule will be subject to copyright fees.
- When there is a costume malfunction, dancers will be instructed to stop performing. That routine may re-perform without penalty.
- If the music stops for any reason, the dancers will be given the opportunity to re-perform without penalty.

Section 4B: Props

- All props must be mobile and under the watch of someone from your studio at all times.
- Props must be brought on and off stage in a timely manner (1 minute maximum).
- Props may not be in the wings for more than a few numbers prior to the routine (based on the stage manager's discretion).
- Props must be removed from the wings immediately after the routine.
- Props must be stored away from pedestrian & vehicle traffic & NOT back stage, in the lobby or any inconvenient location.
- Fire, swords, knives, guns, live animals, powders, liquids, glitter, confetti less than ½ inch, paint, sand, etc. are NOT allowed.
- Routines causing prop delay may be subject to a two point deduction.
- Prop coordinators are required to follow ALL instructions as per the backstage crew at ALL times.
- All props must fit through a standard 36 inch wide doorway.
- Props cannot be stored in the venue until the day of the performance.
- Props placing the dancer 12 feet or higher off of the ground are deemed unsafe and are prohibited.
- NOTE: Due to health risks we do NOT allow fog/smoke machines or strobe lights to be used during any performances. OneBeat reserves the right to limit prop size depending on facility requirements. Please contact our office with any specific prop questions.

Section 4C: Sportsmanship

All competitors, teachers, studios owners, family members and audience members are required to show respect, courtesy and sportsman-like behavior to all competitors, staff, teachers, etc. at all times during the competition. Our aim is to provide an environment where the dancers can enjoy themselves while gaining valuable performance experience and learning the nature of healthy competition. We reserve the right to remove anyone from an event if they are hindering the achievement of any of the above goals. No air horns, bells, whistles or other noise making devices are allowed.

Section 4D: General Information

- All attendees must be affiliated with a registered studio in order to attend any and all of our events.
- Only studio directors may question routines for rule infractions, however, any protest must be made in writing to the competition director within 30 minutes of the performance.
- Studios may qualify for any OneBeat National Finals by competing in any OneBeat Regional competition in the same season.
- All attendees must abide by any state, local or venue mandates and rules set in place.
- Smoking is prohibited in or around the competition area. We ask that all smokers stand at least 50 yards from the competition venue to preserve the well-being of our dancers, audience members and our staff members.
- Soloists that choose to exit the stage prior to the conclusion of their solo will be eligible for adjudication only and will not be eligible for overall or category placement (*this does NOT include music malfunction or costume malfunction*). Dancers experiencing a wardrobe malfunction should exit the stage immediately and may be called off based on the severity.
- Unless a piece of choreography has been copy written, OneBeat cannot enforce ANY plagiarism policies.
- Dancers may NOT exit or jump off the front of the stage at ANY time during an event (including performances).
- No bystander may approach the judging table or the judges themselves during the competition. Bystanders include but are not limited to: studio directors, teachers, parents and dancers.
- Lighting may NOT be adjusted during a performance including but not limited to stage and house lighting.
- We ask that all competitors and attendees alike please wear proper footwear at all times at all OneBeat events to ensure their safety.
- No cash refunds will be issued under ANY circumstances. Account credits will be issued for entry/dancer removals if this is done prior to the event. No credits will be issued during or after the completion of the event. "Day-Of" scratches will not be issued credits. All credits will be issued to the account of which the dancer was registered. Credits may ONLY be used toward the entry fees /nationals fees of a OneBeat event; they are not valid at the merchandise booth or registration deposits. Competitors may only compete with one studio per event.
- OneBeat Dance Brands and host venue are not responsible for any personal injury/property loss before, during or after the event.
- All competitors will be judged by a well-qualified panel of judges. All judging decisions are final.
- Video cameras and still cameras are prohibited inside all competition venues (this includes photo, video and social media use in the dressing rooms). In order to protect the choreographer's right and the safety and privacy of all competitors, we reserve the right to confiscate all recording devices used during an event and/or disqualify an entry.
- All competitors, teachers and studio owners consent to the use of video, audio and photographs for use in promotional material without royalty, fee or other compensation. By attending or competing in a OneBeat regional or national event you are agreeing to the use of your image and likeness by OneBeat Dance Brands, all partners and affiliates.
- All competitors, teachers, studios owners, family members and audience members are required to comply with rules and regulations set forth by our hosting venue. Those who do not may be removed from the event by either OneBeat's staff or the hosting venue's staff.
- Competitors, teachers, studio owners and prop coordinators are the only persons allowed in the wings/backstage area. In order to minimize delay, we ask that all parents, family members and audience members remain in the main venue or the lobby.
- If a routine cannot perform during their allotted time and award ceremony, the routine will be eligible for adjudication, but not an overall score or category placement.
- No studio or group may use ANY music owned by Kirbyko Music LLC or Watson Music Group (including "Space Jam" without rights. Violators of this rule will be subject to copyright fees.

- All media is delivered in digital format. Links will be available for 90 days after your event. After 90 days, all media links will be permanently deactivated.
- Hallways may NOT be used for changing, makeup application, storage of personal items or for any other reasons other than traveling throughout the building, without the prior permission of the competition and venue.
- OneBeat Dance Brands reserves the right to cancel any and all events due to lack of registration, inclement weather or other unforeseen circumstances. Furthermore, OneBeat Dance Brands reserves the right to change an event's location, venue and/or date(s). Upon changing a location, venue and/or date(s), a representative from OneBeat Dance Brands will contact your studio if you are registered for the event. OneBeat will not be held liable for any costs endured for any type of travel arrangements made upon canceling an event or an event selling out, including but not limited to: hotel fees, transportation fees or bank fees. We HIGHLY recommend registering for an event prior to making ANY travel arrangements.
- OneBeat Dance Brands reserves the right to refuse entry to any studio.
- Changes made to registration after the final schedule has been released will incur a \$10 change fee, except in cases where an injury is involved.
- Coaching from the wings or audience is not allowed at any time throughout a performance. Doing so may result in a red card with a 2-point deduction.
- There will be a \$50 fee for all checks returned by the bank.
- Studio directors must sign a release form.