

NMAA Dance Categories Deep Dive

NMAA Dance Coach Training
2023 Conference

The purpose of this presentation is educational. Content is intended for the Dance Coaches of NMAA and should not be shared.

When viewing supplemental videos, please open the links in a separate tab



Purpose of the presentation

- *Review NMAA Categories*
- *Look at samples and discuss*
- *Review new proposals*

Audience

- *NMAA Coaches*

Performance Categories

POM*

Poms must be used at least 80% of the routine. No props. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more "traditional" theme, whereas, jazz routines are more stylized.

Military

The emphasis will be on synchronization, choreography, technique and execution. Military is precision in style and incorporates many sharp, concise movements that showcase formation changes, level changes, visual effects, group work, contagions, ripples, kicks, etc. Choreography should be carefully constructed to define the routine as military by incorporating difficulty consistent with the goal of team precision.

Jazz

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Use creative choreography that will capture the judges and audience. Make it your own style as to distinguish your team apart from the rest. No props.

Hip-Hop

Routines should include street style movements with an emphasis on execution style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of music. Teams may also put an additional focus on incorporations such as jumps, jump variations, control jumps, stalls and floor work. No props.

* **Required Routine**

Pom

Poms must be used **at least 80% of the routine.**

No props. Important characteristics of a pom routine include **synchronization and visual effects**, along with **proper pom placement and dance technique**. Motions should be **very sharp, clean and precise**. Your team should be synchronized and appear as “one.” **A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc.**

Keep in mind that a pom routine carries a more “**traditional**” theme, whereas, jazz routines are more stylized.

DEFINITION HIGHLIGHTS

- 80% (THE HERO)
- Sync & Visual
- Proper placement
- Proper dance technique
- Sharp, clean, precise
- Visually effective:
 - Level changes
 - Group work
 - Formation changes
 - Etc
- Traditional

What is included in “etc”?

- Visually effective:
 - Level changes
 - Group work
 - Formation changes
 - Etc
 - Contrasting weight changes between performers or arms
 - Contrasting tempo/pulse changes between performers or arms
 - Toss to self
 - Toss to partner
 - Group Exchanges
 - Pom used to create a visual imagery
 - Pom used to create color effects
 - Pom used to create surprises/intrigue

Pom Discussion



Supplemental Link:

<https://www.youtube.com/watch?v=4gC-klrNjgE>

White Poms)be

Discussion topics

1. What do you remember the most about this routine?
2. What music did they use?
3. Did they use their poms 80% of the time?
4. Strength, Weakness

DEFINITION HIGHLIGHTS

- 80%
- Sync & Visual
- Proper placement
- Proper dance technique
- Sharp, clean, precise
- Visually effective:
 - Level changes
 - Group work
 - Formation changes
 - Etc
- Traditional

Class Notes

1.) Pom Technique strong

2.) Dance was the hero according to NMAA

Category Definition

3.) Reminder – NMAA Scoresheet –

Technique measures category technique

ONLY. eg: Pom – Pom Technique

Pom Discussion



Supplemental Link:

<https://www.youtube.com/watch?v=p9v2kQH5BD0&t=25s>

Orange Poms

Discussion topics

1. What do you remember the most about this routine?
2. What music did they use?
3. Did they use their poms 80% of the time?
4. Strength, Weakness

DEFINITION HIGHLIGHTS

- 80% (THE HERO)
- Sync & Visual
- Proper placement
- Proper dance technique
- Sharp, clean, precise
- Visually effective:
 - Level changes
 - Group work
 - Formation changes
 - Etc
- Traditional

Class Notes

1.) Pom Technique good

2.) Creative

3.) Pom was the hero according to the NMAA Category Definition

4.) Reminder – NMAA Scoresheet – Technique measures category technique ONLY. eg: Pom – Pom Technique

NOTE:

On the following slides you will see suggestions for category definition changes for existing NMAA categories.

These suggestions grew from discussions held during the post State Judges meeting in early April 2023. Each year the state judges meet after state to review scoring data, talk about their performance as judges, how they can improve and offer any suggestions they have for NMAA.

These are suggestions they are bringing for quick simple adoption and/or spearheading further discussion prior to any potential voting for change.

Category definitions do need to be reviewed and revised from time to time to offer better clarity, keep current with changing trends and existing scoresheets.

The goal of these changes are as follows:

- 1.) Clarify the purpose of each category and make it more in line with the scoresheet and rubric.
- 2.) Offer definitions that allow coaches to coach and use student's talents rather than having to fit into prescriptive definitions details
- 3.) Encourage more participation in Dance Team

Suggestion for Pom category definition

NEW Pom

Poms must be **purposefully** used at least 80% of the routine. Important characteristics of a pom routine can include **creativity, pom emphasis**, tempo variations, **color work**, and visual effects. **Dance skills can be included but should not be the artistic emphasis. Program concepts are allowed, but not required. Pom motions/skills should display proper pom technique/execution. Dance skills should display proper technique/execution.** Pom is generally a more “traditional” category as compared to a category like Jazz, which is often more stylized. No props

Current Pom

Poms must be used at least 80% of the routine. No props. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as “one.” A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more “traditional” theme, whereas, jazz routines are more stylized.

Purposefully – what does it include?

Pom Work that is used to highlight

- Musical crescendos
- Tempo variations, Pulse, Meter, Back beats, etc
- Storyline moments
- Changes in energy
- Vocal cues and crescendos
- Precise movement, intricate movement, sharp movement

Pom work that is used to create

- Color imagery
- Visual pictures, patterns, movement, effects
- Intrigue
- Moods
- Storytelling

Purposefully – what can that look like?

Examples of Tosses, Exchanges, Visuals and Pictures

There are even more ways to purposefully use poms but the following examples are the most common

Pom: Toss, Exchange, Visual Effect, Pictures

Toss = throw to self



Pom toss used to create Flashlight imagery during “FLASHLIGHT”

Supplemental Link: <https://www.youtube.com/watch?v=93yPKHpeoP4&t=80s>

Time: 1:20-1:23

Pom: Toss, Exchange, Visual Effect, Pictures

Exchange = toss to partner



Slide to Blind Toss: "I RAISE THE ROOF"

Supplemental Link:

<https://www.youtube.com/watch?v=bY4FuEqtGfl&t=148s>

Time: 2:34-2:37

Pom: Toss, Exchange, Visual Effect, Pictures

Exchange = toss to partner



Toss in Prep to Blind Catch: “ON THE EDGE” of two dancers

Supplemental Link:

<https://www.youtube.com/watch?v=bY4FuEqtGfl&t=196s>

Time: 3:18-3:22

Pom: Toss, Exchange, Visual Effect, Pictures

Visual Effects



Musicality

Supplemental Link:

<https://www.youtube.com/watch?v=bY4FuEqtGfI&t=206s>

Time: 3:25-3:37

Pom: Toss, Exchange, Visual Effect, Pictures

Visual Pictures



Storyline

Supplemental Link:

<https://www.youtube.com/watch?v=bY4FuEqtGfl&t=117s>

Time: 1:51-2:02

Hip Hop

Routines should include **street style** movements with an emphasis on **execution style, creativity, body isolations and control**. The uniformity of all movement throughout the performance should **complement the beats and rhythm of music**. Teams **may also** put an additional focus on incorporations such as jumps, jump variations, control jumps, stalls and floor work. No props.

DEFINITION HIGHLIGHTS

- Street Style
- Execution Style
- Creativity
- Body Isolations
- Control
- Complement the beats and rhythm of music
- Jumps, jump variation control jumps, stalls and floor work may also be included but not required

Hip Hop



Supplemental Link:

<https://www.youtube.com/watch?v=WQ8K3Lxxb5w&t=1s>

Discussion topics

1. What do you remember most about this performance? Was it creative?
2. What definition areas did they excel at? Strengths?
3. What are their areas of opportunities?

DEFINITION HIGHLIGHTS

- Street Style
- Execution Style
- Creativity
- Body Isolations
- Control
- Complement the beats and rhythm of music
- Jumps, jump variation control jumps, stalls and floor work may also be included but not required

Class Notes

- 1.) Some skills and tricks felt purposeful, and others did not as much
- 2.) Musicality, style and personality apparent

Suggestion for Hip Hop category definition

NEW Hip Hop

Routines should include street style movements with an emphasis on execution style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of music. Performances may incorporate tricks, stunts and acrobatics but are NOT required to do so. If tricks, stunts, or acrobatics are included they should serve a musical, conceptual or design purpose. No props.

Current Hip Hip

Routines should include street style movements with an emphasis on execution style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of music. Teams may also put an additional focus on incorporations such as jumps, jump variations, control jumps, stalls and floor work. No props.

Military

The emphasis will be on **synchronization, choreography, technique and execution.**

Military is **precision in style and incorporates many sharp, concise movements that showcase formation changes, level changes, visual effects, group work, contagions, ripples, kicks, etc.** Choreography should be carefully constructed to define the routine as military by incorporating **difficulty consistent with the goal of team precision**

DEFINITION HIGHLIGHTS

- Emphasis on Sync, Choreo, technique and execution
- Precision in style and includes
 - Sharp, concise movements that showcase formation changes
 - Level changes
 - Visual effects
 - Group work
 - Contagions/ripples
 - Kicks
 - Etc
- Team precision is the goal and how difficulty is measured

Military



Supplemental Link:
<https://www.youtube.com/watch?v=yBCwVDF5TFk&t=41s>

Discussion topics

1. Did they use a variety of ways to create precision?
2. What definition areas did they excel at? Strengths?
3. What are their areas of opportunities?

DEFINITION HIGHLIGHTS

- Emphasis on Sync, Choreo, technique and execution
- Precision in style and includes
 - Sharp, concise movements that showcase formation changes
 - Level changes
 - Visual effects
 - Group work
 - Contagions/ripples
 - Kicks
 - Etc
- Team precision is the goal and how difficulty is measured

Class Notes

- 1.) *More moderate level of precision*
- 2.) *Musicality is an area of opportunity at times*

Suggestion for Military category definition

NEW Military

The emphasis will be on synchronization, choreography, **musicality**, technique, and execution. Military is precision in style and incorporates many sharp, concise movements that showcase formation changes, level changes, visual effects, group work, contagions, ripples, kicks, etc. Choreography should be carefully constructed to define the routine as military by incorporating difficulty consistent with the goal of team precision.

Current Military

The emphasis will be on synchronization, choreography, technique and execution. Military is precision in style and incorporates many sharp, concise movements that showcase formation changes, level changes, visual effects, group work, contagions, ripples, kicks, etc. Choreography should be carefully constructed to define the routine as military by incorporating difficulty consistent with the goal of team precision

Jazz

A jazz routine incorporates **stylized dance movements and combinations, formation changes, group work, leaps and turns**. Emphasis is placed on **proper technical execution, extension, control, body placement and team uniformity**. Use creative choreography that will **capture** the judges and audience. **Make it your own style as to distinguish** your team apart from the rest. No props.

DEFINITION HIGHLIGHTS

- Stylized
- Movements and combinations, formation changes, group work, leaps and turns.
- Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.
- Capture the judges and audience.
- Make it your own style as to distinguish it

Jazz



Supplemental Link:

<https://www.youtube.com/watch?v=hKbqHQ9WX-Q&t=1s>

DEFINITION HIGHLIGHTS

- Stylized
- Movements and combinations, formation changes, group work, leaps and turns.
- Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.
- Capture the judges and audience.
- Make it your own style as to distinguish it

Discussion topics

1. Did they capture your attention? Was it their own?
2. What definition areas did they excel at? Strengths? Areas of opportunities?
3. What is this team good?

Suggestion for Jazz category definition

NEW Jazz

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Use creative choreography that will capture the judges and audience. **Point of emphasis:** Make it your own style as to distinguish your team apart from the rest. No props.

Current Jazz

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Use creative choreography that will capture the judges and audience. Make it your own style as to distinguish your team apart from the rest. No props.

**Category definition review and input
includes a request to consider a new
category that will expand student
access and interest in dance team**

Suggestion for new category: Open Show

Open Show allows teams to perform using any two (2) category genres of NMAA dance (maybe more, maybe not) while showcasing entertainment value and creativity. The goal of this division is to bring your team's BEST both artistically and technically and connect with the audience. Teams should compete with a performance that displays creativity, musicality, demand and provokes an emotional response from the audience.

Props are permitted provided they can be carried on and off by one individual dancer each. No sets or floor coverings are permitted. Turns, jumps, leaps, kicks, or tricks are not required.

There is no minimum/maximum number of seconds that each category genre must be displayed. Teams with no evident display of two distinct genres will receive a maximum score of 5 out of 10 in Challenge (Artistic scoresheet) and 5 out of 10 in Technique (Technical scoresheet).

Exact examples are not available, but similar ideas follow



Theme: Who we are
Number of Dance Styles: 2

This video was played in
class but can not be offered
in a pdf format



Theme: Broken Arrow High School: "Arrows – Hit me with your best shot"
Number of Dance Styles: 3

Supplemental Link: <https://www.youtube.com/watch?v=GzPRcoxA7r8>



Theme: Beautiful People
Number of Dance Styles: 4

Supplemental Link: <https://www.youtube.com/watch?v=u5srD2s61bo>

Scoring Data Review



Scoring Review


What did the data reveal?

- East side vs West side
 - No difference in overall, artistic or technical average scores
- Average overall scores higher in 2023 driven by increase in artistry score
- Average score in 2023 was 80.02
- Standard Deviation of Overall Score (measures consistency across judges)
 - Goal met in 2022 and 2023
 - SD ranges tightened up a bit from +/- 3.9 (2022) to +/- 2.5 (2023)
 - Divisional Class analysis
 - No difference in average scoring between 4A and 5A
 - A-3A average score lower than 4A/5A


Scoring review, continued

- Category scoring patterns
 - Low to High:
 - **Pom** 77.66
 - **HH** 77.68
 - **Jazz** 78.78
 - **Military** 83.77
- Subcaptions
 - Artistic:
 - High = Artistry
 - Low=Choreographic musicality
 - Technical:
 - High=Executed musicality
 - Low=Technique

NMAA State Spirit Championships Dance Scoresheet

	SCHOOL _____									
ARTISTIC										
DIVISION (Circle One):	A-3A	4A	5A							
	POM	CATEGORY (Circle One) JAZZ	HIP-HOP	MILITARY						
COMPOSITION			MAX SCORE	COMMENTS			SCORE			
Artistry	At what level did the team produce an authentic, creative, well designed and meaningful performance that surprised, challenged, or entertained the audience? Did poms (if used) enhance the visuals and overall artistry?			10						
Staging	At what level did the performance create purposeful visual effects through the use of group movement, individual movement, formations and transitions?			10						
Choreographic Musicality	At what level did the choreographic script bring the music to life? Did the choreography effectively pick up the musical impacts, subtleties, layers, and pace?			10						
Challenge	At what level did the choreography show readable evidence of challenge through advanced dance and/or equipment skills, phrase development, intricate movements and variety? (Regardless of execution)			10						
Showmanship	At what level did the performance offer an intentional and effective portrayal, mood, energy or concept that was communicated by the performers?			10						
TOTAL MAXIMUM POINTS 50										
JUDGE SIGNATURE _____								TOTAL SCORE		

NMAA State Spirit Championships Dance Scoresheet

	SCHOOL _____									
TECHNICAL										
DIVISION (Circle One):	A-3A	4A	5A							
	POM	CATEGORY (Circle One) JAZZ	HIP-HOP	MILITARY						
COMPOSITION			MAX SCORE	COMMENTS			SCORE			
Technique	At what level of quality and application did the team/performers demonstrate proper technique of <i>category</i> , <i>specific skills</i> ?			10						
Execution	At what level did the team execute clear and consistent articulation of both category specific skills and all other movement. Did they demonstrate strength, control and placement?			10						
Executed Musicality	At what level did the performers intentionally execute the choreographed musicality? Did they capture the nuances of tempo variations, meter, layers and musical queues?			10						
Unity	At what level did the team achieve the appearance of performing as ONE UNIT in relation to timing, consistent and uniform placements, body orientation and consistent style?			10						
Spacing & Transitions	At what level did the performers execute the accuracy of choreographed forms, maintain spacing and readable transitional pathways?			10						
TOTAL MAXIMUM POINTS 50										
JUDGE SIGNATURE _____								TOTAL SCORE		



NMAA Dance Rubric



Points	DISCOVERS	KNOWS	UNDERSTANDS	APPLIES	SETS NEW STANDARDS
10 Points	5 - 5.9	6 - 7.9	8 - 8.9	9 - 9.6	9.7 - 10
<i>Low</i>	5 - 5.2	6 - 6.6	8 - 8.2	9 - 9.2	9.7
<i>Middle</i>	5.3 - 5.6	6.7 - 7.2	8.3 - 8.6	9.3 - 9.4	9.8 - 9.9
<i>High</i>	5.7 - 5.9	7.3 - 7.9	8.7 - 8.9	9.5 - 9.6	10
100 Points	50 - 59	60 - 79	80 - 89	90 - 96	97 - 100
<i>Low</i>	50 - 52	60 - 66	80 - 82	90 - 92	97
<i>Middle</i>	53 - 56	67 - 72	83 - 86	93 - 94	98 - 99
<i>High</i>	57 - 59	73 - 79	87 - 89	95 - 96	100
	DISCOVERS	KNOWS	UNDERSTANDS	APPLIES	SETS NEW STANDARDS
	Beginner Inconsistent Basic Inadequate Simplistic Lack of Variety Incomplete Weak	Intermediate Moderate Aware Average Developing Good Work in Progress Strong Awareness Clear Personality	Advanced Excellent Well Developed Strongly Defined Dimensional Consistent Effective More Maturity Greater Variety	Dynamic Wide Range Intricate Superb Maximized	Elite Superior Highest Effect Stunning

