

CELEBRATING 50 YEARS!



DANCE TEAM AND SOLO COMPETITION

JANUARY 23-24, 2026

SAN MARCOS HIGH SCHOOL

TENTATIVE SCHEDULE

FRIDAY 1/23

HIGH SCHOOL

SOLO TITLE ONLY

ORIENTATION DINNER

OPENING NUMBER

WORKSHOP

SATURDAY 1/24

SOLO TITLE PRELIMS/FINALS

TEAM ROUTINES

GRADE LEVEL SOLOS

IMPROV SOLOS

DUET-TRIOS



TEAM CATEGORIES

CONTEMPORARY: Must contain creative, abstract, and dramatic movements that display emerging contemporary or modern dance styles, musical interpretation, and/or concert dance techniques.

(Divisions: Varsity or JV)

HIP HOP: Any combination or interpretation of street dance styles. Divisions separated as follows: Female Hip Hop, Male Hip Hop & Open Hip Hop (Divisions: Varsity or JV)

JAZZ: Emphasis must be on jazz dance technique and movement. Props permitted but must not be the focal point of the routine.

(Divisions: Varsity or JV)

LYRICAL: Routine must be of a poetic style with soft, flowing choreography that focuses on lyrical interpretation. Music selection must contain audible song lyrics (Divisions: Varsity or JV)

POM/SONG: Routine focus on the use of poms, featuring innovative dance & precision movements (Divisions: Varsity or JV)

MILITARY: Choreography must demonstrate precision movements, sharp angular arm sequences, contagion/level dynamics and a variety of marching styles (kickline sequence is allowed). Traditional military includes leading with left foot.

KICK: Majority of routine must emphasize defined and precise kicks with focus on technique, height, timing & unison.

NOVELTY/CHARACTER: Emphasis must be on characterization or be of a unique, thematic nature. Routine must use clever costumes & unusual or innovative moves to convey the thematic character-driven choreography. Small sets/props allowed.

PROP: Routine emphasis must be on the use and manipulation of a prop or variety of props as the major focal point.

DANCE/DRILL: Routine must consist of 50% jazz/lyrical choreography AND 50% military choreography.

SHORT FLAGS: Routine must focus on use of short pep flags. Divisions are divided into 1-flag & 2-flag categories

OFFICER/MINI: May be any genre, style, or combination of styles.

DUET/TRIO: Open Dance OR Hip Hop

OPEN DANCE: Routine may consist of any dance genre or combination of styles. In the spirit of competition, divisions with less than 3 entries shall merge to compete in this category.

DIVISION SIZES

DUET/TRIO [2-3]

OFFICER/MINI [4-5]

SMALL CONTEMPORARY [6-10]

SMALL JAZZ [6-10]

SMALL LYRICAL [6-10]

SMALL MILITARY [6-14]

SMALL POM/SONG [6-14]

SMALL FEMALE HIP HOP [6-10]

SMALL MALE HIP HOP [4-10]

SMALL OPEN HIP HOP [6-10]

SMALL OPEN DANCE [6-10]

MEDIUM CONTEMPORARY [11-17]

MEDIUM JAZZ [11-17]

MEDIUM LYRICAL [11-17]

MEDIUM FEMALE HIP HOP [11-17]

MEDIUM MALE HIP HOP [11-17]

MEDIUM OPEN HIP HOP [11-17]

MEDIUM OPEN DANCE [11-17]

LARGE CONTEMPORARY [18+]

LARGE JAZZ [18+]

LARGE LYRICAL [18+]

LARGE MILITARY [15+]

LARGE POM/SONG [15+]

LARGE FEMALE HIP HOP [18+]

LARGE MALE HIP HOP [18+]

LARGE OPEN HIP HOP [18+]

LARGE OPEN DANCE [18+]

CHARACTER/NOVELTY [6+]

DANCE/DRILL [6+]

KICK [6+]

PROP [6+]

SHORT FLAGS - SINGLE [4+]

SHORT FLAGS - DOUBLE [4+]

SOLO CATEGORIES

GRADE LEVEL SOLO (BEST OF CA): For soloists who wish to compete within their school grade & preferred style: jazz, lyrical/contemporary, or hip hop. Divisions are separated by school grade & dance genre.

IMPROV SOLO: Dancers perform a contemporary freestyle to a piece of music selected by our judges (45 seconds). Top solos advance to Finals

SOLO TITLE: The most prestigious solo competition in California! Dancers are honored with a welcome dinner, exchange gifts with other title contestants, perform in our opening number & build new friendships. Complete rules below...



CALIFORNIA SOLO TITLE CHAMPIONSHIP



CLICK HERE FOR RULES & INFORMATION VIDEO

MISS DANCE TEAM CALIFORNIA (16-19) | MISS TEEN DANCE CALIFORNIA (13-15) | MR. DANCE CALIFORNIA (13-19)

Contestants are evaluated by a highly-qualified panel of judges in the areas of dance performance, technique spotlight, and oral response to a judge's question. The Top 10 from each solo title age class shall qualify and are obligated to represent the State of California at MDDT Dance Team Nationals. Dancers are adjudicated as follows:

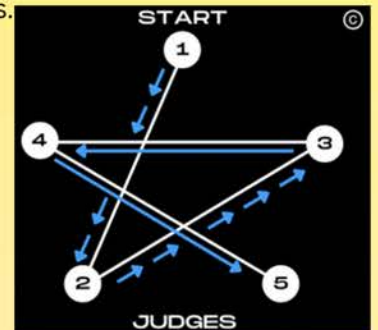
DANCE ROUTINE (70% OF TOTAL SCORE)

Contestant must display talent in a dance routine (1:30-2 minutes) using any or all disciplines of dance performance styles; Routine is limited to 3 gymnastic/tumbling feats. Contestant is judged on routine construction, technical execution & showmanship. Costuming for this element may be as creative as you wish!

SPOTLIGHT (15% OF TOTAL SCORE)

Contestant performs a compulsory format demonstrating (5) movement combinations. Dancers should present areas of personal strength in technique, tricks, movement specialties, etc (Total timing **MUST NOT** exceed 45 seconds to avoid penalty). This element is not performed to music, and is scored on content presentation & overall execution of the following **REQUIRED** star-pattern format:

Position #1: SKILL/POSE (pause), then WALK 8 Steps to...
Position #2: SKILL/POSE (pause), then WALK 8 Steps to...
Position #3: SKILL/POSE (pause), then WALK 8 Steps to...
Position #4: SKILL/POSE (pause), then WALK 8 Steps to...
Position #5: SKILL/POSE (pause), and then EXIT.



Dancer must walk **naturally** from position-to-position (no walking on relevé, strutting, jazz walks/runs, or dancing).

Dress Code: Spotlight attire is separate from the dance routine costume with an emphasis on simplicity. Contestants **MUST WEAR ALL BLACK** fitted dance attire with any style of dance shoe (Bare feet also allowed). Chosen apparel should accentuate the dancer's talent & movement abilities...

Examples of **ACCEPTABLE** spotlight dancewear attire include:

- ¾ sleeve or sleeveless leotard (lace, sheer & cutouts acceptable; no rhinestones, beading or sequins allowed)
- Fitted top (any sleeve length; NO cleavage allowed; NO baggy allowed)
- Black tights/leggings/dance pant/capri pant (all must be at least knee length)

Examples of **UNACCEPTABLE** spotlight dancewear attire include:

- Low cleavage tops of any kind
- Spandex shorts without accompanying tights/leggings underneath
- Please contact us prior to the event with any attire questions, for guidance.



JUDGES QUESTION (15% OF TOTAL SCORE)

Contestant is scored on their response to an impromptu question from the judges (Response must not exceed 45 seconds to avoid penalty). Score is based on confidence, projection, poise, diction & enthusiasm. No notes or props allowed! During prelims, solo title contestants **MUST** wear their spotlight outfit for the judges question element. All solo title contestants should be prepared to wear a more formal/semi-formal interview outfit in case they make

MDDT GENERAL RULES & REGULATIONS

ELIGIBILITY REQUIREMENTS

Participants in group routines, grade-level solos, and improv solos MUST be under 19 years of age and active registered students/members of the school, dance studio, or community dance program they represent.

Please note that dancers who wish to compete in our patented U.S. Solo Title Championship division at Nationals must receive a bid at MDDT California in order to represent the State of California on the national level (For dancers living in U.S. states that currently do not offer an MDDT authorized regional dance competition, virtual qualification for Nationals by video is also an available option! Please email us at registration@mddtusa.com for information on how to receive a Nationals Bid). Dancers not competing in solo title can register for MDDT Dance Team Nationals at will, in any of our other solo or team categories without qualifying.

ONLINE REGISTRATION & PARTICIPANT RELEASE WAIVER

Each team Director must complete the official MDDTUSA online registration portal on our website. We proudly use DanceComp Genie, the leader in dance team competition registration software. Click on the [REGISTER NOW](#) link on our website to input your dance team roster, register your dance routines & upload dancer release forms.

JUDGING CRITERIA

Performances are judged on routine construction, technical execution & showmanship. A panel of highly-qualified judges scores each performance in the above (3) areas. Routines in all divisions must demonstrate formation changes and technique of dance genre category entered. All decisions of the judges are FINAL.

TIME LIMIT REQUIREMENTS

Performers have 30 seconds to enter/exit the floor. Timing and judging begins with the first beat of the music and ends with the last beat of the music. Solo & duet/trio routines must be 1:30-2 minutes in duration. Team routines must be 2-3 minutes in duration. Please abide by these time limit requirements to avoid penalty.

MUSIC REQUIREMENTS (NO COPYRIGHT RESTRICTIONS)

MDDTUSA allows teams permission to use any music they wish (excluding profanity & suggestive lyrics). Please make sure all music is family-friendly. To avoid a 5-point penalty, Directors/Coaches MUST UPLOAD their music using our online registration system by the music upload deadline: **7 DAYS PRIOR TO EVENT DATE**

COSTUMES & FOOTWEAR

Performance costumes must enhance the theme and/or style of the routine. Costumes must be in good taste, appropriate for a family audience, and approved by the team's Director. With regard to footwear, our preference is performers wear any style of soft/rubber sole shoes; but half-soles/bare feet are also permitted.

PROPS AND SETS

Must be rubber-tipped to prevent floor damage. Any damage to facilities or performance floor caused by use of props and/or sets will result in disqualification, with damages charged to the team's school.

NO VIDEO RECORDING POLICY

Still-shot photography and video recording are allowed (You may only record your own team or soloist). This policy helps protect the choreographic originality & integrity of each routine. And it also helps to ensure that California solo title contestants' dance routines are not leaked on the Internet prior to U.S. Nationals. Please advise team members, spectators, and family members of this rule. Your team or soloist may lose points or be disqualified if caught filming routines that are not your own. We will NOT have a videographer at this event, and respectfully ask all spectators to adhere to the above rules when using personal video-recording devices and cell phones.

SCORESHEETS & JUDGES' AUDIO CRITIQUES

Directors will receive all score sheets for their team routines and soloist performers at the conclusion of the awards ceremony when they sign out with competition staff. Audio critiques from all judges will be emailed to the team director **7-14 DAYS POST EVENT**

MDDT



CALIFORNIA

REGIONALS

FEES & PRICING INFORMATION



*PARTICIPANT REGISTRATION

DANCER REGISTRATION FEE (REQUIRED)

\$10 EACH

TEAM DIVISIONS

SOLO DIVISIONS

DUET/TRIO	\$ 85
MINI OPEN/OFFICER	\$ 90
SMALL ROUTINE	\$100
MEDIUM ROUTINE	\$100
LARGE ROUTINE	\$125

IMPROV SOLO	\$ 35
GRADE LEVEL SOLO (BEST OF CALIFORNIA)	\$ 75
SOLO TITLE: MISS TEEN DANCE TEAM CALIFORNIA (AGE 13-15)	\$135
SOLO TITLE: MR. DANCE CALIFORNIA (AGE 16-19)	\$135
SOLO TITLE: MISS DANCE TEAM CALIFORNIA (AGE 16-19)	\$135

GENERAL ADMISSION

ADULTS	\$ 20
SENIORS & CHILDREN (UNDER AGE 10)	\$ 15

PAYMENT METHODS

Registration fees are non-refundable. We only accept certified funds, cashier's checks OR school/booster checks. NO personal checks or credit/debit cards. Please make checks for registration fees payable to:

MISS DANCE DRILL TEAM USA
ATTN: MDDT CALIFORNIA
5318 E. 2ND ST #603
LONG BEACH, CA 90803

registration@mddtusa.com | www.mddtusa.com



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