

IASF Worlds Divisions

IASF Worlds Divisions 2026

DIVISION/CATEGORY	BIRTH YEAR USASF TEAMS	GENDER	TOTAL MEMBERS
Open Hip Hop (OHH)	12/31/2010 or earlier	Female Only	6-30
Open Coed Hip Hop (OCHH)	12/31/2010 or earlier	Female/Male	6-30
Open Male Hip Hop (OMHH)	12/31/2010 or earlier	Male Only	6-30
Open Jazz (OJ)	12/31/2010 or earlier	Female Only	6-30
Open Coed Jazz (OCJ)	12/31/2010 or earlier	Female/Male	6-30
Open Pom (OP)	12/31/2010 or earlier	Female Only	6-30
Open Coed Pom (OCP)	12/31/2010 or earlier	Female/Male	6-30
Open Open (Contemporary/Lyrical) (OOCL)	12/31/2010 or earlier	Female/Male	6-30
Junior Hip Hop (U16)	2009-2014	Female/Male	6-30
Junior Jazz (U16)	2009-2014	Female/Male	6-30
Junior Pom (U16)	2009-2014	Female/Male	6-30

Non-U.S.-Based Teams: Refer to age requirements for IASF teams found at iasfworlds.com.

IASF Category Descriptions

Hip Hop: A Hip Hop routine 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. Distinctive clothing and accessories reflecting the Hip Hop culture must be worn.

Jazz: A Jazz routine 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 and 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.

Pom: A Pom routine incorporates the use of proper pom motion technique that is sharp, clean and precise while allowing for the use of concepts from jazz, hip hop and high kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, surprising and innovative pom pictures, staging of visual effects through fluid and creative transitions, levels and groups, along with complexity of movement and skills.

Open Open: Performances in Open Open incorporate organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyrics 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 and complexity of movement and skills. Costuming should reflect the category style.