

The Fox Warriorettes Dance Team presents...

INNOVATIVE DANCE

classic St. Louis

Fox High School January 10, 2026

The Fox Warriorettes are proud to present the first annual Innovative Dance Classic St. Louis. We are thrilled to be offering a ranked competition to Missouri dance teams, all star teams, independent competitors, and studios. Innovative Dance Classic will feature highly qualified and fair judges, MSHSAA and NFHS rules and regulations, and honest critiques and scoring. School teams will be classified by Varsity, JV, and Middle School. Studio/all star groups will be classified based on age. We will accept virtual submissions as well!

IDC St. Louis will begin at 8:00am. Teams may check in beginning at 7:00am. Teams will be assigned classrooms/dressing rooms.

General admission will be \$10 for adults and \$5 for students. Each team will receive free admission for coaches and team managers.

Submit your registration online:

Innovative Dance Classic St. Louis Website

www.innovativechoreography.com/innovativedanceclassicstlouis

***Registration is due December 1st, 2025.**

**Register by October 1st, 2025 to get 50% off your 3rd team entry.
Checks should be made out to Innovative Choreography, LLC.**

Questions?

Contact Anne Kastelic at (816) 686-4843 or innovativechoreography@gmail.com

Lauren Wilson at (913) 991-7139 or innovativechoreography@gmail.com



Competition Information

General Timeline

7:00am Doors Open and Check In begins

8:00am Competition begin

TBD Innovative Exhibition & Awards

Team Information

*Each team will be provided a dressing room. We ask for you to have no food or drink inside the dressing room. Water is permitted. Prior to picking up scoresheets and awards, each team will check out with a Fox parent to ensure the room is left in good condition.

*We have invited collegiate dance teams to perform and to set up booths in the hallway! Stop by to talk with current dancers and/or coaches about pursuing dance at the collegiate level.

Competition Merchandise

Help us commemorate the first annual Innovative Dance Classic St. Louis with short and long sleeve t-shirts! We encourage you preorder and will have a link available soon to do so. Limited quantities will be available at the competition. Photos of the shirts will be posted on our website.

Social Media Challenge

Your team photo will be shared on our social media accounts. The team with the most cumulative likes and shares wins! You will select a charity to promote during the Social Media Challenge. Innovative Choreography will make a donation on behalf of the winning team to the winning team's charity!



@innovativechoreography
Likes & Shares



@innovativechoreography
Likes

Categories and Time Limits:

Category	Number of Dancers	Time Limit
Solo	1	3 minutes maximum
Duet/Trio	2-3	3 minutes maximum
Officer Routine	2+	3 minutes maximum
Ensemble	4+	3 minutes maximum
Team	5+ <small>*Acceptable for fewer than 5 dancers if the team is comprised of less than 5 dancers.</small>	3 minutes maximum
Production	Any	9 minutes maximum



Team Divisions:

Teams will be divided by Varsity, JV, and Middle School. Teams may be grouped within each style into separate divisions (example: Small Varsity Jazz and Large Varsity Jazz) based on the number of entries in a style. A split in division will occur if there are 10 or more entries in a style.

*Studio/All-Star will be divided by age (please see the studio/all star packet).

Team Styles:

Precision Jazz, Lyrical/Contemporary, Pom, Hip Hop, Mix, Kick, Game Day, Prop

*There is no limit to the number of styles a team may compete.

Solo Divisions:

Solos will be divided by Varsity, JV, and Middle School. Soloists may be grouped into separate age divisions (example: Varsity Freshmen/Sophomore or Varsity Junior/Senior....or even further into Varsity Freshmen, Varsity Sophomore, Varsity Junior, Varsity Senior) based on the number of entries. A split in age division will occur if there are 10 or more entries.

*Studio/All-Star will be divided by age (please see the studio/all star packet).

*There is no limit to the number of solos a dancer may compete.

Duet/Trio Divisions:

Duets/Trios will be divided by Varsity, JV, and Middle School. Duets and trios may be separated into separate groups based on the number of entries (example: Varsity Duets, Varsity Trios). A split of duets and trios will occur if there are 10 or more entries.

*Studio/All-Star will be divided by age (please see the studio/all star packet).

*There is no limit to the number of duets/trios a dance may compete.

Awards

Scores & Score Sheets:

Each routine will receive a score from three judges on the panel. The three judge scores will be averaged. Any penalties will be subtracted from the average score. Score sheets will be available for **coaches** to pick up at the conclusion of the awards ceremony.

Team Awards:

Trophies will be awarded to the 1st, 2nd, and 3rd place team in each division.

Solo Awards:

The top 10 soloists in each division will receive a medal. The winner of each division will also receive a trophy.

Duet/Trio Awards:

The top 10 duets/trios in each division will receive medals. The winning duet/trio of each division will also receive one trophy.

Audio Critiques:

Each routine will receive verbal feedback from three judges on the panel. The audio critique files will be shared via DropBox with the director's email listed on your registration form.



Awards Continued

Video:

Innovative Choreography will record every performance and provide the video file to you via DropBox.

Regional Champion:

Teams entering two or more team routines are eligible to receive this award based on an average of two highest scoring team routine scores. The Varsity, JV and Middle School team with the highest average will be named Regional Champion and receive a banner.

Studio/all star teams should see the studio/all star packet

Judges' Choice Awards:

Throughout the day, judges will be awarding **Choreography, Technique, and Entertainment** awards.

Fan Favorite:

All teams will have an opportunity to vote for their favorite routine of the day (not including routines from their own school). The routine with the most votes will receive the Fan Favorite Awards!

Social Media Challenge:

When you send us your team photo, we will post it on our Facebook and Instagram accounts. The team with the most cumulative likes (Facebook & Instagram) and shares (Facebook) will receive the Social Media Challenge Award! You will select a charity to promote during the Social Media Challenge. Innovative Choreography will make a donation on behalf of the winning team to the winning team's charity!

Innovative Exhibition

Before the awards ceremony, select routines will perform again for a packed house at Fox! The judging panel will select teams, and the participating teams will be announced throughout the day. What a spectacular way to end a wonderful day of dancing than by supporting one another for one last performance?



Pricing Information

Number of Total Solo Entries		x \$60 =	
Number of Total Duet Entries		x \$70 =	
Number of Trio Entries		x \$80 =	
Number of Officer Routines		x \$85 =	
Number of Ensembles		x \$85 =	
Number of Team Entries		x \$100 =	
Number of Production Entries		x \$200 =	
	If registering before 10/1/25 with three team routines	- \$50 =	
	(add up each subtotal)	Grand Total due to Innovative Choreography:	

*All payment is due by December 20, 2025.

We understand checks from schools can vary on timeliness and often are out of the control of the coach. However, we *must* have a PO in hand on or before 12/20/25. Entries without a PO or payment by 12/20/25 will be subject to a 10% non-negotiable late fee.

*Payment must be received in order for teams/dancers to compete.

Cancellations & Refunds

- Cancellations received on or before December 19th are eligible for a full refund.
- Cancellations received on or after December 20th are eligible for a 50% refund.
- Cancellations received on or after December 27th are not eligible for refunds. By 12/27/25, the schedule is finalized and therefore changes would affect the day of the competition (holes in the schedules, awards already ordered, etc).

Virtual Submissions

Upon receiving your registration, Innovative Choreography will reach out to you with details regarding video submissions. Videos must be received no later than January 3rd.



School Rules and Regulations

- All routines have a three minute performance time limit.
- Any routine over three minutes long will be in the production category. Productions may not exceed 9 minutes in length.
- The Game Day category will follow the same structure as NDA/UDA. There are three components: fight song, spirit raising performance, and performance routine.
- All music should be submitted via Dropbox. A confirmation email will be sent to confirm the music has been received in working order. Please bring MP3 backups the day of the competition.
- Please ensure all props are padded any portion that will touch the floor so there is no damage to the gym floor. Any damage charges will be billed directly to the violator's school.
- Innovative Dance Classic is a family friendly event. Judges will award reasonable penalties for inappropriate movement/choreography (suggestive, thrusting, sexual, etc), music (curse words, suggestive lyrics, etc), and/or clothing (follow MSHSAA and NFHS guidelines). Innovative Choreography reserves the right to edit (mute or bleep) inappropriate lyrics. All music must follow US music copyright laws.
- We strongly believe in building an enthusiastic, supportive, and positive atmosphere among dancers, coaches, parents, and fans. Innovative Choreography and Fox HS will kindly ask those who do not follow this request to leave the event with no re-admittance nor refund of admission fees.
- MSHSAA and NFHS rules will apply. Appropriate penalties will be awarded for not following MSHSAA and/or NFHS rules.
- No food or drink (with the exception of water) will be allowed in the dressing rooms or gymnasiums.
- Full payment must be received before Saturday, December 6th, 2025. Innovative Choreography & Fox HS reserve the right to remove any routines that have not been fully paid for.

DISCLAIMER

In order to induce Innovative Choreography and Fox HS to accept the application of the undersigned applicant, participants, including students, parents, teachers, and coaches will not hold Innovative Choreography or its owner, directors, or employees liable for injuries sustained while participating in our event.

Participants agree that adjudication and procedures are at the sole discretion of Innovative Choreography and Fox HS (following MSHSAA and NFHS rules and regulations) and that all results of IDC are final.

I release all rights to photographs and videos to be used in, but not limited to, art, advertising or website without any compensation or recognition. All forms become the property of Innovative Choreography. I waive my right to proof, alter, or restrict use of the finished product.

***Coaches/teachers electronically sign when registering online.**



SOLO SCORE SHEET

Strong: ✓

Needs Improvement: Circled

Artistry <input type="checkbox"/> Visual Impact of Staging & Transitions <input type="checkbox"/> Routine concept <input type="checkbox"/> Consistent & Apparent Style <input type="checkbox"/> Quality of Movement Appropriate to Genre	Comments	_____ (20 points)
Choreography <input type="checkbox"/> Variety & Creativity <input type="checkbox"/> Musicality <input type="checkbox"/> Appropriate Difficulty Level <input type="checkbox"/> Floor Coverage	Comments	_____ (20 points)
Technique <input type="checkbox"/> Extension <input type="checkbox"/> Clear Articulation of Movement <input type="checkbox"/> Quality of Strength in Skills <input type="checkbox"/> Proper Body Positioning	Comments	_____ (20 points)
Execution/Precision <input type="checkbox"/> Body Angles <input type="checkbox"/> Memory <input type="checkbox"/> Control	Comments	_____ (20 points)
Showmanship <input type="checkbox"/> Facial Expression & Projection <input type="checkbox"/> Confidence <input type="checkbox"/> Enthusiasm/Energy/Effort	Comments	_____ (20 points)

Penalties

Total Score

_____ (100 points)

Judge Initials _____



DUET / TRIO SCORE SHEET

Strong: ✓

Needs Improvement: Circled

Artistry ___ Visual Impact of Staging & Transitions ___ Routine concept ___ Consistent & Apparent Style ___ Quality of Movement Appropriate to Genre	Comments 	_____(20 points)
Choreography ___ Variety & Creativity ___ Musicality ___ Appropriate Difficulty Level ___ Floor Coverage ___ Smooth Transitions	Comments 	_____(20 points)
Technique ___ Extension ___ Clear Articulation of Movement ___ Quality of Strength in Skills ___ Proper Body Positioning	Comments 	_____(20 points)
Execution/Precision ___ Uniformity/Synchronization of Movement ___ Alignment/Spacing ___ Timing ___ Memory ___ Control	Comments 	_____(20 points)
Showmanship ___ Facial Expression & Projection ___ Confidence ___ Enthusiasm/Energy/Effort	Comments 	_____(20 points)

Penalties _____

Total Score _____

(100 points)

Judge Initials _____



OFFICER / ENSEMBLE / TEAM SCORE SHEET

Strong: ✓

Needs Improvement: Circled

Artistry ___ Visual Impact ___ Routine concept ___ Consistent & Apparent Style ___ Quality of Movement Appropriate to Genre	Comments	_____(20 points)
Choreography ___ Variety & Creativity ___ Musicality ___ Appropriate Difficulty Level ___ Floor Coverage ___ Smooth Transitions ___ Variety of Formations	Comments	_____(20 points)
Technique ___ Extension ___ Clear Articulation of Movement ___ Quality of Strength in Skills ___ Proper Body Positioning	Comments	_____(20 points)
Execution/Precision ___ Uniformity/Synchronization of Movement ___ Alignment/Spacing ___ Timing ___ Memory ___ Control	Comments	_____(20 points)
Showmanship ___ Facial Expression & Projection ___ Confidence ___ Enthusiasm/Energy/Effort	Comments	_____(20 points)

Penalties

Total Score

_____ (100 points)

Judge Initials _____



GAME DAY SCORE SHEET

Strong: ✓

Needs Improvement: Circled

FIGHT SONG	Game Day Material ___ Proper use of material and skills relevant to the game day environment	Comments	_____ (10 points)
	Execution ___ Proper control ___ Proper technique & strength ___ Proper placement & completion of motions/skills		_____ (10 points)

BAND DANCE	Game Day Material ___ Proper use of material and skills relevant to the game day environment	Comments	_____ (10 points)
	Execution ___ Proper control ___ Proper technique & strength ___ Proper placement & completion of motions/skills		_____ (10 points)

PERFORMANCE ROUTINE	Visual Incorporation ___ Elements included in choreography (group work, levels, visuals) used to enhance movement for an entertaining, game day appropriate performance	Comments	_____ (10 points)
	Execution ___ Control ___ Correct placement ___ Strong motions ___ Quality of strength in motions & skills		_____ (10 points)

Spacing ___ Maximum crowd coverage ___ Spacing ___ Formations	Comments	_____ (10 points)
Synchronization ___ Consistent unison and timing ___ Uniformity of movement within choreography and skills ___ consistent and even positioning of dancers throughout formations and transitions		_____ (10 points)
Overall Impression ___ Energy ___ Leadership ___ Connection to the crowd	Comments	_____ (20 points)

Penalties _____

Total Score

_____ (100 points)

Judge Initials _____

