



2010-2011 Dance Rules*

(Dance Rules are now aligned with USASF Dance Rules - will also be used at US Finals)

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All teams must be supervised during all official functions by a qualified director/coach.
2. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Teams must have at least 4 members. There is no maximum limit.
5. Each team will have a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. If a company adds the production/show category, the time limit may be increased to 5 minutes. Event producers may allow a maximum of 5 second leeway/grace period. All participants should walk/spirit onto the floor and immediately start their routine after placement of any props.
6. Participants may compete in more than one dance division and/or category as long as they abide by the age restrictions in all divisions in which they compete. **Dancers may not compete in more than one routine in the same category and division (Example: A dancer cannot compete in (2) Senior Jazz routines. Exception: If a dancer is on a Senior Hip Hop team and a Senior Coed Hip Hop team and the event producer combines the divisions, this rule does not apply.)**
7. Substitutions may be made in the event of any injury and must also abide by the age restrictions in all divisions.
8. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
9. **Footwear** is recommended but not required. Wearing socks and/or footed tights only is prohibited.
10. Jewelry as a part of a costume is allowed.



* For additional definitions of rules, please refer to the Dance Glossary.
RED, BOLD font denotes change/clarification from 2009-2010 rules.



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TUMBLING & TRICKS (Executed by Individuals)

Tumbling and/or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling is allowed, **but not required**, in all divisions **with the following limitations:**

The following are examples of skills that are and are not allowed:

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head spins
Windmills
Kip up
Dive Rolls (in a piked position)
Round Off

NOT ALLOWED

★Aerial Cartwheels
★Front/Back Handsprings
Front/Back Tucks
Side Somi
Layouts
Shushanova
Headspring (without hand support)

★see below for exceptions to these limitations

1. **★Allowed only for Hip-Hop:** Airborne skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position. (*Exception: Aerial Cartwheels are allowed in hip hop only.*)
2. **Tumbling is limited to (2) two connected skills.**
3. **Weight bearing skills on the hands are not allowed while holding poms or props** (*Exception: forward and backward rolls are allowed.*)
4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a **turn**, jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop (*Exception: Toe-touches to a push up position are not allowed.*)
5. **Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. Drops to a push-up position from a toe touch (i.e. Shushanova) or tuck jump are not permitted.**





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DANCE LIFTS & PARTNERING (Executed as partners or groups)

Dance Lifts, Tricks and Partnering are permitted and are defined below:

Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s).

Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of “Supporting” dancer(s) and “Executing” dancer(s).

Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both “Supporting” and “Executing” skills.

1. A Lifting/Supporting Dancer must maintain direct contact with the performance surface at all times.
2. At least one Lifting/Supporting Dancer must have **hand/arm/body to hand/arm/body** contact with the Elevated/Executing Dancer(s) at all times during the Lift, Trick or Partnering skill.
3. Swinging Lifts and Tricks are allowed provided the Elevated/Executing Dancer’s body does not make a complete circular rotation and is in a face up position at all times.
4. Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as his/her hips maintain a level at or below the shoulder height of the Lifting/Supporting Dancer(s). (*Exception: Chorus Line Flips are not allowed. See USASF Dance Glossary for full definition of Chorus Line Flips*)
5. All Cheer **style** stunts and/or pyramids are prohibited. (*Exceptions: pony sit, thigh stand, shoulder sit*)
6. **Jumping or leaping off a dancer is allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated/executing dancer) contact with a supporting dancer throughout the skill.**
7. **Tossing a dancer is allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated/executing) contact with at least one other dancer throughout the skill.**

CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography, **costuming**, and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, **costuming and/or music may** affect the judges’ overall impression **and/or score** of the routine.
3. All choreography should be age appropriate.
4. All costuming and makeup should be age appropriate and acceptable for family viewing.

PROPS

1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
2. Standing props are only allowed in the PROP and **PRODUCTION** category. Any items that bears the weight of the participant is considered a standing prop (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.).
3. The use of fire, glass or live animals is not permitted.





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CATEGORIES (See Division sheets for available categories for your division)

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.

POM: Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

HIP HOP: Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks (*Examples:* Dance Crew, Krumping, Breaking, Stepping, etc.).

OPEN: An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in the category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity.

VARIETY: Routines will incorporate a blend of jazz, pom and hip hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.

LYRICAL: Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

KICK: Routines emphasize control, height uniformity, extension, toe points, timing and creativity of a variety of kick series. Fifty kicks must be performed in the routine. For a kick to be counted, at least half of the team must perform the kick. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor.

PROP: Routines emphasize the use of props or a variety of props. The manipulation of the prop must be the main focal point of the routine. Each team will be given 2 minutes to set up and 2 minutes to take down their props before and after the performance if necessary.

PRODUCTION: Production teams must have at least **20** members, and routines must emphasize a theme or a storyline. Routines may be any style of dance that is outlined in the category listing. Production routines will have a maximum of 5 minutes to complete their routine.

