



2009-2010 DANCE Rules

Updated 02-26-09

LEGEND

RED, BOLD FONT – ADJUSTED RULES!!! Please read these carefully as anything highlighted in red is a deliberate change to the current rules that were decided upon at the USASF Dance Rules Meeting.

BLUE, BOLD FONT Anything bolded in blue includes newly discovered clarifications to the current rules. These rules haven't changed. However, they have been clarified.

Please contact USASF Representative Tegan Reeves (treeves@usasf.net) or Dance Committee Chairman Catherine Morris (cmorris@varsityspirit.com) for further explanation with regards to any of these topics.

***Dance Rules are set by the USASF/IASF. Event Producers may make the rules more restrictive. Please see the rules stipulated by each event you attend for any modifications to the rules listed here.**

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All teams must be supervised during all official functions by a qualified director/advisor/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.
3. All directors, advisors and coaches 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 **Event Producers** add 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.**
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.
7. Substitutions may be made in the event of any injury or other serious circumstance. Substitutes 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. Shoes are recommended but not required. Wearing socks **and/or footed tights** only is prohibited.
10. Jewelry as a part of a costume is allowed.



TUMBLING AND TRICKS

1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs. (**Exception: aerial cartwheels are allowed**)

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head spins
Windmills
Kip up
Aerial Cartwheels

NOT ALLOWED

Dive Rolls
* Round-offs
* Front
* Back Handsprings
Front
Back Tucks
Side Somi
Layouts
*** see below for exceptions to these limitations***

2. *** 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.**
3. **Tumbling while holding poms or props is not allowed (Exception: forward and backward rolls).**
4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a 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.**)

DANCE LIFTS and PARTNERING

GENERAL GUIDELINES

1. **Jumping or tossing from one dancer to another is not allowed.**
2. **Jumping or tossing from one dancer to or from the performance surface is not allowed.**
3. **Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.**
4. All cheer stunts and/or pyramids are prohibited. (*Exceptions: pony sit, thigh stand, shoulder sit, back arch*)
5. All tosses including toe-pitches are prohibited.

DANCE LIFTS

1. Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down.
2. **A** lifting dancer must maintain direct contact with the performance surface at all times.

3. A lifting dancer must have hand/arm to body contact, of the lifted dancer (s), at all times.
4. A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).
5. **Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.**
6. **Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (Exception: chorus line flips are not allowed)**

PARTNERING

1. Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another, but are not elevated.
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance **surface.**

CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks 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 affects the judges' overall impression 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 category, **any items that bears the weight of the participant is considered a standing prop.** (Examples: chairs, stools, **benches**, ladders, boxes, stairs, etc.)