



2010-2011 DANCE RULES

Updated 08-24-2010



LEGEND

RED, BOLD FONT Please read these carefully as anything highlighted in red is a deliberate change to the divisions and categories that were decided upon at the USASF Dance Rules Meeting. Please contact USASF Dance Committee Chairman Catherine Morris (cmorris@usasf.net) or USASF Director of Dance Tegan Reeves (treeves@usasf.net) for further explanation with regards to any of these

DANCE GENERAL GUIDELINES

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 action 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.
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 or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
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. **(Exception: socks are allowed on a carpeted performance surface)**
10. Jewelry as a part of a costume is allowed.



TUMBLING AND 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:

<u>Allowed</u>	<u>Not Allowed</u>
Forward/Backward Rolls	* Aerial cartwheel
Shoulder Rolls	* Front/Back Handsprings
Cartwheels	Front/Back Tucks
Headstands	Side Somi
Handstands	Layouts
Backbends	Shushunova
Front/Back Walkovers	Headsprings (without hand support)
Stalls	
Head spins	
Windmills/Flairs	
Kip up	
Dive Rolls (in a piked position)	
Round Off	

** see below for exceptions to these limitations*

1. *Allowed for Hip Hop only:
 - a. 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.)*
 - b. Tumbling skills with airborne hip over head rotation is limited to 2 connected skills. *(Example: Round-off, back handspring, back handspring is not allowed. Round-off back handspring kip up is allowed)*
2. **Weight bearing skills on the hands are not allowed while holding poms or props (including tumbling, stalls, etc.). (Exception: Forward and backward rolls are allowed) Please see the USASF Glossary for definition of weight bearing.**
3. 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 foot/feet in order to break the impact of the drop.
4. **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. All variations of a Shushinova not permitted**

DANCE LIFTS, TRICKS AND 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 supine position (may not be prone) 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 a standing 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.)