2011-2012
USASF Dance
RULES

> **BOLD font:** Please read these carefully as anything **bold** is a deliberate change to the guidelines..
> Please contact USASF Dance Chair Catherine Morris (cmorris@usasf.net) or Director of Dance: Tegan Reeves (treeves@usasf.net) for further explanation with regards to any of these topics.

DANCE GENERAL GUIDELINES

1. All teams must be supervised during all official functions by a qualified coach/instructor.

2. **Coaches/instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.**

3. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/ coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.

4. All programs should have, and review, an emergency action plan in the event of an injury.

5. Teams must have at least 4 members. There is no maximum limit.

6. Each team will have a **minimum of 1 minute and 45 seconds (1:45)** to 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.
    a. Event producers may allow a maximum of 5 second leeway/grace period.
    b. If a company adds the production/show category, the time limit may be increased to 5 minutes.

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.

11. **Weight bearing skills and/or tumbling on the performance surface is not allowed while holding poms or props *(including stalls, etc.)*. (Exception: Forward and backward rolls are allowed) A full clean hand must be in contact with the performance surface for all weight bearing skills.**

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:

1. **In Hip Hop ONLY** airborne **tumbling** skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position. *(Exception: aerial cartwheels, round offs and dive rolls are allowed in all categories)*

   a) **The allowed hip hop** 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. **Simultaneous tumbling over or under another tumbler is not allowed.**

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 Shushunova not permitted.

Allowed	**Not Allowed**
Forward/Backward Rolls	Front/Back Tucks
Shoulder Rolls	Side Somi
Cartwheels	Layouts
Headstands	Shushunova
Handstands	Headsprings (without hand support)
Backbends	**Round Off Series Back Handsprings**
Front/Back Walkovers	**Dive Rolls (in a layout position)**
Stalls	
Head spins	
Windmills/Flairs	
Kip up	
Dive Rolls (in a pike position)	
Round Off	
Headsprings with Hand Support	
Aerial Cartwheel	
Front/Back Handsprings *(in Hip Hop ONLY)*	

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. **Any Lifting/Supporting Dancer(s) who has primary weight of an Elevated/Executing 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) **throughout the entire** Lift, Trick or Partnering skill. *(Exception: A dancer who is not prone can release contact below shoulder level [of the Lifting/Supporting dancer when standing upright].)*

3. Jumping or leaping off a dancer above **hip level [of the Lifting/Supporting dancer when standing upright]** is allowed as long as there is hand/arm (Lifting/Supporting Dancer) to hand/arm/body (Elevated/Executing dancer) contact with a Lifting/Supporting Dancer throughout the skill.
   a. *A dancer may jump or leap off another below hip level if the highest point of the skill does not elevate the Executing Dancer's hips above shoulder level of a standing dancer [of the Lifting/Supporting dancer when standing upright]and the Executing Dancer is not prone or inverted.*
   b. *A dancer may step off another dancer.*

4. Tossing a dancer is **only allowed if the highest point of the toss does not elevate the Executing Dancer's hips above shoulder level [of the Lifting/Supporting dancer when standing upright] and the Executing Dancer is not prone or inverted. When released the Executing Dancer cannot pass through an inverted position.**

5. 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.

6. Hip over head **rotation** of the Elevated/Executing Dancer(s) may occur as long **as his/her shoulders do not exceed shoulder level [of the Lifting/Supporting Dancer when standing upright].**

7. **Vertical Inversions above shoulder level [of a standing dancer] must be supported by at least two Lifting/Supporting Dancers, who have hand to body contact throughout the inversion.**

8. **Hand to hand vertical inversions are allowed as long as the shoulders of the Executing Dancer do not exceed shoulder level [of the Lifting/Supporting Dancers when standing upright] and there are at least 2 Lifting/Supporting Dancers.**

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 item that bears the weight of the participant is considered a standing prop. *(Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)*