

# 2012/2013 & 2013/14

## 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](mailto:cmorris@usasf.net)) or Director of Dance: Tegan Reeves ([trevens@usasf.net](mailto:trevens@usasf.net)) for further explanation with regards to any of these topics.

*These USASF Dance Rules are effective from June 1, 2012 to May 31, 2014 and are subject to review by the Rules Committee at any time.*

### DANCE GENERAL RULES

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 happens 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 and gender restrictions in all divisions in which they compete.
8. Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited.  
*(Exception: socks are allowed on a carpeted performance surface)*
9. Jewelry as a part of a costume is allowed.

### 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.)*

### TUMBLING (Executed by individuals)

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

1. **Airborne\* tumbling skills with hip over head rotation are not allowed. (Exception: aerials, dive rolls in a pike position and round offs).**
2. **Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.**
3. Drops\* to the knee, thigh, back, seat, front, jazz split (hurdler) or split position onto the performing surface are not allowed unless the dancer first bears weight on the hands or foot/feet.
4. Drops\* to a push-up position onto the performance surface are allowed from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a Shushunova are not allowed.
5. **Hip over head rotation skills with hand support are not allowed while holding poms or props. (Exception: forward rolls and backward rolls are allowed).**

### DANCE LIFTS AND PARTNERING (Executed in partners or groups):

1. Any Supporting Dancer(s) who has primary weight of an Executing Dancer must maintain direct contact with the performance surface at all times.
2. At least one Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Executing Dancer(s) throughout the entire skill above shoulder level.
3. **Hip over head rotation of the Executing Dancer(s) is allowed if:**
  - a. **A Supporting Dancer maintains hand/arm/body to hand/arm/body contact until the Executing Dancer returns to the performance surface or returns to the upright position.**
  - b. **The skill is limited to one [hip over head] rotation.**
4. **A Vertical Inversion\* is allowed if:**
  - a. **The Supporting Dancer(s) maintains hand/arm/body to hand/arm/body contact until the Executing Dancer returns to the performance surface or returns to the upright position.**
  - b. **When the height of the Executing Dancer's shoulders exceed shoulder level there is at least one additional dancer to spot and/or support.**

### RELEASE MOVES

5. An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) if:
  - a. **The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder level.**
  - b. **When the height of the skill is at hip level or above the Executing Dancer may not pass through the prone or inverted position.**
  - c. **Toe Pitches are not allowed.**
6. A Supporting Dancer may toss an Executing Dancer as long as:
  - a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level.
  - b. The Executing Dancer is not prone or inverted when released.
  - c. The Executing Dancer does not pass through a **prone** or inverted position after release.

\* see glossary definition

(HIP HOP teams in Junior, Senior and Open see also Expanded Rules. Prep Teams see also Limited Rules.)



## **LIMITED PREP CATEGORY RULES:**

**Teams in the Prep category must follow the USASF Dance Rules AND the additional restrictions below:**

### Prep TECHNICAL SKILLS (executed by individuals):

Skills are developed and should be part of natural progression in learning. The prep category involves skills with the following limitations:

1. Skill combinations are limited to 3 technical skills. (*Exception: Chassé and glissade are considered steps. Clarification: Duplicate skills are considered multiple skills [i.e. double pirouette is 2 skills].*)
2. Turns are allowed provided the following:
  - a) Working leg is held in a passé or coupe position.
  - b) Supporting leg is on ground through the completion of the turn.
  - c) Rotations are limited to 2 rotations.
3. Leaps and jumps are allowed provided the following:
  - a) *Does not involve a position change (Example: switch leaps are not allowed).*
  - b) Do not involve axis rotation (*Example: tour jetté or axle is not allowed*)

### Prep TUMBLING (executed by individuals)

Tumbling, as a dance style skill is allowed, but not required. The prep category must follow the USASF Rules in addition to the following limitations:

1. Skills with hip over head rotation must involve hand support and may not be airborne. (*Example: airborne skills with hip over head rotation\* including roundoffs are not allowed*).
2. Skills that do not include hip over head rotation may be airborne provided the following:
  - a) No more than one axis rotation in a straight/pencil position (*Example: A jump full turn is allowed, a windmill or butterfly is not allowed*)
  - b) Involve hand support during any inversion. (*Example: kip ups must have hand support*)
3. Inverted skills are allowed provided the following:
  - a) Involve hand support with at least one hand (*Example: shoulder stall*)

### Prep DANCE LIFTS AND PARTNERING (Executed in partners or groups)

Dance Lifts and Partnering should be limited. The prep category must follow the USASF Guidelines in addition to the following limitations:

1. **All Supporting Dancer(s) must maintain direct contact with the performance surface at all times.**
2. **All Supporting Dancer(s) must have hand/arm/body to hand/arm/body contact with the Executing Dancer(s) throughout the entire lift. (Clarification: The Executing Dancer may not be released)**
3. **Executing Dancer must maintain an upright position in any elevated skill.**
4. **Executing Dancer's hips cannot elevate above shoulder level.**

**EXPANDED HIP HOP RULES (For Junior, Senior, and Open HIP HOP Teams):**  
**Junior, Senior, and Open teams in the Hip Hop category must follow the USASF Dance Rules, but may apply the exceptions in the Expanded Hip Hop Rules below:**

**AERIAL STREET SKILLS (Executed by individuals):**

- 1. Airborne skills\* with hip over head rotation are permitted provided the following:**
  - a. Skills without hand support may involve no more than one twisting rotation.  
\*\* see below for further explanation and exception.
  - b. Only skills with hand support may be performed consecutively, but are limited to 2 consecutive skills.  
*(Example: Two back handsprings may connect, an airborne hip over head rotation without hand support may not connect to any skill or jump)*
- 3. Drops from a turn, jump or inverted position are permitted provided the following:**
  - a. Drops to the shoulder or seat are permitted provided the height of the airborne dancer does not exceed hip level *(Example: kip ups are allowed).*
- 4. Drops to a push up position may involve any jump.**

**LIFTS AND PARTNERING (Executed in partners or groups):**

- 1. A Supporting Dancer who has primary weight of the executing dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.**

**RELEASE 5 & 6 :** An Executing Dancer may jump, leap, step, push off or be tossed by a Supporting Dancer(s) if:

- a. The highest point of the released skill does not elevate the Executing Dancer's feet above shoulder level.
- b. The Executing Dancer must either be assisted to the performance surface or land on at least one of his/her feet.

\* see glossary definition

\*\* Aerial Street Skills are Hip Hop skill sets that dancers develop over time. They can include rotation that is hip over head or twisting. These skills are NOT meant to incorporate gymnastics or cheerleading style tumbling. Such gymnastic skills are NOT ALLOWED. This prohibits a "standing full twisting layout" in the Expanded Hip Hop Rules but allows a capoeira style "folha secca twist".

