2015-2016 USASF

DANCE RULES

	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	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.
6	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.
7	Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited. *(Exception: socks are allowed on a carpeted performance surface)*
8	Jewelry as a part of a costume is allowed.

	CHOREOGRAPHY, MUSIC, 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 also 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/or handheld items are allowed in all categories and can be removed and discarded from the body.
2	Standing props that bear the weight of the dancer(s) are not allowed. *(Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)*

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GENERAL DANCE RULES

Division Grid

Division	Age	Team Size	Gender
Tiny	6 years & younger	4 or more dancers	na
Small Mini	9 years & younger	4 - 14 dancers	na
Large Mini	9 years & younger	15 or more dancers	na
Small Youth	12 years & younger	4 - 14 dancers	na
Large Youth	12 years & younger	15 or more dancers	na
Small Junior	15 years & younger	4 - 14 dancers	0 males
Large Junior	15 years & younger	15 or more dancers	0 males
Junior Coed	15 years & younger	4 or more dancers	male(s) and female(s)
Junior Male	15 years & younger	4 or more dancers	0 females
Small Senior	18 years & younger	4 - 14 dancers	0 males
Large Senior	18 years & younger	15 or more dancers	0 males
Small Senior Coed	18 years & younger	4 - 14 dancers	male(s) and female(s)
Large Senior Coed	18 years & younger	15 or more dancers	male(s) and female(s)
Senior Male	18 years & younger	4 or more dancers	0 females
Small Open	14 years & older	4 - 14 dancers	0 males
Large Open	14 years & older	15 or more dancers	0 males
Small Open Coed	14 years & older	4 - 14 dancers	male(s) and female(s)
Large Open Coed	14 years & older	15 or more dancers	male(s) and female(s)
Open Male	14 years & older	4 or more dancers	0 females

2015-2016 USASF Hip Hop Rules

EXECUTED BY INDIVIDUALS (Tumbling & Aerial Street Style Skills)
Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:

	Hip Hop: Tiny, Mini, Youth	Hip Hop: Junior, Senior, Open
1	Inverted Skills: a. Non airborne skills are allowed (Example: Headstand) b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach	Inverted Skills: a. Non airborne skills are allowed b. Airborne skills with hand support that land in a perpendicular inversion are allowed

2	Tumbling skills with hip over head rotation:
	 a. Non airborne skills are allowed
	 b. Mini and Tiny ONLY: Airborne skills with hand support are allowed provided all of the following:
	     i. It is not airborne in approach but may be airborne in the descent *(Clarification: in the approach the hands must touch the ground before the feet leave the ground). (Exception: Dive Rolls)*
	     ii. Is limited to two consecutive hip over head rotation skills.
	     * *Youth follows the Junior, Senior, Open criteria for Individuals Rule 2.b*
	 c. Airborne skills without hand support are not allowed. *(Exception: Aerial cartwheel that is not connected to any other skill* with hip over head rotation*)*
		Tumbling skills with hip over head rotation:
		 a. Non airborne skills are allowed
		 b. * Airborne skills with hand support
		     i. Are allowed *(Example: Back Handspring)*
		     ii. Are limited to two consecutive hip over head rotation skills *(Clarification: both skills must have hand support)*
		 c. Airborne skills without hand support are allowed provided all of the following:
		     i. Involves no more than one twisting transition
		     ii. May not connect to another skill that is airborne with hip over head rotation with or without hand support

3	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*
5	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.	Landing in a push up position may involve any jump.
6	Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed).*	Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed).*

These USASF Dance Rules are effective from June 1, 2015 to May 31, 2016 and are subject to review by the Rules Committee at any time.   *DRAFT 9/25/15*

2015-2016 USASF Hip Hop Rules

	Hip Hop: Tiny, Mini, Youth	**Hip Hop: Junior, Senior Open**
	EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:	
1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.	A single Supporting Dancer may release contact at any level with a single Executing Dancer provided *(Clarification: Executing Dancer may only be released by one Supporting Dancer)*: a. The Executing Dancer does not pass through an inverted position after the release b. The Executing Dancer is either caught or supported to the performance surface by one or more Supporting Dancers c. The Executing Dancer is not caught in a prone position
3	Hip over head rotation of the Executing Dancer(s) is allowed provided: a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position. b. The Executing Dancer is limited to no more than one continuous [hip over head] rotation.	Hip over head rotation of the Executing Dancer(s) is allowed provided: a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
4	A Vertical Inversion is allowed provided: a. The Supporting Dancer(s) maintains 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 who does not bear the weight of the Executing Dancer.	A Vertical Inversion is allowed provided: a. The Supporting Dancer(s) maintains 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 who does not bear the weight of the Executing Dancer.
	Unassisted dismounts to the performance surface	
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step, push off a Supporting Dancer(s) provided all of the following: a. At least one part of the Executing Dancer's body is at or below shoulder level at the highest point of the released skill. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	A Supporting Dancer(s) may toss an Executing Dancer provided: (Clarification: May be assisted to performance surface, but not required): a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer does not pass through a prone or inverted position after release.	A Supporting Dancer(s) may toss an Executing Dancer provided (Clarification: May be assisted to performance surface, but not required): a. At least one part of the Executing Dancer's body is at or below shoulder level at the highest point of the released skill. b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet. c. The Executing Dancer may not pass through an inverted position after release.

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2015-2016 USASF Jazz and Lyrical/Contemporary Rules

	EXECUTED BY INDIVIDUALS (Tumbling & Aerial Skills) *Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:*	
	Jazz: Tiny, Mini, Youth	**Jazz: Junior, Senior, Open**
1	Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed).*	Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed).*
2	Airborne inverted and Airborne hip over head rotation skills with or without hand support are not allowed *(Exception: Aerial Cartwheels are allowed provided they are not connected to any other skill with hip over head rotation)*	Airborne hip over head rotation skills without hand support are not allowed. *(Exception: Front Aerials and Aerial Cartwheels are allowed)*
3	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.	Landing in a push up position may involve any jump.

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2015-2016 USASF Jazz and Lyrical/Contemporary Rules

EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:		
	Jazz: Tiny, Mini, Youth	**Jazz: Junior, Senior, Open**
1	The <u>Executing Dancer</u> must receive support from a <u>Supporting Dancer</u> who is in direct contact with the performance surface. *(Exception: kick line leaps)*	A <u>Supporting Dancer</u> does not have to maintain contact with the performance surface provided the height of the skill does not exceed <u>shoulder level.</u>

2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above <u>shoulder level</u>.	A single Supporting Dancer may release contact at any level with a single <u>Executing Dancer</u> provided all of the following *(Clarification: Executing Dancer may only be released by one Supporting Dancer)*:
		    a. The Executing Dancer does not pass through an <u>inverted</u> position after the release
		    b. The Executing Dancer is either caught or supported to the performance surface in by one or more Supporting Dancers
		    c. The Executing Dancer is not caught in a <u>prone</u> position

3	<u>Hip over head rotation</u> of the Executing Dancer(s) is allowed provided:
	    a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
	    b. The Executing Dancer is limited to one <u>continuous</u> [hip over head] rotation.
		<u>Hip over head rotation</u> of the Executing Dancer(s) is allowed provided:
		    a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.

4	A <u>Vertical Inversion</u> is allowed provided:
	    a. The Supporting Dancer(s) maintains 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 who does not bear the weight of the Executing Dancer.
		A <u>Vertical Inversion</u> is allowed provided:
		    a. The Supporting Dancer(s) maintains 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 who does not bear the weight of the Executing Dancer.

<u>Unassisted dismounts</u> to the performance surface		

5	An Executing Dancer may jump, <u>leap</u>, 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. The Executing Dancer may not pass through the <u>prone</u> or <u>inverted</u> position after the release.
		An Executing Dancer may jump, <u>leap,</u> step, push off a Supporting Dancer(s) provided all of the following:
		    a. At least one part of the Executing Dancer's body is at or below shoulder level at the highest point of the released skill.
		    b. The Executing Dancer may not pass through the <u>prone</u> or inverted position after the release.

6	A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided (Clarification: May be assisted to performance surface, but not required):
	a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level.
	b. The Executing Dancer is not <u>supine</u> or inverted when released.
	c. The Executing Dancer does not pass through a prone or inverted position after release.
		A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided (Clarification: May be assisted to performance surface, but not required):
		    a. At least one part of the Executing Dancer's body is at or below shoulder level at the highest point of the released skill.
		    b. The Executing Dancer may be <u>supine</u> or inverted when released but s/he must land on their foot/feet.
		    c. The Executing Dancer may not pass through an inverted position after release.

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2015-2016 USASF Pom Rules

	Pom: Tiny, Mini, Youth	Pom: Junior, Senior, Open
	EXECUTED BY INDIVIDUALS (Tumbling & Aerial Skills) *Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:*	
1	Hip over head rotation skills with hand support are not allowed while holding poms in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed).*	Hip over head rotation skills with hand support are not allowed while holding poms in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed).*
2	Airborne inverted and Airborne hip over head rotation skills with or without hand support are not allowed *(Exception: Aerial Cartwheels are allowed provided they are not connected to any other skill with hip over head rotation)*	Airborne hip over head rotation skills without hand support are not allowed. *(Exception: Front Aerials and Aerial Cartwheels are allowed)*
3	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) foot/feet.
5	Landing in a push up position onto the performance surface from an airborne skill is not allowed.	Landing in a push up position onto the performance surface from an airborne skill is not allowed.

2015-2016 USASF Pom Rules

	Pom: Mini, Tiny, Youth	Pom: Junior, Senior, Open
EXECUTED BY GROUPS OR PAIRS -Lifts and Partnering are allowed, but not required in all divisions with the following limitations:		
1	The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface. *(Exception: kick line leaps)*	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.	A single Supporting Dancer may release contact at any level with a single Executing Dancer provided all of the following *(Clarification: Executing Dancer may only be released by one Supporting Dancer)*: a. The Executing Dancer does not pass through an inverted position after the release b. The Executing Dancer is either caught or supported to the performance surface in by one or more Supporting Dancers c. The Executing Dancer is not caught in a prone position d. No supporting dancer may hold poms during the release or catch/assistance upon return to the performance surface.
3	Hip over head rotation of the Executing Dancer(s) is allowed provided: a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position. b. The Executing Dancer is limited to one continuous [hip over head] rotation.	Hip over head rotation of the Executing Dancer(s) is allowed provided: a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
4	A Vertical Inversion is allowed provided: a. The Supporting Dancer(s) maintains 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 who does not bear the weight of the Executing Dancer.	A Vertical Inversion is allowed provided: a. The Supporting Dancer(s) maintains 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 who does not bear the weight of the Executing Dancer.
Unassisted dismounts to the performance surface		
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder level. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	A Supporting Dancer(s) may toss an Executing Dancer provided (Clarification: May be assisted to performance surface, but not required): a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer does not pass through a prone or inverted position after release.	A Supporting Dancer(s) may toss an Executing Dancer provided (Clarification: May be assisted to performance surface, but not required): a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after release.

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2015-2016 USASF Prep Rules

EXECUTED BY INDIVIDUALS :Technical Skills are developed and should be part of the natural progression of learning. The Prep sub-category allows skills with the follwoing limitations:

	PREP: Tiny, Mini, Youth	PREP: Junior, Senior
1	Each series of technical skills is limited to 3. (Clarification: Skills not broken by a pause or step are considered multiple skills. i.e. a double pirouette is considered 2 skills)	Each series of technical skills is limited to 4. Clarification: Skills not broken by a pause or step are considered multiple skills. i.e. a double pirouette is considered 2 skills)
2	Stationary Turns are allowed provided the following: a.Working leg is held in a passé or coupé position. b.Supporting leg is on the ground through the completion of the turn. c.Rotations are limited to 2 rotations.	Stationary Turns are allowed provided the following: a. Working leg is held in a passé, coupé or Second position. b. Supporting leg is on the ground through the completion of the turn. c. Rotations held in passe and coupe are limited to 2 rotations.
3	Leaps and jumps are allowed provided the following: a. Does not involve a change in body position, facing direction or leg placement, from preparation through completion of the skill. b. Do not involve axis rotation (Exception: Jump full turn is allowed)	Leaps and jumps are allowed provided the following: a. Does not involve a change in body position, facing direction or leg placement, from preparation through completion of the skill. b. Do not involve axis rotation (Exception: Jump full turn is allowed)
4	Skills that do not include inversion or hip over head rotation may be airborne provided the following: No more than one axis rotation in a straight/pencil position (Example:, a windmill or butterfly is not allowed)	Skills that do not include inversion or hip over head rotation may be airborne provided the following: 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)

EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills) *Tumbling as a dance skill is allowed in all divisions, but not required, with the following limitations:*

	PREP: Tiny, Mini, Youth	PREP: Junior, Senior
1	Inverted Skills: a. Non airborne skills must involve hand support with at least one hand through out the skill (Example: shoulder stall) b. Airborne skills are not allowed Exception:Kip-up originating from the performance surface with hand support.	Inverted Skills: a. Non airborne skills must involve hand support with at least one hand through out the skill (Example: shoulder stall) b. Airborne skills are not allowed (Exception: Kip-up originating from the performance surface is allowed with hand support.)
2	Tumbling skills with hip over head rotation: a. Non airborne skills are allowed (limited to two consecutive skills) b. Airborne skills with hand support are not allowed (no exceptions) c. Airborne skills without hand support are not allowed (no exceptions)	Tumbling skills with hip over head rotation: a. Non airborne skills are allowed (limited to two consecutive skills) b. Airborne skills with hand support are not allowed (no exceptions) c. Airborne skills without hand support are not allowed (no exceptions)
3	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.	Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.(Clarification: Landing in a push up positons while holding poms onto the performance surface from an airborne skill is not allowed.)	Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.(Clarification: Landing in a push up positons while holding poms onto the performance surface from an airborne skill is not allowed.)
6	Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).	Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).

2015-2016 USASF Prep Rules

	PREP: Tiny, Mini, Youth	**PREP: Junior, Senior**
	EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed in all divisions, but not required with the following limitations:	
1	Executing Dancer's hips cannot elevate above head level.	Executing Dancer's hips cannot elevate above head level.
2	All Supporting Dancer(s) must maintain direct contact with the performance surface throughout the entire skill.	All Supporting Dancer(s) must maintain direct contact with the performance surface throughout the entire skill.
3	All Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill. *(Clarification: The Executing Dancer may not be released)*	All Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill. *(Clarification: The Executing Dancer may not be released)*
4	Executing Dancer cannot pass through an inverted position in any elevated skill.	Executing Dancer cannot pass through an inverted position in any elevated skill.
5	The Executing Dancer may be vertically inverted if connected to the performance surface.	The Executing Dancer may be vertically inverted if connected to the performance surface.
	Unassisted dismounts to the performance surface	
6	The Executing Dancer may not be released	The Executing Dancer may not be released.
7	The Executing Dancer may not be released	The Executing Dancer may not be released.