

2014-15 USASF GENERAL 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. <i>(Exception: socks are allowed on a carpeted performance surface)</i>
8	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 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 handheld items are allowed in all categories and can be removed and discarded from the body.
2	Any item that does bear the weight of the participant is considered a standing prop. Standing props are only allowed in the prop and production category. <i>(Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)</i>

BOLD font: Please read these carefully as anything **bold** is a deliberate change to the guidelines.

Skill videos may be submitted to dance@usasfrules.com and must have division, category and USASF Member Number. Full routines will not be viewed. Only submissions from USASF Members will be reviewed.

Please contact Director of Rules: Meredith Walker (mwalker@usasf.net) for any other questions.

**2014-15 USASF
GENERAL DANCE RULES**

Division	Age	Team Size	Gender
Tiny	6 years & younger	4 or more dancers	n/a
Mini	9 years & younger	4 or more dancers	n/a
Small Youth	12 years & younger	4 - 14 dancers	n/a
Large Youth	12 years & younger	15 or more dancers	n/a
Junior Coed	15 years & younger	4 or more dancers	male(s) and female(s)
Small Junior	15 years & younger	4 - 14 dancers	0 males
Large Junior	15 years & younger	15 or more dancers	0 males
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)
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

2014-15 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	<p>Inverted Skills:</p> <ul style="list-style-type: none"> a. Non airborne skills are allowed (<i>Example: Headstand</i>) b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach 	<p>Inverted Skills:</p> <ul style="list-style-type: none"> a. Non airborne skills are allowed b. Airborne skills with hand support that land in a perpendicular inversion are allowed
2	<p>Tumbling skills with hip over head rotation:</p> <ul style="list-style-type: none"> a. Non airborne skills are allowed b. Mini and Tiny ONLY: Airborne skills with hand support are allowed provided all of the following: <ul style="list-style-type: none"> i. It is not airborne in approach but may be airborne in the descent (<i>Clarification: in the approach the hands must touch the ground before the feet leave the ground.</i>) (<i>Exception: Dive Rolls</i>) ii. Is limited to two consecutive hip over head rotation skills. <p><i>* Youth follows the Junior, Senior, Open criteria for Individuals Rule 2.b</i></p> <ul style="list-style-type: none"> c. Airborne skills without hand support are not allowed. (<i>Exception: Aerial cartwheel that is not connected to any other skill</i>) 	<p>Tumbling skills with hip over head rotation:</p> <ul style="list-style-type: none"> a. Non airborne skills are allowed b. * Airborne skills with hand support <ul style="list-style-type: none"> i. Are allowed (<i>Example: Back Handspring</i>) ii. Are limited to two consecutive hip over head rotation skills (<i>Clarification: both skills must have hand support</i>) c. Airborne skills without hand support are allowed provided all of the following: <ul style="list-style-type: none"> 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	<p>Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.</p>	<p>Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.</p>
4	<p>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.</p>	<p>Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. (<i>Clarification: drops directly to the knee, thigh, front or head are not allowed</i>)</p>
5	<p>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.</p>	<p>Landing in a push up position may involve any jump.</p>
6	<p>Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). (<i>Exception: forward rolls and backward rolls are allowed.</i>)</p>	<p>Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). (<i>Exception: forward rolls and backward rolls are allowed.</i>)</p>

**2014-15 USASF
HIP HOP RULES**

EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

	Hip Hop: Tiny, Mini, Youth	Hip Hop: Junior, Senior Open
1	The Executing Dancer must receive support from 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 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 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 if: 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 may toss an Executing Dancer if: 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 may toss an Executing Dancer if: 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.

2014-15 USASF

JAZZ RULES

EXECUTED BY INDIVIDUALS (Tumbling & Aerial Skills) <i>Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:</i>		
	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). <i>(Exception: forward rolls and backward rolls are allowed).</i>	Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>
2	Airborne inverted and Airborne hip over head rotation skills with or without hand support are not allowed <i>(Exception: Aerial Cartwheels are allowed provided they are not connected to any other skill.)</i>	Airborne hip over head rotation skills without hand support are not allowed. <i>(Exception: Front Aerials and Aerial Cartwheels are allowed)</i>
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.

2014-15 USASF

JAZZ 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 Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface. <i>(Exception: kick line leaps)</i>	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 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
3	Hip over head rotation of the Executing Dancer(s) is allowed if: 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 [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) 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 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 may toss an Executing Dancer if: 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 may toss an Executing Dancer if: 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.

2014-15 USASF

POM RULES

EXECUTED BY INDIVIDUALS (Tumbling & Aerial Skills)		
<i>Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:</i>		
	Pom: Tiny, Mini, Youth	Pom: Junior, Senior, Open
1	Hip over head rotation skills with hand support are not allowed while holding poms in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>	Hip over head rotation skills with hand support are not allowed while holding poms in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>
2	Airborne inverted and Airborne hip over head rotation skills with or without hand support are not allowed <i>(Exception: Aerial Cartwheels are allowed provided they are not connected to any other skill.)</i>	Airborne hip over head rotation skills without hand support are not allowed. <i>(Exception: Front Aerials and Aerial Cartwheels are allowed)</i>
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.

2014-15 USASF

POM RULES

EXECUTED BY GROUPS OR PAIRS -Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

	Pom: Mini, Tiny, Youth	Pom: Junior, Senior, Open
1	The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface. <i>(Exception: kick line leaps)</i>	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 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 if: 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 [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) 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 prone or inverted position after the release.	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. The Executing Dancer may not pass through the prone or inverted position after the release.
6	A Supporting Dancer may toss an Executing Dancer if: 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 may toss an Executing Dancer if: 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.

2014-15 USASF

PREP RULES

PREP: Skills are developed and should be part of natural progression in learning. The prep category involves skills with the following limitations:		
EXECUTED BY INDIVIDUALS (Technical Skills)		
	PREP: Tiny, Mini, Youth	PREP: Junior, Senior
1	Each series of technical skills is limited to 3. (Clarification: any skill not broken by a pause, stall or step are considered multiple skills.)	Each series of technical skills is limited to 4. (Clarification: any skill not broken by a pause, stall or step are considered multiple skills.)
2	Stationary turns are allowed provided the following: a. Working leg is held in a passé or coupe 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, coupe, 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	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
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 (<i>Example: A jump full turn is allowed, a windmill or butterfly is not allowed</i>)	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 (<i>Example: A jump full turn is allowed, a windmill or butterfly is not allowed</i>)
EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills) <i>Tumbling as a dance skill is allowed in all divisions, but not required, with the following limitations:</i>		
	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 (<i>Example: shoulder stall</i>) b. Airborne skills are not allowed	Inverted Skills: a. Non airborne skills must involve hand support with at least one hand through out the skill (<i>Example: shoulder stall</i>) 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 (<i>no exceptions</i>) c. Airborne skills without hand support are not allowed (<i>no exceptions</i>)	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 (<i>no exceptions</i>) c. Airborne skills without hand support are not allowed (<i>no exceptions</i>)
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 onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.
6	Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand(s). (<i>Exception: forward rolls and backward rolls are allowed.</i>)	Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand(s). (<i>Exception: forward rolls and backward rolls are allowed.</i>)

2014-15 USASF

PREP RULES

EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed in all divisions, but not required with the following limitations:		
	PREP: Tiny, Mini, Youth	PREP: Junior, Senior
1	Executing Dancer's hips cannot elevate above shoulder level.	Executing Dancer's hips cannot elevate above shoulder 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. <i>(Clarification: The Executing Dancer may not be released)</i>	All Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill. <i>(Clarification: The Executing Dancer may not be released)</i>
4	Executing Dancer cannot be inverted in any elevated skill.	Executing Dancer cannot be inverted 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.