

2013-2014
USASF DANCE
RULES

GENERAL RULES	
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	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.
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	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. <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 Dance: Tegan Reeves (treeves@usasf.net) for any other questions.

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EXECUTED BY INDIVIDUALS (Technical Skills):

PREP	
Skills are developed and should be part of natural progression in learning. The prep category involves skills with the following limitations:	
1	Any combination of turns, leaps or jumps is limited to 3 technical skills. (Clarification: any skill not broken by a pause, stall or step are considered multiple skills [i.e. double pirouette is 2 skills]. Glissade and gallop/Chassé are considered steps.)
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 change in body position, facing direction or leg placement, from preparation through completion of the skill. b. Do not involve axis rotation (Example: tour jetté/jeté or axle is not 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 jump full turn is allowed, a windmill or butterfly is not allowed)

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:		
PREP	CORE	EXPANDED HIP HOP
0.5 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	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. core applies b. Airborne skills are allowed
1 Tumbling skills with hip over head rotation: a. core applies 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 b. Airborne skills with hand support: i. May be airborne in descent if the approach is non airborne and is limited to two consecutive hip over head rotation skills (Clarification: a round off is allowed - hands touch the ground before the foot leaves the ground) ii. May not be airborne in approach (Exception: Dive rolls) c. Airborne skills without hand support are not allowed. (Exception: Aerial cartwheel that is not connected to any other skill)	Tumbling skills with hip over head rotation: a. core applies 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: i. Involves no more than one twisting transition ii. May not connect to any other skill (group or individual) or jump
2 core applies →	Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.	core applies ←
3 core applies →	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 or seat are permitted provided the height of the airborne dancer does not exceed hip level. (Clarification: For drops to the knee, thigh, back, front or head the core rules apply.)
4 core applies →	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. All variations of a Shushunova are not allowed.	Landing in a push up position may involve any jump.
5 core applies →	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).	core applies ←

* 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 "standing full twisting layout" in the Expanded Hip Hop Rules but allows capoeira style "folha secca twist".

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EXECUTED BY GROUPS OR PAIRS (Lifts and Partnering):			
PREP	CORE	EXPANDED HIP HOP	
0.5	Executing Dancer's hips cannot elevate above shoulder level.	Dance Lifts are allowed.	core applies ←
1	All Supporting Dancer(s) must maintain direct contact with the performance surface at all times.	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	All Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill. (Clarification: The Executing Dancer may not be released)	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.	core applies ←
3	Executing Dancer must maintain an upright position in any elevated skill.	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. (Clarification: Any hip over head rotations within a partnering or lift sequence must have a clear stop in the upright position).	core applies ←
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 weight.	core applies ←
RELEASE MOVES (Unassisted dismounts to the performance surface)			
5	The Executing Dancer may not be released	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 between hip level and shoulder level , the Executing Dancer may not pass through the prone or inverted position after the release. c. Free flying toe pitches are not allowed.	An Executing Dancer may jump, leap, step, push off 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. core applies c. core applies
6	The Executing Dancer may not be released	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 released skill does not elevate the Executing Dancer's feet above shoulder level. b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet. c. The Executing Dancer does not pass through an inverted position after release.