

## DANCE RULES 2019-2020

GENERAL RULES	
1	All teams must be supervised during all official functions by a qualified coach/instructor.
2	Coaches must consider the dancer and team skill level with regard to skills incorporated and proper progression.
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 15 seconds (2:15) 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, <i>whichever happens last. (Exception: Teams competing in the Novice Tier have no time minimum and a maximum of 1 minute and 30 seconds (1:30).</i>
6	Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
7	Use of fire, noxious gases, live animals, weapons and other potentially hazardous elements are strictly prohibited (including but not limited to guns, knives, swords, nun-chucks, etc.). Violation of this rule may result in disqualification. Please submit questionable items and how it used/choreographed into routine for prior approval via USASF Coach App.
8	Teams may not compromise the integrity of the performance surface. <i>(Examples: residues from sprays, powders, oils, etc.)</i> Teams are responsible for clearing the performance surface from debris. <i>(Examples: poms, props, petals, etc.)</i>
9	Legality officials shall document and report any imminent safety concerns to the Director of Rules and Safety.
10	<b>A participant wearing a hard cast (i.e. fiberglass or plaster) or a walking boot may not be involved in choreography that may cause harm/injury to others.</b>
CHOREOGRAPHY, MUSIC, and COSTUMING	
1	Routine choreography, music, costuming (including make-up) should be appropriate and acceptable for family viewing. Vulgar or suggestive material is not permitted. This may include music, movement and/or choreography that is profane, inflammatory, offensive, sexual in content, and/or relays lewd gestures. Inappropriate choreography, costuming and/or music may also affect the panel judges' overall impression and/or score of the routine. Music labeled "explicit" is not allowed. Music labeled "radio" or "clean" is permissible as long as it is suitable for family audiences.
2	Footwear is recommended but not required. Wearing footwear with wheels, socks and/or footed tights only is prohibited. <i>(Exception: socks are allowed on a carpeted performance surface)</i>
3	Jewelry as a part of a costume is allowed. <i>(Clarification: safety of the dancer should be considered.)</i>
PROPS	
1	Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body. They may not be used to elevate dancer(s) from the performance surface. <b>Props cannot be used to intentionally obscure/cover skills that need to be viewable by a legality official (i.e. fabric used to cover lift.)</b>
2	<b>Standing props are not allowed. (i.e. chairs, stools, benches, ladders, boxes, stairs, etc.)</b>

*Effective June 1, 2019 to May 31, 2020 and are subject to review by the USASF Rules Committee at any time.*

# 2019-2020 USASF Hip Hop Rules

## EXECUTED BY INDIVIDUALS (HIP HOP)

*Tumbling & Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:*

	Tiny & Mini	Youth & Junior	Senior & Open
1	<p><b>Inverted skills:</b></p> <p>a. Non-airborne skills are allowed. (Example: <u>headstand</u>)</p> <p>b. <u>Airborne</u> skills with or without hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are not allowed. (Clarification: may not have <u>airborne</u> backward momentum in the approach.)</p>	<p><b>Inverted skills:</b></p> <p>a. Non-airborne skills are allowed. (Example: <u>headstand</u>)</p> <p>b. <u>Airborne</u> skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.</p>	<p><b>Inverted skills:</b></p> <p>a. Non-airborne skills are allowed (Example: <u>headstand</u>)</p> <p>b. <u>Airborne</u> skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.</p>
2	<p><b>Skills with hip-over-head rotation:</b></p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed)</p> <p>b. Non-airborne skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p>i. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p>ii. It is not <u>airborne</u> in approach but may be <u>airborne</u> in the descent. (Clarification: <i>in the approach the hands must touch the ground before the feet leave the ground.</i>)</p> <p>d. <u>Airborne</u> skills without hand support are not allowed. (Exception: <u>aerial cartwheel</u> that is not <u>connected</u> to any other skill with <u>hip-over-head rotation</u>.)</p>	<p><b>Skills with hip-over-head rotation:</b></p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.)</p> <p>b. Non <u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p>i. Are limited to two <u>consecutive hip-over-head rotation</u> skills. (Clarification: <i>both skills must have hand support</i>)</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <p>i. Involves no more than one twisting transition.</p> <p>ii. May not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip-over-head rotation</u> with or without hand support.</p>	<p><b>Skills with hip-over-head rotation:</b></p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.)</p> <p>b. Non-airborne skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p>i. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <p>i. Involves no more than one twisting transition.</p> <p>ii. May not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip-over-head rotation</u> without hand support.</p> <p>iii. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p>
3	Simultaneous <u>tumbling</u> over or under another dancer that includes <u>hip-over-head rotation</u> by both dancers is not allowed.		
4	<p><u>Drops</u> 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 <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u>. (Clarification: <u>drops</u> directly to the <u>knee, thigh, front or head</u> are not allowed.)</p>	<p>Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u>. (Clarification: <u>drops</u> directly to the <u>knee, thigh, front or head</u> are not allowed.)</p>
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 is not allowed.	Landing in a push up position may involve any jump.	Landing in a push up position may involve any jump.

**EXECUTED BY GROUPS OR PAIRS (Hip Hop)**

*Lifts and Partnering are allowed but not required in all divisions with the following limitations:*

	<b>Tiny &amp; Mini</b>	<b>Youth &amp; Junior</b>	<b>Senior &amp; Open</b>
1	The <u>Executing Dancer</u> must maintain <u>contact</u> with a <u>Supporting Dancer</u> who is in direct <u>contact</u> with the performance surface. <i>(Exception: jumps of connected dancers)</i>	A <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u> .	A <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u> .
2	At least one <u>Supporting Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>shoulder-level</u> .	At least one <u>Supporting Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>head-level</u> . <i>(*Exception: Jr follows Sr &amp; Open Rule 2)</i>	At least one <u>Supporting Dancer(s)</u> does not have to maintain <u>contact</u> with <u>Executing Dancer</u> above <u>head level</u> provided: <ol style="list-style-type: none"> <li>There is only one <u>Executing dancer</u> and one <u>Supporting Dancer</u> involved in the skill prior to <u>release</u>.</li> <li>The <u>Executing Dancer</u> may not be <u>inverted</u> when <u>released</u>.</li> <li>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u>.</li> <li>The <u>Executing Dancer</u> must either be caught or assisted to the Performance Surface by one or more <u>Supporting Dancers</u> and may not be caught in a <u>prone</u> position.</li> <li><u>Supporting Dancer(s)</u> may not hold poms/props in hands during any portion of the skill.</li> </ol>
3	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: <ol style="list-style-type: none"> <li><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's hips have crossed the vertical axis</u>.</li> <li>The <u>Executing Dancer</u> is limited to one <u>continuous</u> hip-over-head rotation.</li> </ol>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: <ol style="list-style-type: none"> <li><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's hips have crossed the vertical axis</u>.</li> </ol>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: <ol style="list-style-type: none"> <li><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's hips have crossed the vertical axis</u>.</li> </ol>
4	A <u>Vertical-Inversion</u> is allowed provided: <ol style="list-style-type: none"> <li><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position.</li> <li>When the height of the <u>Executing Dancer's</u> shoulders exceed <u>shoulder level</u> there is at least one additional dancer to spot who does not bear the weight of the <u>Executing Dancer</u>. <i>(Clarification: When there are 3 Supporting Dancers an additional spot is not required)</i></li> </ol>		
<b>Groups &amp; Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)</b>			
5	<u>Dismounts</u> are allowed provided: <ol style="list-style-type: none"> <li>At the highest point of the <u>dismount</u>, the <u>Executing Dancer's</u> hips may not elevate above <u>shoulder level</u> and the <u>Executing Dancer</u> must land on their foot/feet.</li> <li>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. (Clarification: while free of contact from both the performance surface and other performers.)</li> <li>The <u>Executing Dancer</u> is not <u>inverted</u> when <u>released</u>.</li> </ol>	<u>Dismounts</u> are allowed provided: <ol style="list-style-type: none"> <li>At the highest point of the <u>dismount</u>, the <u>Executing Dancer's</u> hips may not elevate above <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet.</li> <li>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. (Clarification: while free of contact from both the performance surface and other performers.)</li> <li>The <u>Executing Dancer</u> is not <u>inverted</u> when <u>released</u>. <i>(*Exception: Jr follows Sr &amp; Open Rule 5)</i></li> </ol>	<u>Dismounts</u> are allowed provided: <ol style="list-style-type: none"> <li>At the highest point of the <u>dismount</u>, at least one part of the <u>Executing Dancer's</u> body must be at or below <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet. (Exception: may land on hand(s) when <u>contact</u> point between <u>Supporting Dancer(s)</u> and <u>Executing Dancer</u> is at or below knee level)</li> <li>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. (Clarification: while free of contact from both the performance surface and other performers.)</li> </ol>

2019-2020  
USASF Pom Rules

**EXECUTED BY INDIVIDUALS (Pom)**

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

Tiny & Mini	Youth & Junior	Senior & Open
<p><b>1</b> <u>Airborne inverted skills</u> with or without hand support are not allowed. (<i>Clarification: <u>kip up</u> originating from performance surface is not allowed while holding poms.</i>)</p>	<p><u>Airborne inverted skills</u> with hand support are not allowed while holding poms.</p>	<p><u>Airborne inverted skills</u> with hand support are not allowed while holding poms.</p>
<p><b>2</b> Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.</i>)</p> <p>b. Non-<u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with or without hand support are not allowed. (<i>Exception: <u>aerial cartwheels</u> are allowed provided they are not <u>connected</u> to any other skill with <u>hip-over-head rotation</u>.</i>)</p>	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.</i>)</p> <p>b. Non-<u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p style="padding-left: 20px;">i. Are limited to two <u>consecutive hip-over-head rotation</u> skills. (<i>Clarification: both skills must have hand support</i>)</p> <p>d. <u>Airborne</u> skills without hand support are not allowed. (<i>Exception: <u>front aerials</u> and <u>aerial cartwheels</u> are allowed.</i>) (<i>Clarification: provided they do not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip-over-head rotation</u> with or without hand support.</i>)</p>	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.</i>)</p> <p>b. Non-<u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p style="padding-left: 20px;">i. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <p style="padding-left: 20px;">i. Involves no more than one twisting transition.</p> <p style="padding-left: 20px;">ii. May not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip-over-head rotation</u> without hand support.</p> <p style="padding-left: 20px;">iii. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p>
<p><b>3</b> Simultaneous <u>tumbling</u> over or under another dancer that includes <u>hip-over-head rotation</u> by both dancers is not allowed.</p>		
<p><b>4</b> <u>Drops</u> 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><u>Drops</u> 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 <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u>. (<i>Clarification: <u>drops</u> directly to the knee, thigh, front or head are not allowed.</i>)</p>
<p><b>5</b> 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 is not allowed.</p>	<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 is not allowed.</p>	<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 is not allowed.</p>

**EXECUTED BY GROUPS OR PAIRS (Pom)**

*Lifts and Partnering are allowed but not required in all divisions with the following limitations:*

Tiny & Mini	Youth & Junior	Senior & Open
<p>1 The <u>Executing Dancer</u> must maintain <u>contact</u> with a <u>Supporting Dancer</u> who is in direct <u>contact</u> with the performance surface. (<i>Exception: leaps and jumps of connected dancers.</i>)</p>	<p>A <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u>.</p>	<p>A <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u>.</p>
<p>2 At least one <u>Supporting Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>shoulder-level</u>.</p>	<p>At least one <u>Supporting Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>head-level</u>. (*<i>Exception: Jr follows Sr &amp; Open Rule 2</i>)</p>	<p>At least one <u>Supporting Dancer(s)</u> does not have to maintain <u>contact</u> with <u>Executing Dancer</u> above <u>head level</u> provided:</p> <ul style="list-style-type: none"> <li>a. There is only one <u>Executing dancer</u> and one <u>Supporting Dancer</u> involved in the skill prior to <u>release</u>.</li> <li>b. The <u>Executing Dancer</u> may not be <u>inverted</u> when <u>released</u>.</li> <li>c. The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u>.</li> <li>d. The <u>Executing Dancer</u> must either be caught or assisted to the Performance Surface by one or more <u>Supporting Dancers</u> and may not be caught in a <u>prone</u> position.</li> <li>e. <u>Supporting Dancer(s)</u> may not hold poms/props in hands during any portion of the skill.</li> </ul>
<p>3 <u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided:</p> <ul style="list-style-type: none"> <li>a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's</u> hips have crossed the <u>vertical axis</u>.</li> <li>b. The <u>Executing Dancer</u> is limited to one <u>continuous</u> hip-over-head rotation.</li> </ul>	<p><u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided:</p> <ul style="list-style-type: none"> <li>a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's</u> hips have crossed the <u>vertical axis</u>.</li> </ul>	<p><u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided:</p> <ul style="list-style-type: none"> <li>a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's</u> hips have crossed the <u>vertical axis</u>.</li> </ul>
<p>4 A <u>Vertical Inversion</u> is allowed provided:</p> <ul style="list-style-type: none"> <li>a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position.</li> <li>b. When the height of the <u>Executing Dancer's</u> shoulders exceeds <u>shoulder level</u> there is at least one additional dancer to spot who does not bear the weight of the <u>Executing Dancer</u>. (<i>Clarification: when there are 3 Supporting Dancers, an additional spot is not required.</i>)</li> </ul>		
<p align="center"><b>Groups &amp; Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)</b></p>		
<p>5 <u>Dismounts</u> are allowed provided:</p> <ul style="list-style-type: none"> <li>a. At the highest point of the dismount, the <u>Executing Dancer's</u> hips may not elevate above <u>shoulder level</u> and the <u>Executing Dancer</u> must land on their foot/feet.</li> <li>b. The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u> (Clarification: while free of contact from both the performance surface and other performers.) The <u>Executing Dancer</u> is not <u>inverted</u> when <u>released</u>.</li> </ul>	<p><u>Dismounts</u> are allowed provided:</p> <ul style="list-style-type: none"> <li>a. At the highest point of the <u>dismount</u>, the <u>Executing Dancer's</u> hips may not elevate above <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet.</li> <li>b. The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. (Clarification: while free of contact from both the performance surface and other performers.)</li> <li>c. The <u>Executing Dancer</u> is not <u>inverted</u> when <u>released</u>. (*<i>Exception: Jr follows Sr. &amp; Open Rule 5</i>)</li> </ul>	<p>Dismounts are allowed provided:</p> <ul style="list-style-type: none"> <li>a. At the highest point of the <u>dismount</u>, the <u>Executing Dancer's</u> hips may not elevate above <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet. (No Exception)</li> <li>b. The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. (Clarification: while free of contact from both the performance surface and other performers.)</li> </ul>

2019-2020  
USASF Jazz, Contemporary/Lyrical & Kick Rules

EXECUTED BY INDIVIDUALS (Jazz, Contemporary/Lyrical & Kick)		
<i>Tumbling &amp; Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:</i>		
Tiny & Mini	Youth & Junior	Senior & Open
1	<p><u>Airborne inverted skills</u> with or without hand support are not allowed. (<i>Clarification: <u>kip up</u> originating from performance surface is not allowed while holding props</i>)</p>	<p><u>Inverted skills</u>:</p> <p>a. Non-<u>airborne</u> skills are allowed. (<i>Example: <u>headstand</u></i>)</p> <p>b. <u>Airborne</u> skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.</p>
2	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.</i>)</p> <p>b. Non-<u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with or without hand support are not allowed. (<i>Exception: <u>aerial cartwheels</u> are allowed provided they are not <u>connected</u> to any other skill with <u>hip-over-head rotation</u>.</i>)</p>	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.</i>)</p> <p>b. Non-<u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p style="margin-left: 20px;">i. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <p style="margin-left: 20px;">i. Involves no more than one twisting transition.</p> <p style="margin-left: 20px;">ii. May not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip-over-head rotation</u> without hand support.</p> <p style="margin-left: 20px;">iii. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p>
3		
4	<p>Simultaneous <u>tumbling</u> over or under another dancer that includes <u>hip-over-head rotation</u> by both dancers is not allowed.</p>	<p>Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u>. (<i>Clarification: <u>drops</u> directly to the knee, thigh, front or head are not allowed.</i>)</p>
5	<p><u>Drops</u> 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>Landing in a push up position may involve any jump.</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 is not allowed.</p>	<p>Landing in a push up position may involve any jump.</p>

**EXECUTED BY GROUPS OR PAIRS (Jazz, Contemporary/Lyrical & Kick)**

*Lifts and Partnering are allowed but not required in all divisions with the following limitations:*

	<b>Tiny &amp; Mini</b>	<b>Youth &amp; Junior</b>	<b>Senior &amp; Open</b>
<b>1</b>	The <u>Executing Dancer</u> must maintain <u>contact</u> with a <u>Supporting Dancer</u> who is in <u>direct contact</u> with the performance surface. ( <i>Exception: leaps and jumps of connected dancers.</i> )	A <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u> .	A <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder-level</u> .
<b>2</b>	At least one <u>Supporting Dancer(s)</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>shoulder level</u> .	At least one <u>Supporting Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>head-level</u> . (* <i>Exception –Jr follows Sr &amp; Open Rule 2.</i> )	At least one <u>Supporting Dancer(s)</u> does not have to maintain <u>contact</u> with <u>Executing Dancer</u> above <u>head level</u> provided: a. There is only one <u>Executing dancer</u> and one <u>Supporting Dancer</u> involved in the skill prior to <u>release</u> . b. The <u>Executing Dancer</u> may not be <u>inverted</u> when <u>released</u> . c. The <u>Executing Dancer’s</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> . d. The <u>Executing Dancer</u> must either be caught or assisted to the Performance Surface by one or more <u>Supporting Dancers</u> and may not be caught in a <u>prone</u> position. e. <u>Supporting Dancer(s)</u> may not hold poms/props in hands during any portion of the skill.
<b>3</b>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer’s</u> hips have <u>crossed the vertical axis</u> . b. The <u>Executing Dancer</u> is limited to one <u>continuous</u> hip-over-head rotation.	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer’s</u> hips have <u>crossed the vertical axis</u> .	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer’s</u> hips have <u>crossed the vertical axis</u> .
<b>4</b>	A <u>Vertical Inversion</u> is allowed provided: a. <u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position. b. When the height of the <u>Executing Dancer’s</u> shoulders exceed shoulder level there is at least one additional dancer to spot who does not bear the weight of the <u>Executing Dancer</u> . ( <i>Clarification: when there are 3 <u>Supporting Dancers</u> an additional spot is not required.</i> )		
<b>Groups &amp; Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)</b>			
<b>5</b>	<u>Dismounts</u> are allowed provided: a. At the highest point of the <u>dismount</u> , the <u>Executing Dancer’s</u> hips may not elevate above <u>shoulder level</u> and the <u>Executing Dancer</u> must land on their foot/feet. b. The <u>Executing Dancer’s</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u> (Clarification: while free of contact from both the performance surface and other performers). c. The <u>Executing Dancer</u> is not <u>inverted</u> when <u>released</u> .	<u>Dismounts</u> are allowed provided: a. At the highest point of the <u>dismount</u> , the <u>Executing Dancer’s</u> hips may not elevate above <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet. b. The <u>Executing Dancer’s</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u> . (Clarification: while free of contact from both the performance surface and other performers.) c. The <u>Executing Dancer</u> is not <u>inverted</u> when <u>released</u> . (* <i>Exception: Jr follows Sr. &amp; Open Rule 5</i> )	<u>Dismounts</u> are allowed provided: a. At the highest point of the <u>dismount</u> , at least one part of the <u>Executing Dancer’s</u> body must be at or below <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet. (Exception: may land on hand(s) when <u>contact</u> point between <u>Supporting Dancer</u> (s) and <u>Executing Dancer</u> is at or below knee level) b. The <u>Executing Dancer’s</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u> (Clarification: while free of contact from both the performance surface and other performers.)

2019-2020  
USASF Prep/Novice Rules

**EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills)**

*Tumbling & Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:*

PREP: Tiny, Mini, Youth, Junior, Senior	
1	<p><u>Inverted skills</u>:</p> <p>a. <u>Non-airborne skills</u> must involve hand support with at least one hand throughout the skill (<i>Example: headstand</i>)</p> <p>b. <u>Airborne</u> skills with or without hand support are not allowed. (<i>Clarification: <u>kip-up</u> originating from the performance surface is not allowed while holding poms/props.</i>)</p> <p>c. <u>Inverted skills</u> with hand support are not allowed while holding poms/<u>props</u> in supporting hand(s).</p>
2	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. Non-airborne skills with hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls</u>, <u>backward rolls</u> and <u>proper use of hands-free poms</u> are allowed</i>)</p> <p>b. Non-airborne skills are allowed. (limited to two <u>consecutive</u> skills)</p> <p>c. <u>Airborne</u> skills with or without hand support are not allowed. (<i>no exceptions</i>)</p>
3	Simultaneous <u>tumbling</u> over or under another dancer that includes <u>hip-over-head rotation</u> by both dancers is not allowed.
4	<u>Drops</u> 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 any airborne skill is not allowed.

**EXECUTED BY GROUPS OR PAIRS**

*Lifts and Partnering are allowed but not required in all divisions with the following limitations:*

PREP: Tiny, Mini, Youth, Junior, Senior	
1	<p>a. The <u>Executing Dancer</u> must maintain <u>contact</u> with a <u>Supporting Dancer</u> who is in direct <u>contact</u> with the performance surface.</p> <p>b. <b>Novice Only: No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups &amp; pairs skills..)</b></p>
2	At least one <u>Supporting Dancer(s)</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill and the <u>Executing Dancer's</u> hips cannot elevate above <u>head-level</u> . ( <i>Clarification: The <u>Executing Dancer</u> may not be released.</i> )
3	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is not allowed when <u>elevated</u> from the performance surface.
4	The <u>Executing Dancer</u> cannot be <u>inverted</u> in any elevated skill. ( <i>Clarification: The <u>Executing Dancer</u> may be vertically <u>inverted</u> if connected to the performance surface.</i> )
<b>Dismounts to the performance surface</b>	
5	The <u>Executing Dancer</u> may not be <u>released</u> .

## 2019-2020

# USASF Prep/Novice Individual Technical Skill Rules

Prep & Novice routines must abide by the following limitations in all age divisions

### PREP Hip Hop Technical Skill Rules

<b>1</b>	Each series of technical skills is limited to <b>two (2)</b> . <i>(Clarification: Skills not broken by a pause or step are considered multiple skills.)</i> Examples of technical skills include but are not limited to: <u>kip up</u> , <u>headstand/handstand</u> .
<b>2</b>	Jumps are allowed provided the following: <ol style="list-style-type: none"> <li>a. Torso does not move off of the <u>vertical axis</u> while <u>airborne</u>. (Example: C-jump is not allowed)</li> <li>b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u>. (Example: switch leaps are not allowed)</li> </ol>
<b>3</b>	<u>Stationary Turns</u> are allowed provided the following: <ol style="list-style-type: none"> <li>a. <u>Working leg</u> is held in a <u>passé</u> or <u>coupé</u> position. Rotations are limited to 2. <i>(Example: double <u>pirouette</u>)</i> <b>Exception:</b> Jr &amp; Sr Prep teams may perform 2 rotations with working leg in 2<sup>nd</sup> position, a single <u>illusion</u>, or a single leg hold turn. <i>(Clarification: Junior &amp; Senior teams performing leg hold or <u>illusion</u> turn are limited to 1 rotation.)</i></li> <li>b. <u>Axle</u> turns are not allowed.</li> </ol>

### PREP Pom Technical Skill Rules

<b>1</b>	Each series of technical skills is limited to <b>two (2)</b> <i>(Clarification: skills not broken by a pause or step are considered multiple skills. Example: a double <u>pirouette</u> is considered 2 skills. Exception: Kicks &amp; connecting skills are not considered technical skills)</i>
<b>2</b>	<u>Leaps</u> and jumps are allowed provided the following: <ol style="list-style-type: none"> <li>a. Torso does not move off of the <u>vertical axis</u> while <u>airborne</u>. (Example: tilt jump is not allowed)</li> <li>b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u>. (Example: switch leaps are not allowed)</li> </ol>
<b>3</b>	<u>Stationary Turns</u> are allowed provided the following: <ol style="list-style-type: none"> <li>a. <u>Working leg</u> is held in a <u>passé</u> or <u>coupé</u> position. Rotations are limited to 2. <i>(Example: double <u>pirouette</u>)</i> <b>Exception:</b> Junior &amp; Senior Prep teams may perform 2 rotations with working leg in 2<sup>nd</sup> position, a single <u>illusion</u>, or a single leg hold turn. <i>(Clarification: Junior &amp; Senior teams performing leg hold or <u>illusion</u> turn are limited to 1 rotation.)</i></li> <li>b. <u>Axle</u> turns are not allowed.</li> </ol>

### PREP Jazz, Contemporary/Lyrical, Kick Technical Skill Rules

<b>1</b>	Each series of technical skills is limited to <b>two (2)</b> . <i>(Clarification: skills not broken by a pause or step are considered multiple skills. Example: a double <u>pirouette</u> is considered 2 skills. Exception: Kicks &amp; connecting skills are not considered technical skills.)</i> Examples of technical skill series include, but are not limited to: <ul style="list-style-type: none"> <li>• Chainé jeté</li> <li>• Pique chassé jeté (chassé is considered a connecting skill)</li> <li>• Chainé pique chassé jeté</li> </ul>
<b>2</b>	<u>Leaps</u> and jumps are allowed provided: <ol style="list-style-type: none"> <li>a. Torso does not move off of the <u>vertical axis</u> while <u>airborne</u> (Example: tilt jump is not allowed)</li> <li>b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u> (Example: switch leaps are not allowed)</li> </ol>
<b>3</b>	<u>Stationary Turns</u> are allowed provided the following: <ol style="list-style-type: none"> <li>a. <u>Working leg</u> is held in a <u>passé</u> or <u>coupé</u> position. Rotations are limited to 2. <i>(Example: double <u>pirouette</u>)</i> <b>Exception:</b> Junior &amp; Senior Prep teams may perform 2 rotations with working leg in 2<sup>nd</sup> position, a single <u>illusion</u>, or a single leg hold turn. <i>(Clarification: Junior &amp; Senior teams performing leg hold or <u>illusion</u> turn are limited to 1 rotation.)</i></li> <li>b. <u>Axle</u> turns are not allowed.</li> </ol>