



2009-2010 Dance Rules*

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All teams must be supervised during all official functions by a qualified director/coach.
2. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
3. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
4. Teams must have at least **4** members. There is no maximum limit (except where stated under the description of The U.S. Finals Divisions).
5. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
6. All dance teams will have a maximum of 2 minutes and 30 seconds (2:30) to complete their routine. The time limit will be extended to **5** minutes for all teams competing in the Production category. There are no minimum time requirements on any type of routine. Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music or the ending motion or pose held. Introductions, spell-outs and/or organized entrances are considered part of the routine and are timed as part of the performance. All participants should walk/spirit onto the floor and immediately start their routine after placement of any props.
7. Participants may compete in more than one dance division and/or category as long as they abide by the age restrictions in all divisions in which they compete.
8. Substitutions may be made in the event of any injury **and must also abide by the age restrictions in all divisions.**
9. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
10. Shoes are recommended but not required. Wearing socks **and/or footed tights** only is prohibited.
11. Jewelry as a part of a costume is allowed.
12. All **routines/choreography**, costuming and makeup should be age appropriate and acceptable for family viewing.



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TUMBLING & TRICKS

1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs. (*Exception: Aerial cartwheels are allowed*)

The following are examples of skills that are and are not allowed:

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head spins
Windmills
Kip up
Aerial Cartwheels

NOT ALLOWED

Dive Rolls
★Round-offs
★Front/Back Handsprings
Front/Back Tucks
Side Somi
Layouts
★see below for exceptions to these limitations

2. ★**Allowed only for Hip-Hop:** Airborne skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position.
3. **Tumbling while holding poms or props is not allowed** (*Exception: forward and backward rolls*).
4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop (*Exception: Toe-touches to a push up position are not allowed*).

DANCE LIFTS & PARTNERING

General

1. **Jumping or tossing from one dancer to another or from one dancer is not allowed.**
2. **Jumping or tossing from one dancer to or from the performance surface is not allowed.**
3. **Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.**
4. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)
5. All tosses including toe-pitches are prohibited.

Dance Lifts

1. Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down.
2. **A lifting dancer(s) must maintain direct contact with the performance surface at all times.**
3. **A lifting dancer(s) must have hand/arm to body contact, of the lifted dancer, at all times.**
4. **A lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s).**
5. **Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.**
6. Hip-over-head rotation of the lifted dancer(s) may occur as long as his/her hips maintain a level at or below the shoulders of the **standing** dancer(s) (*Exception: Chorus line flips are not allowed*).

Partnering

1. **Dance partnering skills are permitted and are defined as an action in which (2) two dancers use support from one another, but are not elevated.**
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance **surface**.



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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 category. **Any items that bears the weight of the participant is considered a standing prop** (Examples: chairs, stools, **benches**, ladders, boxes, stairs, etc.).
3. The use of fire, glass or live animals is not permitted.

CATEGORIES

JAZZ: A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

POM: Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

HIP HOP: Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks (**Examples: Dance Crew, Krumping, Breaking, Stepping, etc.**).

OPEN: An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in The U.S. Finals category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity.

VARIETY: Routines will incorporate a blend of jazz, pom and hip hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.

LYRICAL: Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

KICK: Routines emphasize control, height uniformity, extension, toe points, timing and creativity of a variety of kick series. Fifty kicks must be performed in the routine. For a kick to be counted, at least half of the team must perform the kick. A kick is defined as one foot remaining on the floor while the other foot lifts with force atleast one inch from the floor.

PROP: Routines emphasize the use of props or a variety of props. The manipulation of the prop must be the main focal point of the routine. Each team will be given 2 minutes to set up and 2 minutes to take down their props before and after the performance if necessary.

PRODUCTION: Production teams must have at least 25 members, and routines must emphasize a theme or a storyline. Routines may be any style of dance that is outlined in The U.S. Finals category listing. Production routines will have a maximum of **5** minutes to complete their routine.