

2016-2017

## USASF Dance Rules

GENERAL RULES	
1	All teams (4 or more members) 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 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	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation of this rule may result in disqualification.
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	Rules officials shall document and report any imminent safety concerns to the Director of Rules and Safety.
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.
2	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> )
3	Jewelry as a part of a costume is allowed. ( <b>Clarification: safety of the dancer should be considered</b> )
4	All music played at sanctioned events must comply with applicable copyright law.
PROPS	
1	Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body.
2	Standing props that are used to bear the weight of the dancer(s) are not allowed (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.).

Draft 8/22/2016: Effective June 1, 2016 to May 31, 2017 and are subject to review by the USASF Rules Committee at any time.

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

**Underlined Font-** Denotes a Glossary term

Skill videos may be submitted to [dance@usasfrules.com](mailto:dance@usasfrules.com) and must have division & category and USASF member number noted.

Full routines will not be reviewed.

## 2016-2017 USASF Dance Division Grid

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

Age divisions are further divided into categories: Hip Hop; Jazz, Contemporary/Lyrical, Kick & Pom. The following document outlines the USASF Dance Rules within each category. The left two columns provide rules for the PREP divisions and the right two columns provide rules for the all-star division within each category.

2016-2017

## USASF Hip Hop Dance Rules

### PREP INDIVIDUALS (Hip Hop Technical Skill Section)

*Must abide by the following limitations*

	Tiny, Mini & Youth	Junior & Senior
1	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> ).	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> ).
2	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 <u>axis rotation</u> ( <i>Exception: Jump full turn is allowed</i> ).	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 <u>axis rotation</u> ( <i>Exception: Jump full turn is allowed</i> ).

### EXECUTED BY INDIVIDUALS (HIP HOP)

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

	Prep		All Star	
	Tiny, Mini & Youth	Junior & Senior	Tiny, Mini & Youth	Junior, Senior & Open
1	<b>Inverted Skills:</b> a. Non <u>airborne skills</u> must involve hand support with at least one hand throughout the skill ( <i>Example: headstand</i> ) b. <u>Airborne skills</u> are not allowed ( <i>Exception: Kip-up originating from the performance surface with hand support</i> ) c. <b>Inverted</b> skills with hand support are not allowed while holding poms/props in supporting hand(s).	<b>Inverted Skills:</b> a. Non <u>airborne skills</u> are allowed ( <i>Example: Headstand</i> ). b. <u>Airborne skills with or without hand support that land in a perpendicular inversion or shoulder inversion</u> may not have (airborne) backward momentum in the approach. c. <b>Inverted</b> skills with hand support are not allowed while holding poms/props in supporting hand(s).	<b>Inverted Skills:</b> a. Non <u>airborne skills</u> are allowed ( <i>Example: Headstand</i> ). b. <u>Airborne skills with or without hand support that land in a perpendicular inversion or shoulder inversion</u> may not have (airborne) backward momentum in the approach ( <i>Exception: Airborne shoulder inversions are permitted in Youth</i> ).	<b>Inverted Skills:</b> a. Non airborne skills are allowed b. <u>Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion</u> are allowed.
2	<b>Tumbling skills with hip-over-head rotation:</b> a. Non airborne skills are allowed (limited to two <u>consecutive</u> skills) b. <u>Airborne skills with hand support</u> are not allowed ( <i>no exceptions</i> ) c. <u>Airborne skills without hand support</u> are not allowed ( <i>no exceptions</i> ) d. <u>With hand support</u> are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).	<b>Tumbling skills with hip-over-head rotation:</b> a. Non airborne skills are allowed b. <u>Airborne skills with hand support</u> are allowed provided all of the following: <i>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)</i> <i>ii. Is limited to two consecutive hip-over-head rotation skills.</i> c. <u>Airborne skills without hand support</u> are not allowed. d. <u>With hand support</u> are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).	<b>Tumbling skills with hip-over-head rotation:</b> a. Non airborne skills are allowed b. Mini and Tiny ONLY: <u>Airborne skills with hand support</u> are allowed provided all of the following: <i>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)</i> <i>ii. Is limited to two consecutive hip-over-head rotation skills.</i> <i>* Youth follows the Jr/Sr/ Open criteria for Individuals Rule 2.b</i> c. <u>Airborne skills without hand support</u> are not allowed. ( <i>Exception: Aerial cartwheel that is not connected to any other skill with hip over head rotation</i> ) d. <u>With hand support</u> are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).	<b>Tumbling skills with hip-over-head rotation:</b> a. Non airborne skills are allowed b. * <u>Airborne skills with hand support</u> <i>i. Are allowed (Example: Back Handspring)</i> <i>ii. Are limited to two consecutive hip-over-head rotation skills (Clarification: both skills must have hand support)</i> c. <u>Airborne skills without hand support</u> are allowed provided all of the following: <i>i. Involves no more than one twisting transition</i> <i>ii. May not connect to another skill that is airborne with hip-over-head rotation with or without hand support</i> d. <u>With hand support</u> are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).

3	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.	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 <u>hip level</u> . ( <i>Clarification: drops directly to the knee, thigh, front or head are not allowed</i> )
5	Landing in a push up or flat back position onto the performance surface is not allowed. ( <i>Example: A Shablam is not allowed</i> )	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.	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:*

	Prep		All Star	
	Tiny, Mini & Youth	Junior & Senior	Tiny, Mini & Youth	Junior, Senior & Open
1	All <u>Supporting Dancer(s)</u> must maintain <u>direct contact</u> with the performance surface throughout the entire skill.	The <u>Executing Dancer</u> must <u>maintain contact with a Supporting Dancer who is in direct contact with the performance surface</u> .	The <u>Executing Dancer</u> must maintain contact with a <u>Supporting Dancer</u> who is in direct contact with the performance surface.	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 shoulder-level.
2	A Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill and the <u>Executing Dancer's</u> hips cannot elevate above <u>head-level</u> . ( <i>Clarification: The Executing Dancer may not be released</i> ).	A Supporting Dancer must maintain <u>contact</u> with the Executing Dancer(s) throughout the entire skill ( <i>Clarification: Executing Dancer may not be released</i> ).	At least one Supporting Dancer must maintain <u>contact</u> with the Executing Dancer(s) throughout the entire skill above <u>shoulder-level</u> .	At least one Supporting Dancer must maintain <u>contact</u> with the Executing Dancer(s) throughout the entire skill above <u>head-level</u> . <i>Exception:</i> When an Executing Dancer is supported by a single supporting dancer they may be released at any level provided: 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 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 of the Executing Dancer(s)</u> is not allowed when <u>elevated</u> from the performance surface.	<u>Hip-over-head rotation of the Executing Dancer(s)</u> is allowed provided: a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface. b. The Executing Dancer is limited to no more than one <u>continuous</u> [hip-over-head] rotation.	<u>Hip-over-head rotation of the Executing Dancer(s)</u> 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 of the Executing Dancer(s)</u> 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	The Executing Dancer may <u>only</u> be <u>vertically inverted</u> if connected to the performance surface.	The Executing Dancer may <u>only</u> be <u>vertically inverted</u> if connected to the performance surface.	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.	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 <u>shoulder-level</u> there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. <i>(Clarification: When there are 3 supporting dancers an additional spot is not required)</i>	b. When the height of the Executing Dancer’s shoulders exceed <u>shoulder-level</u> there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. <i>(Clarification: When there are 3 supporting dancers an additional spot is not required)</i>
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**Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)**

5	The Executing Dancer may not be released	The Executing Dancer may not be released.	An Executing Dancer may jump, <u>leap</u> , step or push off a Supporting Dancer(s) provided: <ul style="list-style-type: none"> <li>a. The highest point of the released skill does not elevate the Executing Dancer’s hips above <u>shoulder-level</u>.</li> <li>b. The Executing Dancer may not pass through the <u>prone</u> or inverted position after the release.</li> </ul>	An Executing Dancer may jump, <u>leap</u> , step, push off a Supporting Dancer(s) provided all of the following: <ul style="list-style-type: none"> <li>a. At least one part of the Executing Dancer’s body is at or below <u>head-level</u> at the highest point of the released skill.</li> <li>b. The Executing Dancer may not pass through the prone or inverted position after the release.</li> </ul>
6	The Executing Dancer may not be released	The Executing Dancer may not be released.	A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided The highest point of the toss does not elevate the Executing Dancer’s hips above shoulder-level. <ul style="list-style-type: none"> <li>a. The Executing Dancer is not <u>supine</u> or inverted when released.</li> <li>b. The Executing Dancer may not pass through a prone or <u>inverted</u> position after release.</li> </ul>	A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided: <ul style="list-style-type: none"> <li>a. At least one part of the Executing Dancer’s body is at or below <u>head-level</u> at the highest point of the released skill.</li> <li>b. The Executing Dancer may be <u>supine</u> or inverted when released but s/he must land on their foot/feet.</li> <li>c. The Executing Dancer may not pass through an inverted position after release.</li> </ul>

## 2016-2017

### USASF Jazz, Lyrical/Contemporary & Kick Rules

PREP INDIVIDUALS (Jazz, Lyrical/Contemporary & Kick Technical Skills ) <i>Must abide by the following limitations</i>				
Prep				
Tiny, Mini, Youth	Junior & Senior			
<b>1</b>	Each series of technical skills is limited to three (3). <i>(Clarification: Skills not broken by a pause or step are considered multiple skills. Example: a double pirouette is considered 2 skills).</i>	Each series of technical skills is limited to four (4). <i>(Clarification: Skills not broken by a pause or step are considered multiple skills. Example: a double pirouette is considered 2 skills).</i>		
<b>2</b>	<u>Stationary Turns</u> are allowed provided the following: a. <u>Working leg</u> is held in a <u>passé</u> or <u>coupé</u> position. b. <u>Supporting leg</u> is on the ground through the completion of the turn. c. Rotations are limited to 2 rotations. <i>(Example double pirouette)</i>	<u>Stationary Turns</u> are allowed provided the following: a. <u>Working leg</u> is held in a <u>passé</u> , <u>coupé</u> or Second position. b. <u>Supporting leg</u> is on the ground through the completion of the turn. c. Rotations held in <u>passé</u> and <u>coupe</u> are limited to 2 rotations. <i>(Example: double pirouette)</i>		
<b>3</b>	<u>Leaps and jumps</u> 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 <u>axis rotation</u> <i>(Exception: Jump full turn is allowed)</i>	<u>Leaps and jumps</u> : a. <b>May</b> involve a change in body position, facing direction or leg placement, from preparation through completion of the skill <i>(Exception: Variations of switch leaps are not allowed).</i> b. <b>May</b> involve <u>axis rotation</u> .		
EXECUTED BY INDIVIDUALS (Jazz, Lyrical/Contemporary & Kick) <i>Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:</i>				
Prep		All Star		
Tiny, Mini & Youth	Junior & Senior	Tiny, Mini & Youth	Junior, Senior & Open	
<b>1</b>	<u>Inverted Skills</u> : a. Non <u>airborne skills</u> must involve hand support with at least one hand throughout the skill <i>(Example: headstand)</i> . b. <u>Airborne skills</u> are not allowed. c. <b>Inverted</b> skills with hand support are not allowed while holding <u>poms/props</u> in supporting hand(s).	<u>Inverted Skills</u> : a. Non <u>airborne skills</u> must involve hand support with at least one hand throughout the skill <i>(Example: headstand)</i> . b. <u>Airborne skills</u> are not allowed. c. <b>Inverted</b> skills with hand support are not allowed while holding <u>poms/props</u> in supporting hand(s).	<u>Airborne inverted skills</u> with or without hand support are not allowed	
<b>2</b>	<u>Tumbling skills</u> with hip-over-head rotation: a. Non airborne skills are allowed (limited to two <u>consecutive skills</u> ) b. Airborne skills with or without hand support are not allowed <i>(no exceptions)</i> c. With hand support are not allowed while holding <u>poms/props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed)</i> .	<u>Tumbling skills</u> with hip-over-head rotation: a. Non airborne skills are allowed (limited to two <u>consecutive skills</u> ) b. Airborne skills with or without hand support are not allowed <i>(no exceptions)</i> c. With hand support are not allowed while holding <u>poms/props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed)</i> .	<u>Tumbling skills</u> with hip-over-head rotation: a. Airborne skills with or without hand support are not allowed <i>(Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation)</i> . b. With hand support are not allowed while holding <u>poms/props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed)</i> .	
<b>3</b>	Simultaneous <u>tumbling over</u> or <u>under</u> another dancer that includes <u>hip-over-head rotation</u> by both dancers is not allowed.			
<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.	<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.	<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 <b>or flat back position</b> onto the performance surface is not allowed. <i>(Example: A Shablam is not allowed)</i>	Landing in a push up <b>or flat back position</b> onto the performance surface is not allowed. <i>(Example: A Shablam is not allowed)</i>	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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**EXECUTED BY GROUPS OR PAIRS (Jazz, Contemporary/Lyrical & Kick )**

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

Prep		All Star		
	Tiny, Mini & Youth	Junior & Senior	Tiny, Mini & Youth	Junior, Senior & Open
1	All <u>Supporting Dancer(s)</u> must maintain direct <u>contact</u> with the performance surface throughout the entire skill.	All <u>Supporting Dancer(s)</u> must maintain direct <u>contact</u> with the performance surface throughout the entire skill.	The <u>Executing Dancer</u> must receive support from a <u>Supporting Dancer</u> who is in direct contact with the performance surface <i>(Exception: kick line leaps)</i> .	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	A <u>Supporting Dancer(s)</u> must maintain contact 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 Executing Dancer may not be released)</i> .	A <u>Supporting Dancer(s)</u> must maintain contact 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 Executing Dancer may not be released)</i> .	At least one <u>Supporting Dancer</u> must maintain contact 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:</i> When an <u>Executing Dancer</u> is supported by a single supporting dancer they may be released at any level provided: a. The <u>Executing Dancer</u> does not pass through an <u>inverted</u> position after the release. b. The <u>Executing Dancer</u> is either caught or supported to the performance surface by one or more <u>Supporting Dancers</u> . c. The <u>Executing Dancer</u> is not caught in a <u>prone</u> position.
3	<b>Hip-over-head Rotation of the Executing Dancer(s) is not allowed when <u>elevated</u> from the performance surface.</b>	<b>Hip-over-head Rotation of the Executing Dancer(s) is not allowed when <u>elevated</u> from the performance surface.</b>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. A <u>Supporting Dancer</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position. c. 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. A <u>Supporting Dancer</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position.
4	The <u>Executing Dancer</u> may <b>only</b> be <u>vertically inverted</u> if connected to the performance surface.	The <u>Executing Dancer</u> may <b>only</b> be <u>vertically inverted</u> if connected to the performance surface.	A <u>Vertical Inversion</u> is allowed provided: a. The <u>Supporting Dancer(s)</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or returns 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 supporting dancers an additional spot is not required)</i>	A <u>Vertical Inversion</u> is allowed provided: a. The <u>Supporting Dancer(s)</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or returns 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 supporting dancers an additional spot is not required)</i>

**Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)**

5	The Executing Dancer may not be released	The Executing Dancer may not be released.	An Executing Dancer may jump, <u>leap</u> , step or push off a Supporting Dancer(s) if: <ol style="list-style-type: none"> <li>a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level.</li> <li>b. The Executing Dancer may not pass through the <u>prone</u> or <u>inverted</u> position after the release.</li> </ol>	An Executing Dancer may jump, <u>leap</u> , step, push off a Supporting Dancer(s) provided all of the following: <ol style="list-style-type: none"> <li>a. At least one part of the Executing Dancer's body is at or below <u>head-level</u> at the highest point of the released skill.</li> <li>b. The Executing Dancer may not pass through the <u>prone</u> or <u>inverted</u> position after the release.</li> </ol>
6	The Executing Dancer may not be released	The Executing Dancer may not be released.	A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided: <ol style="list-style-type: none"> <li>a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder-level.</li> <li>b. The Executing Dancer is not <u>supine</u> or inverted when released.</li> <li>c. The Executing Dancer does not pass through a prone or inverted position after release.</li> </ol>	A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided: <ol style="list-style-type: none"> <li>a. At least one part of the Executing Dancer's body is at or below <u>head-level</u> at the highest point of the released skill.</li> <li>b. The Executing Dancer may be <u>supine</u> or inverted when released but s/he must land on their foot/feet.</li> <li>c. The Executing Dancer may not pass through an inverted position after release.</li> </ol>



# 2016-2017 USASF Pom Rules

## PREP INDIVIDUALS (Pom Technical Skills)

*Must abide by the following limitations*

Prep	
Tiny, Mini, Youth	Junior & Senior
<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> ).
<b>2</b>	<u>Stationary Turns</u> are allowed provided the following: a. <u>Working leg</u> is held in a <u>passé</u> or <u>coupé</u> position. b. <u>Supporting leg</u> is on the ground through the completion of the turn. c. Rotations are limited to 2 rotations ( <i>i.e. a double pirouette is considered 2 skills</i> ).
<b>3</b>	<u>Leaps</u> 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 <u>axis rotation</u> ( <i>Exception: Jump full turn</i> )

## EXECUTED BY INDIVIDUALS (Pom)

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

Prep		All Star	
Tiny, Mini & Youth	Junior & Senior	Tiny, Mini & Youth	Junior, Senior & Open
<b>1</b>	<u>Inverted</u> Skills are not allowed.	<u>Airborne inverted</u> skills with or without hand support are not allowed	
<b>2</b>	<u>Tumbling</u> skills with hip-over-head rotation: a. Non airborne skills are allowed (limited to two <u>consecutive</u> skills) b. Airborne skills with or without hand support are not allowed ( <i>no exceptions</i> ) c. With hand support are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).	<u>Tumbling</u> skills with hip-over-head rotation: a. Airborne skills with or without hand support are not allowed ( <i>Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation</i> ). b. With hand support are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).	<u>Tumbling</u> skills with hip-over-head rotation: a. Without hand support are not allowed ( <i>Exception: front aerials and aerial cartwheels are allowed</i> ) b. With hand support are not allowed while holding poms/props in supporting hand(s). ( <i>Exception: forward rolls and backward rolls are allowed</i> ).
<b>3</b>	Simultaneous <u>tumbling</u> over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.		
<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.	<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.	<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.
<b>5</b>	Landing in a push up or <b>flat back position</b> onto the performance surface is not allowed. ( <i>Example: A Shablam is not allowed</i> )	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.

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

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

		Prep		All Star	
		Tiny, Mini & Youth	Junior & Senior	Tiny, Mini & Youth	Junior, Senior & Open
1	All <u>Supporting Dancer(s)</u> must maintain direct <u>contact</u> with the performance surface throughout the entire skill.	All <u>Supporting Dancer(s)</u> must maintain direct <u>contact</u> with the performance surface throughout the entire skill.	The <u>Executing Dancer</u> must receive support from a <u>Supporting Dancer</u> who is in direct <u>contact</u> with the performance surface ( <i>Exception: kick line leaps</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> .	
2	A <u>Supporting Dancer(s)</u> must maintain contact 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 Executing Dancer may not be released</i> ).	A <u>Supporting Dancer(s)</u> must maintain contact 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 Executing Dancer may not be released</i> ).	At least one <u>Supporting Dancer</u> must maintain contact 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>shoulder-level</u> . <i>Exception:</i> When an <u>Executing Dancer</u> is supported by a single supporting dancer they may be released at any level provided: a. The <u>Executing Dancer</u> does not pass through an <u>inverted</u> position after the release. b. The <u>Executing Dancer</u> is either caught or supported to the performance surface by one or more <u>Supporting Dancers</u> . c. The <u>Executing Dancer</u> is not caught in a <u>prone</u> position. d. <u>Supporting Dancer(s)</u> may not hold poms at any point during the skill.	
3	<b>Hip-over-head Rotation of the <u>Executing Dancer(s)</u> is not allowed when elevated from the performance surface.</b>	<b>Hip-over-head Rotation of the <u>Executing Dancer(s)</u> is not allowed when elevated from the performance surface.</b>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. A <u>Supporting Dancer</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position. 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. A <u>Supporting Dancer</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position.	
4	The <u>Executing Dancer</u> may <b>only</b> be <u>vertically inverted</u> if connected to the performance surface.	The <u>Executing Dancer</u> may <b>only</b> be <u>vertically inverted</u> if connected to the performance surface.	A <u>Vertical Inversion</u> is allowed provided: a. The <u>Supporting Dancer(s)</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or returns 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 supporting dancers an additional spot is not required</i> )	A <u>Vertical Inversion</u> is allowed provided: a. The <u>Supporting Dancer(s)</u> maintains contact until the <u>Executing Dancer</u> returns to the performance surface or returns 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 supporting dancers an additional spot is not required</i> )	

**Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)**

5	The Executing Dancer may not be released	The Executing Dancer may not be released.	An Executing Dancer may jump, <u>leap</u> , step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not <u>elevate</u> 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 or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not <u>elevate</u> the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or <u>inverted</u> position after the release.
6	The Executing Dancer may not be released	The Executing Dancer may not be released.	A Supporting Dancer(s) may toss an Executing Dancer provided: 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 toss an Executing Dancer provided: 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 may not pass through a prone or inverted position after release.