

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 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	Legality 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. 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 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. (Clarification: safety of the dancer should be considered)
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.).

Effective June 1, 2017 to May 31, 2018 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 rules.dance@usaf.net and must have division & category and USASF member number noted. Full routines will not be reviewed.

2017-2018
USASF Dance Division Grid

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

Rules for age divisions are further divided into categories: Hip Hop, Jazz, Contemporary/Lyrical, Kick & Pom. The following pages outline the USASF Dance Rules within each category.

2017-2018
USASF Hip Hop Rules

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:

	Tiny & Mini	Youth & Junior	Senior & Open
1	<p>Inverted skills:</p> <p>a. Non <u>airborne</u> skills are allowed (<i>Example: Headstand</i>)</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 (<i>Clarification: may not have airborne backward momentum in the approach</i>)</p>	<p>Inverted skills:</p> <p>a. Non <u>airborne</u> skills are allowed (<i>Example: Headstand</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>	<p>Inverted skills:</p> <p>a. Non <u>airborne</u> skills are allowed (<i>Example: Headstand</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 hip-over-head rotation:</p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (<i>Exception: forward rolls and backward rolls are allowed</i>).</p> <p>b. Non <u>airborne</u> skills are allowed</p> <p>c. ai</p> <p>d. skills with hand support are allowed provided:</p> <p style="margin-left: 20px;">i. Are limited to two consecutive <u>hip-over-head rotation</u> skills.</p> <p style="margin-left: 20px;">ii. It is not <u>airborne</u> in approach but may be <u>airborne</u> in the descent (<i>Clarification: in the approach the hands must touch the ground before the feet leave the ground</i>).</p> <p>e. <u>Airborne</u> skills without hand support are not allowed. (<i>Exception: Aerial cartwheel that is not connected to any other skill with hip over head rotation</i>)</p>	<p>Skills with hip-over-head rotation:</p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (<i>Exception: forward rolls and backward rolls 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 consecutive <u>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 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> with or without hand support</p>	<p>Skills with hip-over-head rotation:</p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (<i>Exception: forward rolls and backward rolls 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 consecutive <u>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 connect to another skill that is airborne with hip-over-head rotation without hand support.</p> <p style="margin-left: 20px;">iii. Are limited to two consecutive hip-over-head rotation 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	<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.	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: drops directly to the knee, thigh, front or head are not allowed</i>)	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: drops directly to the knee, thigh, front or head are not allowed</i>)
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:

	Tiny & Mini	Youth & Junior	Senior & Open
1	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.	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> .	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: Junior follows Senior Rule 2)</i>	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 <u>Supporting Dancer</u> 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	<u>Hip-over-head</u> rotation of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.</u> b. The <u>Executing Dancer</u> is limited to one <u>continuous</u> [hip-over-head] rotation	<u>Hip-over-head</u> rotation of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.</u>	<u>Hip-over-head</u> rotation of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position</u>
4	A <u>Vertical-Inversion</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position</u> b. 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>		
Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)			
5	An <u>Executing Dancer</u> may jump, <u>leap</u> , step or push off a <u>Supporting Dancer(s)</u> provided: a. The highest point of the released skill does not elevate the <u>Executing Dancer's</u> hips above <u>shoulder-level</u> . b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.	An <u>Executing Dancer</u> may jump, <u>leap</u> , step or push off a <u>Supporting Dancer(s)</u> provided: <i>(Exception: Junior follow Senior Rule 5)</i> a. The highest point of the released skill does not elevate the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.	An <u>Executing Dancer</u> may jump, <u>leap</u> , step, push off a <u>Supporting Dancer(s)</u> provided: a. At least one part of the <u>Executing Dancer's</u> body is at or below <u>head-level</u> at the highest point of the released skill. b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.
6	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. The highest point of the toss does not elevate the <u>Executing Dancer's</u> hips above <u>shoulder-level</u> . b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: <i>(Exception-Junior follow Senior Rule 6)</i> a. The highest point of the toss does not elevate the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. At least one part of the <u>Executing Dancer's</u> body is at or below <u>head-level</u> at the highest point of the released skill. b. The <u>Executing Dancer</u> may be <u>supine</u> or <u>inverted</u> when released but s/he must land on their foot/feet. c. The <u>Executing Dancer</u> may not pass through an <u>inverted</u> position after release.

2017-2018
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
1	Airborne inverted skills with or without hand support are not allowed.	Airborne inverted skills with hand support are not allowed while holding poms.	Airborne inverted skills with hand support are not allowed while holding poms.
2	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). <i>(Exception: forward rolls and backward rolls 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: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation)</i></p>	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). <i>(Exception: forward rolls and backward rolls 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 they are limited to two consecutive <u>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: front aerials and aerial cartwheels are allowed)</i></p>	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). <i>(Exception: forward rolls and backward rolls 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 they are limited to two consecutive <u>hip-over-head rotation</u> skills</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <ul style="list-style-type: none"> i. Involves no more than one twisting transition ii. May not connect to another skill that is airborne with hip-over-head rotation without hand support. iii. Are limited to two consecutive <u>hip-over-head rotation</u> skills
3	Simultaneous tumbling 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.	<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.	Only drops to the shoulder, back or seat are permitted provided the height of the airborne dancer does not exceed hip level. (Clarification: drops directly to the knee, thigh, front or head are not allowed)
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 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 onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

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
1	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: 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> .	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	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: Junior follows Senior Rule 2)</i>	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 <u>Supporting Dancer</u> 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	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position</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 between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position</u>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position</u>
4	A <u>Vertical Inversion</u> is allowed provided: a. <u>Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position</u> 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	An <u>Executing Dancer</u> may jump, leap, step or push off a <u>Supporting Dancer(s)</u> provided: a. The highest point of the released skill does not <u>elevate</u> the <u>Executing Dancer's</u> hips above shoulder-level. b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.	An <u>Executing Dancer</u> may jump, leap, step or push off a <u>Supporting Dancer(s)</u> provided: a. The highest point of the released skill does not <u>elevate</u> the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.	An <u>Executing Dancer</u> may jump, leap, step or push off a <u>Supporting Dancer(s)</u> provided: a. The highest point of the released skill does not <u>elevate</u> the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.
6	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. The highest point of the toss does not <u>elevate</u> the <u>Executing Dancer's</u> hips above shoulder-level. b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release.	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. The highest point of the toss does not <u>elevate</u> the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release.	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. The highest point of the toss does not <u>elevate</u> the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release.

USASF Jazz, Contemporary/Lyrical & Kick Rules

EXECUTED BY INDIVIDUALS (Jazz, Contemporary/Lyrical & Kick)

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

	Tiny & Mini	Youth & Junior	Senior & Open
1	Airborne inverted skills with or without hand support are not allowed	Inverted skills: a. Non airborne skills are allowed (Example: <u>Headstand</u>) b. Airborne skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.	Inverted skills: a. Non airborne skills are allowed (Example: <u>Headstand</u>) b. Airborne skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.
2	Skills with <u>hip-over-head rotation</u> : a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls and backward rolls are allowed</u>). b. Non airborne skills are allowed c. Airborne skills with or without hand support are not allowed (Exception: <u>aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation</u>)	Skills with <u>hip-over-head rotation</u> : a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls and backward rolls are allowed</u>). b. Non airborne skills are allowed c. Airborne skills with hand support are allowed provided they are limited to two <u>consecutive hip-over-head rotation</u> skills (Clarification: <u>both skills must have hand support</u>) d. Airborne skills without hand support are not allowed (Exception: <u>front aerials and aerial cartwheels are allowed</u>)	Skills with <u>hip-over-head rotation</u> : a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls and backward rolls are allowed</u>). Non airborne skills are allowed b. Airborne skills with hand support are allowed provided: i. Are limited to two <u>consecutive hip-over-head rotation</u> skills d. Airborne skills without hand support are allowed provided all of the following: i. Involves no more than one twisting transition ii. May not <u>connect</u> to another skill that is <u>airborne with hip-over-head rotation</u> without hand support. iii. Are limited to two <u>consecutive hip-over-head rotation</u> skills
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	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 <u>drops to the shoulder, back or seat</u> are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u> . (Clarification: <u>drops directly to the knee, thigh, front or head are not allowed</u>)
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 (Jazz, Contemporary/Lyrical & Kick)

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

	Tiny & Mini	Youth & Junior	Senior & Open
1	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: 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> .	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(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>shoulder-level</u> . (<i>Clarification: the <u>Executing Dancer</u> may not be released</i>).	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> . *Exception –Junior follows Senior & Open Rule 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>head-level</u> . <i>Exception:</i> When an <u>Executing Dancer</u> is supported by a single <u>Supporting Dancer</u> 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	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. Contact 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. The <u>Executing Dancer</u> is limited to one continuous [hip-over-head] rotation.	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. Contact 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	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: a. Contact 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
4	A <u>Vertical Inversion</u> is allowed provided: a. Contact 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>).		
Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)			
5	An <u>Executing Dancer</u> may jump, leap, step or push off a <u>Supporting Dancer(s)</u> provided: a. The highest point of the released skill does not elevate the <u>Executing Dancer's</u> hips above shoulder-level. b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.	An <u>Executing Dancer</u> may jump, leap, step or push off a <u>Supporting Dancer(s)</u> provided: Exception –Junior follow Senior Rule 5 a. The highest point of the released skill does not elevate the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.	An <u>Executing Dancer</u> may jump, leap, step or push off a <u>Supporting Dancer(s)</u> provided: a. At least one part of the <u>Executing Dancer's</u> body is at or below <u>head-level</u> at the highest point of the released skill. b. The <u>Executing Dancer</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.
6	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. The highest point of the toss does not elevate the <u>Executing Dancer's</u> hips above shoulder-level. b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: Exception-Junior follow Senior Rule 6 a. The highest point of the toss does not elevate the <u>Executing Dancer's</u> hips above <u>head-level</u> . b. The <u>Executing Dancer</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Dancer</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release	A <u>Supporting Dancer(s)</u> may <u>toss</u> an <u>Executing Dancer</u> provided: a. At least one part of the <u>Executing Dancer's</u> body is at or below <u>head-level</u> at the highest point of the released skill. b. The <u>Executing Dancer</u> may be <u>supine</u> or <u>inverted</u> when released but s/he must land on their foot/feet. c. The <u>Executing Dancer</u> may not pass through an <u>inverted</u> position after release.

2017-2018 USASF Prep Rules

EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills)
Tumbling as a dance skill is allowed in all divisions, but not required, with the following limitations:

PREP: Tiny, Mini, Youth, Junior, Senior

1	Inverted skills: a. Non <u>airborne</u> skills must involve hand support with at least one hand throughout the skill (<i>Example: headstand</i>) b. <u>Airborne</u> skills are not allowed (<i>Exception: Kip-up originating from the performance surface with hand support</i>) c. <u>Inverted skills</u> with hand support are not allowed while holding poms/props in supporting hand(s).
2	Skills with <u>hip-over-head</u> rotation: a. Non <u>airborne</u> skills are allowed (limited to two <u>consecutive</u> skills) b. Non <u>airborne</u> skills with hand support are not allowed while holding poms/props in supporting hand(s). (<i>Exception: forward rolls and backward rolls are allowed</i>). c. <u>Airborne</u> skills with or without hand support are not allowed (<i>no exceptions</i>)
3	Simultaneous <u>tumbling</u> over or under another dancer that includes hip over head rotation 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 a jump in which the legs are in front of the body and swing behind are not allowed.

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

PREP: Tiny, Mini, Youth, Junior, Senior

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.
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>Executing Dancer</u> cannot be <u>inverted</u> in any elevated skill.
4	The <u>Executing Dancer</u> may be vertically <u>inverted</u> if <u>connected</u> to the performance surface.
5	Hip-over-head rotation of the <u>Executing Dancer(s)</u> is not allowed when <u>elevated</u> from the performance surface.

Dismounts to the performance surface

6	The <u>Executing Dancer</u> may not be released
7	The <u>Executing Dancer</u> may not be released

2017-2018 USASF Prep Technical Skill Rules

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

PREP Hip Hop Technical Skill Rules

1	Each series of Power Moves is limited to two (2) (<i>Clarification: Skills not broken by a pause or step are considered multiple skills</i>). <i>Examples of Power Moves include but are not limited to: <u>Kip up</u>, <u>Headstand/Handstand</u></i>
2	Jumps are allowed provided the following: a. Torso does not move off of the vertical axis while airborne (Example: C-jump is not allowed) b. Legs do not move across the vertical axis while airborne (Example: switch leaps are not allowed)

PREP Pom Technical Skill Rules

1	Each series of technical skills is limited to two (2) (<i>Clarification: Skills not broken by a pause or step are considered multiple skills. i.e. a double <u>pirouette</u> is considered 2 skills</i>).
2	<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. (Exception: Junior & Senior Prep teams may hold the working leg in second position) b. Rotations are limited to 2 rotations. (<i>Example double <u>pirouette</u></i>) c. Axle turns are not allowed
3	<u>Leaps</u> and jumps are allowed provided the following: a. Torso does not move off of the vertical axis while airborne (Example: tilt jump is not allowed) b. Legs do not move across the vertical axis while airborne (Example: switch leaps are not allowed)

PREP Jazz, Contemporary/Lyrical, Kick Skill Rules

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