2017-2018
USASF/IASF Dance Safety Rules

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 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 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. *(Examples: residues from sprays, powders, oils, etc.)* Teams are responsible for clearing the performance surface from debris *(Examples: poms, props, petals, etc.)*
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. *(Exception: socks are allowed on a carpeted performance surface)*
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.

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 Inverted skills: a. Non airborne skills are allowed. *(Example: headstand)* b. Airborne skills with or without hand support that land in a perpendicular inversion or shoulder inversion are not allowed. *(Clarification: may not have airborne backward momentum in the approach)*	Inverted skills: a. Non airborne skills are allowed. *(Example: headstand)* b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.	Inverted skills: a. Non airborne skills are allowed *(Example: Headstand)* b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2 Skills with hip-over-head rotation:
a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
b. Non airborne skills are allowed.
c. Airborne skills with hand support are allowed provided:
   i. Are limited to two consecutive hip-over-head rotation skills.
   ii. 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.)*
d. Airborne skills without hand support are not allowed. *(Exception: aerial cartwheel that is not connected to any other skill with hip over head rotation)*
	Skills with hip-over-head rotation:
	a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	b. Non airborne skills are allowed.
	c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills. *(Clarification: both skills must have hand support)*
	d. Airborne skills without hand support are allowed provided all of the following:
	   i. Involves no more than one twisting transition.
	   ii. May not connect to another skill that is airborne with hip-over-head rotation with or without hand support.
		Skills with hip-over-head rotation:
		a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
		b. Non airborne skills are allowed.
		c. Airborne skills with hand support are allowed provided:
		   i. Are limited to two consecutive hip-over-head rotation 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 connect to another skill that is airborne with hip-over-head rotation without hand support.
		   iii. Are limited to two consecutive hip-over-head rotation skills.

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.	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)*	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 may involve any jump.	Landing in a push up position may involve any jump.

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	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 Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder-level.	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *(*Exception: Jr follows Sr. & Open Rule 2)*	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *Exception:* 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 inverted 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 prone position.
3	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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. b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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.
4	A Vertical-Inversion is allowed provided: a. 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. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. *(Clarification: When there are 3 Supporting Dancers an additional spot is not required)*		
	Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)		
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: *(*Exception: Jr follows Sr. & Open Rule 5)* a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step, or push off a Supporting Dancer(s) provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	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 supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: *(*Exception-Jr follows Sr. & Open Rule 6)* a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet. c. The Executing Dancer may not pass through an inverted position after the release.

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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 Skills with hip-over-head rotation:
a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
b. Non airborne skills are allowed.
c. Airborne skills with or without hand support are not allowed. *(Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation)*
	Skills with hip-over-head rotation:
	a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	b. Non airborne skills are allowed.
	c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills. *(Clarification: both skills must have hand support)*
	d. Airborne skills without hand support are not allowed. *(Exception: front aerials and aerial cartwheels are allowed)*
		Skills with hip-over-head rotation:
		a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
		b. Non airborne skills are allowed.
		c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation 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 connect to another skill that is airborne with hip-over-head rotation without hand support.
		   iii. Are limited to two consecutive hip-over-head rotation skills.

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.	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 Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface *(Exception: kick line leaps)*.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder-level.	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head -level. *(*Exception: Jr follows Sr & Open Rule 2)*	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *Exception:* 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 inverted 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 prone position. d. Supporting Dancer(s) may not hold poms at any point during the skill.
3	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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. b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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.

4	A Vertical Inversion is allowed provided: a. 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. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. *(Clarification: when there are 3 Supporting Dancers an additional spot is not required)*

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

	Tiny & Mini	Youth & Junior	Senior & Open
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	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 supine or inverted when released. c. Executing Dancer may not pass through a prone or inverted position after the 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 head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dance provided: a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.

2017-2018
USASF Jazz, Contemporary/Lyrical & Kick Rules

EXECUTED BY INDIVIDUALS (Jazz, Contemporary/Lyrical & Kick)
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	Airborne inverted skills with or without hand support are not allowed.	Inverted skills: a. Non airborne skills are allowed. *(Example: headstand)* b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.	Inverted skills: a. Non airborne skills are allowed. *(Example: headstand)* b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2	Skills with hip-over-head rotation:
	a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
	b. Non airborne skills are allowed.
	c. Airborne skills with or without hand support are not allowed. *(Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation*
		Skills with hip-over-head rotation:
		a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
		b. Non airborne skills are allowed.
		c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip-over-head rotation skills. *(Clarification: both skills must have hand support)*
		d. Airborne skills without hand support are not allowed. *(Exception: front aerials and aerial cartwheels are allowed)*
			Skills with hip-over-head rotation:
			a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls and backward rolls are allowed)*
			b. Non airborne skills are allowed.
			c. Airborne skills with hand support are allowed provided:
			  i. Are limited to two consecutive hip-over-head rotation 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 connect to another skill that is airborne with hip-over-head rotation without hand support.
			  iii. Are limited to two consecutive hip-over-head rotation skills.

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.	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 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 Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface. *(Exception: kick line leaps).*	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.	A Supporting Dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2	At least one Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *(*Exception –Jr follows Sr & Open Rule 2.)*	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above head-level. *Exception:* 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 inverted 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 prone position.
3	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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. b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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.	Hip-over-head rotation of the Executing Dancer(s) is allowed provided: a. 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.
4	A Vertical Inversion is allowed provided: a. 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. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. *(Clarification: when there are 3 Supporting Dancers an additional spot is not required)*		
	Groups & Pairs: Dismounts to the performance surface (Clarification: May be assisted but not required)		
5	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: *(*Exception –Jr follows Sr & Open Rule 5)* a. The highest point of the released skill does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer may not pass through the prone or inverted position after the release.	An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may not pass through the prone or inverted position after the release.
6	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 supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: *(*Exception-Jr follows Sr & Open Rule 6)* a. The highest point of the toss does not elevate the Executing Dancer's hips above head-level. b. The Executing Dancer is not supine or inverted when released. c. The Executing Dancer may not pass through a prone or inverted position after the release.	A Supporting Dancer(s) may toss an Executing Dancer provided: a. At least one part of the Executing Dancer's body is at or below head-level at the highest point of the released skill. b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet. c. The Executing Dancer may not pass through an inverted position after the release.

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