



2016-2017



IASF 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.
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.).

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.rules@iasfworlds.com and must have division & category noted.

Full routines will not be reviewed.

2016-2017 IASF Dance Division Grid

Division	Age	Team Size	Gender
Tiny	6 years & younger	4 or more dancers	na
Small Mini	9 years & younger	4 - 14 dancers	na
Large Mini	9 years & younger	15 or more dancers	na
Small Youth	12 years & younger	4 - 14 dancers	na
Large Youth	12 years & younger	15 or more dancers	na
Small Junior	15 years & younger	4 - 14 dancers	0 males
Large Junior	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
Small Senior	18 years & younger	4 - 14 dancers	0 males
Large Senior	18 years & younger	15 or more dancers	0 males
Small Senior Coed	18 years & younger	4 - 14 dancers	male(s) and female(s)
Large Senior Coed	18 years & younger	15 or more dancers	male(s) and female(s)
Senior Male	18 years & younger	4 or more dancers	0 females
Small Open	14 years & older	4 - 14 dancers	0 males
Large Open	14 years & older	15 or more dancers	0 males
Small Open Coed	14 years & older	4 - 14 dancers	male(s) and female(s)
Large Open Coed	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, Lyrical/Contemporary & Kick; and Pom. The following document outlines the IASF Dance Rules within each category. The left two columns provide rules for PREP divisions and the right two columns provide rules for the all-star divisions, within each category.

2016-2017

IASF Hip Hop Dance Rules

PREP ONLY EXECUTED BY INDIVIDUALS (Hip Hop Skill Section)	
Must abide by the following limitations	
Prep	
Tiny, Mini, Youth	Junior, Senior
1	Each series of technical skills is limited to two (2) (Clarification: Skills not broken by a pause or step are considered multiple skills).
2	Jumps are allowed provided the following: <ul style="list-style-type: none"> 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> (Exception: Jump full turn is allowed).

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	Inverted Skills: <ul style="list-style-type: none"> a. Non <u>airborne</u> skills must involve hand support with at least one hand throughout the skill (Example: <i>headstand</i>) b. <u>Airborne</u> skills are not allowed (Exception: <u>Kip-up</u> originating from the performance surface with hand support) 	Inverted Skills: <ul style="list-style-type: none"> a. Non <u>airborne</u> skills are allowed (Example: <i>Headstand</i>). b. <u>Airborne</u> skills with or without hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> may not have backward momentum in the approach. 	Inverted Skills: <ul style="list-style-type: none"> a. Non <u>airborne</u> skills are allowed (Example: <i>Headstand</i>). b. <u>Airborne</u> skills with or without hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> may not have backward momentum in the approach (Exception: <i>Airborne shoulder inversions are permitted in Youth</i>).
2	Tumbling skills with hip-over-head rotation: <ul style="list-style-type: none"> a. Non airborne skills are allowed (limited to two <u>consecutive</u> skills) b. <u>Airborne</u> skills with hand support are not allowed (no exceptions) c. <u>Airborne</u> skills without hand support are not allowed (no exceptions) 	Tumbling skills with hip-over-head rotation: <ul style="list-style-type: none"> a. Non airborne skills are allowed b. Mini and Tiny ONLY: <u>Airborne</u> skills with hand support are allowed provided all of the following: <ul style="list-style-type: none"> 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: <u>Dive Rolls</u>) ii. Is limited to two <u>consecutive</u> hip-over-head rotation skills. c. <u>Airborne</u> skills without hand support are not allowed. 	Tumbling skills with hip-over-head rotation: <ul style="list-style-type: none"> a. Non airborne skills are allowed b. * <u>Airborne</u> skills with hand support <ul style="list-style-type: none"> i. Are allowed (Example: <i>Back Handspring</i>) ii. Are limited to two consecutive hip-over-head rotation skills (Clarification: both skills must have hand support) c. <u>Airborne</u> skills without hand support are allowed provided all of the following: <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 with or without hand support

3	Simultaneous tumbling 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.	<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 <u>drops</u> 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.	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.
6	<u>Hip-over-head rotation</u> and Inverted skills with hand support are not allowed while holding <u>props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>	Hip-over-head rotation skills with hand support are not allowed while holding <u>props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>	Hip-over-head rotation skills with hand support are not allowed while holding <u>props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>	Hip-over-head rotation skills with hand support are not allowed while holding <u>props</u> in supporting hand(s). <i>(Exception: forward rolls and backward rolls are allowed).</i>

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	<u>Executing Dancer</u> 's hips cannot elevate above <u>head-level</u> .			
2	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 maintain contact with a <u>Supporting Dancer</u> who is in direct contact with the performance surface.	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.
3	A <u>Supporting Dancer(s)</u> must maintain contact with the <u>Executing Dancer(s)</u> throughout the entire skill <i>(Clarification: <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>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> .	A single <u>Supporting Dancer</u> may release contact at any level with a single <u>Executing Dancer</u> provided <i>(Clarification: <u>Executing Dancer</u> may only be released by one <u>Supporting Dancer</u>):</i> <ol style="list-style-type: none"> The <u>Executing Dancer</u> does not pass through an <u>inverted</u> position after the release. The <u>Executing Dancer</u> is either caught or supported to the performance surface by one or more <u>Supporting Dancers</u>. The <u>Executing Dancer</u> is not caught in a <u>prone</u> position.

4	Hip-over-head Rotation of the Executing Dancer(s) is not allowed when <u>elevated</u> .	<u>Hip-over-head rotation</u> of the Executing Dancer(s) 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 [hip-over-head] rotation</u> .	<u>Hip-over-head rotation</u> of the Executing Dancer(s) 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 no more than one <u>continuous [hip-over-head] rotation</u> .	<u>Hip-over-head rotation</u> of the Executing Dancer(s) 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.
5	The Executing Dancer may only be <u>vertically inverted</u> if connected to the performance surface.	The Executing Dancer may only 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. 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>	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>
<u>Unassisted dismounts</u> to the performance surface				
6	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 elevate the Executing Dancer's hips above <u>shoulder-level</u> . b. The Executing Dancer may not pass through the <u>prone</u> or inverted position after the release.	An Executing Dancer may jump, <u>leap</u> , step, push off a Supporting Dancer(s) provided all of the following: 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. b. The Executing Dancer may not pass through the prone or inverted position after the release.
7	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 <i>(Clarification: may be assisted to performance surface, but not required)</i> : 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 <u>inverted</u> position after release.	A Supporting Dancer(s) may <u>toss</u> an Executing Dancer provided <i>(Clarification: may be assisted to performance surface, but not required)</i> : 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. b. The Executing Dancer may be <u>supine</u> 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 release.

2016-2017

IASF Jazz, Lyrical/Contemporary & Kick Rules

PREP ONLY EXECUTED BY INDIVIDUALS (Jazz, Lyrical/Contemporary & Kick Skill Section) <i>Must abide by the following limitations</i>			
Prep			
Tiny, Mini, Youth		Junior, Senior	
1	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>	
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. 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>	
3	<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 is allowed)</i>	<u>Leaps</u> and jumps: a. May 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. May 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
1	<u>Inverted Skills</u> : a. Non <u>airborne</u> skills must involve hand support with at least one hand throughout the skill <i>(Example: cartwheel).</i> b. <u>Airborne</u> skills are not allowed.	<u>Inverted Skills</u> : a. Non <u>airborne</u> skills must involve hand support with at least one hand throughout the skill <i>(Example: cartwheel).</i> b. <u>Airborne</u> skills are not allowed.	<u>Hip-over-head rotation</u> skills with hand support are not allowed while holding <u>props</u> in supporting hand(s) <i>(Exception: forward rolls and backward rolls are allowed).</i>
2	<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 hand support are not allowed <i>(no exceptions)</i> c. Airborne skills without hand support are not allowed <i>(no exceptions)</i>	<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 hand support are not allowed <i>(no exceptions)</i> c. Airborne skills without hand support are not allowed <i>(no exceptions)</i>	<u>Airborne inverted</u> and <u>Airborne hip-over-head rotation</u> skills with or without hand support are not allowed <i>(Exception: aerial cartwheels are allowed provided they are not <u>connected</u> to any other skill with hip-over-head rotation).</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.	<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 or flat back position onto the performance surface is not allowed.	Landing in a push up or flat back position onto the performance surface is not allowed.	Landing in a push up position may involve any jump.

			are in front of the body and swing behind are not allowed.	
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EXECUTED BY GROUPS OR PAIRS (Jazz, Lyrical/Contemporary & 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	Executing Dancer's hips cannot elevate above <u>head-level</u> .	Executing Dancer's hips cannot elevate above <u>head-level</u> .		
2	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> .
3	A Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill (<i>Clarification: the Executing Dancer may not be released</i>).	A Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill (<i>Clarification: The Executing Dancer may not be released</i>).	At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above <u>shoulder-level</u> .	A single Supporting Dancer may release contact at any level with a single <u>Executing Dancer</u> provided all of the following (<i>Clarification: Executing Dancer may only be released by one Supporting Dancer</i>): 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 in by one or more Supporting Dancers c. The Executing Dancer is not caught in a <u>prone</u> position
4	Hip-over-head Rotation of the Executing Dancer(s) is not allowed when <u>elevated</u>.	Hip-over-head Rotation of the Executing Dancer(s) is not allowed when <u>elevated</u>.	<u>Hip-over-head rotation</u> of the Executing Dancer(s) 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</u> of the Executing Dancer(s) 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.
5	The Executing Dancer may only be <u>vertically inverted</u> if connected to the performance surface.	The Executing Dancer may only 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. b. When the height of the Executing Dancer's shoulders exceed shoulder-level there is	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 shoulder-level 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>	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>
Unassisted dismounts to the performance surface				
6	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: <ul style="list-style-type: none"> 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 <u>prone</u> or <u>inverted</u> position after the release. 	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"> a. At least one part of the Executing Dancer's body is at or below shoulder-level at the highest point of the released skill. b. The Executing Dancer may not pass through the <u>prone</u> or inverted position after the release.
7	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 <i>(Clarification: may be assisted to performance surface, but not required)</i> : <ul style="list-style-type: none"> a. The highest point of the toss does not elevate the Executing Dancer's hips above <u>head-level</u>. 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 <u>toss</u> an Executing Dancer provided <i>(Clarification: may be assisted to performance surface, but not required)</i> : <ul style="list-style-type: none"> 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. b. The Executing Dancer may be <u>supine</u> 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 release.

2016-2017 IASF Pom Rules

PREP ONLY EXECUTED BY INDIVIDUALS (Pom Skill Section)			
<i>Must abide by the following limitations</i>			
Prep			
Tiny, Mini, Youth		Junior, Senior	
1	Each series of technical skills is limited to two (2) (Clarification: Skills not broken by a pause or step are considered multiple skills).	Each series of technical skills is limited to three (3) . Clarification: Skills not broken by a pause or step are considered multiple skills. i.e. a double pirouette is considered 2 skills)	
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. b. <u>Supporting leg</u> is on the ground through the completion of the turn. c. Rotations are limited to 2 rotations (i.e. a double pirouette is considered 2 skills).	<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.e. a double pirouette is considered 2 skills).	
3	<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> (Exception: Jump full turn)	<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> (Exception: Jump full turn is allowed)	
EXECUTED BY INDIVIDUALS (Pom)			
<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
1	<u>Inverted</u> Skills are not allowed.	<u>Hip-over-head rotation</u> skills with hand support are not allowed while holding <u>props</u> in supporting hand(s) (Exception: forward rolls and backward rolls are allowed).	<u>Hip-over-head rotation</u> skills with hand support are not allowed while holding <u>props</u> in supporting hand(s) (Exception: forward rolls and backward rolls are allowed).
2	<u>Tumbling</u> skills with hip-over-head rotation: a. Non airborne skills are allowed (limited to two consecutive skills) b. Airborne skills with hand support are not allowed (no exceptions) c. Airborne skills without hand support are not allowed (no exceptions)	<u>Airborne inverted</u> and <u>Airborne hip-over-head rotation</u> 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).	<u>Airborne hip-over-head rotation</u> skills without hand support are not allowed (Exception: front aerials and aerial cartwheels are allowed).
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.	<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 or flat back position onto the performance surface 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 are not allowed.	Landing in a push up position may involve any jump.

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	<u>Executing Dancer</u> 's hips cannot elevate above <u>head-level</u> .	<u>Executing Dancer</u> 's hips cannot elevate above <u>head-level</u> .		
2	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> .
3	A <u>Supporting Dancer(s)</u> must maintain contact with the <u>Executing Dancer(s)</u> throughout the entire skill (<i>Clarification: 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 (<i>Clarification: 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> .	A single <u>Supporting Dancer</u> may release contact at any level with a single <u>Executing Dancer</u> provided all of the following (<i>Clarification: Executing Dancer may only be released by one Supporting Dancer</i>): 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 in by one or more <u>Supporting Dancers</u> c. The <u>Executing Dancer</u> is not caught in a <u>prone</u> position d. No supporting dancer may hold poms during the release or catch/assistance upon return to the performance surface.
4	Hip-over-head Rotation of the <u>Executing Dancer(s)</u> is not allowed when <u>elevated</u>.	Hip-over-head Rotation of the <u>Executing Dancer(s)</u> is not allowed when <u>elevated</u>.	<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.
5	The <u>Executing Dancer</u> may only be <u>vertically inverted</u> if connected to the performance surface.	The <u>Executing Dancer</u> may only 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</u> 's shoulders exceed shoulder-level there is	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</u> 's shoulders exceed shoulder-level 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>	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>
Unassisted dismounts to the performance surface				
6	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"> 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: <ul style="list-style-type: none"> 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.
7	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 <i>(Clarification: may be assisted to performance surface, but not required)</i> provided: <ul style="list-style-type: none"> 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 <u>toss</u> an Executing Dancer <i>(Clarification: may be assisted to performance surface, but not required)</i> provided: <ul style="list-style-type: none"> 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.