



**IASF DANCE RULES**

**2019-20**

## Hip Hop, High Kick, Pom & Jazz

GENERAL RULES	
1	All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.
2	Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.
3	All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.
4	Each team performance will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 15 seconds (2:15). 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. Violation of the time limit may result in a deduction.
5	Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.) Violation will result in a deduction.
6	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
7	Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they compete.
8	All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
CHOREOGRAPHY, MUSIC, and COSTUMING	
1	Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
2	All choreography should be age appropriate.
3	Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4	Performing in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is not allowed. If in doubt please contact the IASF Rules Committee for prior approval.
5	Jewelry as part of a costume is allowed.
6	All costuming should be secure. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
7	No cheers or chants allowed.
PROPS	
1	<u>Props</u> are not allowed. Only the use of <u>costume elements</u> (i.e. necklace, jacket, hat, poms, etc.) are allowed. They may be used and discarded <b>but may not be used to elevate athletes from the performance surface.</b>

## IASF Dance Rules 2019-2020

### Hip Hop, High Kick, Pom & Jazz Junior, Senior & Open Divisions

\* Blue denotes additional restriction or rule specific to Pom category

EXECUTED BY ONE ATHLETE	
<i>Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:</i>	
1*	<p><b>Inverted Skills:</b></p> <ul style="list-style-type: none"><li>a. Non <u>airborne</u> skills are allowed. (Example: Headstand)</li><li>b. <u>Airborne</u> skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.</li><li>c. <u>Inverted Skills: Airborne inverted</u> skills with hand support are not allowed while holding poms.</li></ul>
2	<p>Skills with <u>hip over head</u> rotation:</p> <ul style="list-style-type: none"><li>a. With hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls, backward rolls <i>and proper use of hands free poms</i> are allowed).</li><li>b. Non <u>airborne</u> skills are allowed.</li><li>c. <u>Airborne</u> skills with hand support are allowed provided they are limited to two consecutive <u>hip over head</u> rotation skills.</li><li>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:<ul style="list-style-type: none"><li>i. Involves no more than one twisting transition.</li><li>ii. May not connect to another skill that is <u>airborne</u> with <u>hip over head</u> rotation without hand support.</li><li>iii. Are limited to two consecutive <u>hip over head</u> rotation skills.</li></ul></li></ul>
3	Simultaneous tumbling over or under another athlete that includes <u>hip over head</u> rotation by both performers is not allowed.
4	Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> athlete does not exceed <u>hip level</u> . (Clarification: <i>Drops directly to the knee, thigh, front or head are not allowed</i> ).
5*	<ul style="list-style-type: none"><li>a. Landing in a push up position may involve any jump.</li><li>a. <u>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 while holding poms.</u></li></ul>

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

1	A <u>Supporting Athlete</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 Athlete</u> must maintain contact with the <u>Executing Athlete(s)</u> throughout the entire skill above <u>head level</u> , <i>Exception: When an <u>Executing Athlete</u> is supported by a single <u>Supporting Athlete</u> they may be released at any level provided:</i> <ol style="list-style-type: none"> <li><i>The <u>Executing Athlete</u> does not pass through an <u>inverted</u> position after the release <b>while airborne</b>.</i></li> <li><i>The <u>Executing Athlete</u> is either caught or supported to the performance surface by one or more <u>Supporting Athletes</u>.</i></li> <li><i>The <u>Executing Athlete</u> is not caught in a <u>prone</u> position.</i></li> <li><i>All <u>Supporting Athlete(s)</u> must have hands free for the duration of the skill to aid in the support/catch/release.</i></li> </ol>
3	<u>Hip over head rotation</u> of the <u>Executing Athlete(s)</u> is allowed provided contact between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> is maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position.
4	A <u>Vertical Inversion</u> is allowed provided: <ol style="list-style-type: none"> <li>Contact between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> is maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position.</li> <li>When the height of the <u>Executing Athlete</u>'s shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the <u>Executing Athlete</u>. (<i>Clarification: When there are 3 <u>Supporting Athlete(s)</u> an additional spot is not required</i>).</li> </ol>

**DISMOUNTS-EXECUTED BY GROUPS OR PAIRS-** Dismounts to the performance surface (Clarification: Released skills may be assisted but not required):

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

# IASF Dance Rules 2019-2020

## Hip Hop, High Kick, Pom & Jazz

### Tiny, Mini & Youth Divisions

\* Blue denotes additional restriction or rule specific to Pom category

#### EXECUTED BY ONE ATHLETE

*Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:*

1*	<p><u>Inverted skills:</u></p> <ul style="list-style-type: none"><li>a. Non <u>airborne</u> skills are allowed. (Example: <i>headstand</i>)</li><li>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. (Clarification: may not have <i>airborne</i> backward momentum in the approach)</li><li>c. <u>Inverted Skills: Airborne inverted</u> skills with hand support are not allowed while holding poms.</li></ul>
2.	<p>Skills with <u>hip-over-head</u> rotation:</p> <ul style="list-style-type: none"><li>a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (Exception: <i>forward rolls, backward rolls and proper use of hands free poms</i> are allowed)</li><li>b. Non <u>airborne</u> skills are allowed.</li><li>c. <u>Airborne</u> skills with hand support are allowed provided:<ul style="list-style-type: none"><li>i. Are limited to two <u>consecutive hip-over-head</u> rotation skills.</li><li>ii. It is not <u>airborne</u> in approach but may be <u>airborne</u> in the descent. (Clarification: <i>in the approach the hands must touch the ground before the feet leave the ground.</i>)</li></ul></li><li>d. <u>Airborne</u> skills without hand support are not allowed. (Exception: <i>aerial cartwheel</i> that is not <u>connected</u> to any other skill with <u>hip over head</u> rotation)</li></ul>
3.	Simultaneous <u>tumbling</u> over or under another athlete that includes <u>hip-over-head</u> rotation by both athletes 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 athlete first bears weight on the hand(s) or foot/feet.
5.	<ul style="list-style-type: none"><li>a. Landing in a push up position may involve any jump.<ul style="list-style-type: none"><li>a. 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 while holding poms.</li></ul></li></ul>

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

1. The Executing Athlete must maintain contact with a Supporting Athlete who is in direct contact with the performance surface.
2. At least one Supporting Athlete must maintain contact with the Executing Athlete(s) throughout the entire skill above shoulder-level
3. Hip-over-head rotation of the Executing Athlete(s) is allowed provided:
  - a. Contact between the Executing Athlete and at least one Supporting Athlete(s) is maintained until the Executing Athlete returns to the performance surface or is returning to the upright position.
  - b. The Executing Athlete is limited to one continuous [hip-over-head] rotation.
4. A Vertical-Inversion is allowed provided:
  - a. Contact between the Executing Athlete and at least one Supporting Athlete(s) is maintained until the Executing Athlete returns to the performance surface or is returning to the upright position.
  - b. When the height of the Executing Athlete's shoulders exceed shoulder-level there is at least one additional athlete to spot who does not bear the weight of the Executing Athlete. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*)

**DISMOUNTS-EXECUTED BY GROUPS OR PAIRS- Dismounts to the performance surface (Clarification: Released skills may be assisted but not required:**

1. An Executing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. The highest point of the released skill does not elevate the Executing Athlete's hips above head-level.
  - b. The Executing Athlete may not pass through the prone or inverted position after the release.
2. A Supporting Athlete(s) may toss an Executing Athlete provided:
  - a. The highest point of the toss does not elevate the Executing Athlete's hips above head-level.
  - b. The Executing Athlete is not supine or inverted when released.
  - c. The Executing Athlete may not pass through a prone or inverted position after the release.