



Ultimate Dance Events Scoring Information 2023-2024
Dance Abilities Divisions



DanceABILITIES Rules

All DanceABILITIES teams will follow the USASF general rules and routine requirements.

Exception: General Rule 7: The use of Service Animals by athletes is permitted.

Individuals: Executed by one person not in contact with another person.

- I. Inverted skills may not be airborne and must involve hand support with at least one hand throughout the skill (example: headstand, handstand)
- II. Skills with hip-over-head rotation may not be airborne and are limited to two consecutive rotations.
- III. Poms/Props are not allowed in supporting hands in any hip-over-head rotation skills. (Exception: forward and backward rolls.)
- IV. No simultaneous tumbling over or under another dancer is allowed.
- V. Drops are not allowed.
- VI. Dancers may not land in a push up position from any jump.

Groups & Pairs: Executed by two or more individuals in contact with one another

- I. All Partner and Groups lifts must be performed independently and with a Coach/Assistant as an additional spotter with the following limitations:
- II. Lifts may not elevate Executing Dancer(s) hips above Head Level.
- III. The Executing Dancer(s) must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.
- IV. At least one Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill.
- V. Hip-over-head rotation skills and inverted skills are not permitted when the executing dancer is elevated from the performance surface.
- VI. Unassisted dismounts to the Performance Surface are not permitted. Clarification: The Executing Dancer may not be released.

Mobility and Support Device Rules

(Note: The use of the term 'wheelchair' below also applies to the use of scooters and similar mobility devices, as is applicable.)

- I. All mobility equipment, prosthesis, canes, crutches, elbow crutches and braces are considered part of the athlete unless they are removed, in which case they are considered props and therefore are required to follow the props rules.
- II. Wheelchair users, when acting as the supporting dancers in a lift, must have all wheels in contact with the performance surface during the skill, with wheels locked and an added and appropriate anti-tip attachment (or a spotter with both feet firmly placed on the performance surface with both hands gripped on the two back handles stabilizing the wheelchair with both wheels on the performance surface) for safety.

Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair, in working order and prepared to be used on the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface. Wheelchairs MAY NOT be altered from the original manufacturer's design.



Athletes may not stand on any part of a mobility device (i.e. wheelchairs, crutches, etc.).

Exception: A mobility device may be used to aid the executing dancer into a groups or pairs skill, but may not be utilized as the executing dancer's primary support.

Example: An executing dancer may place their foot on the arm rail or handlebar of a wheelchair. Must have additional safety spotter behind mobility device.

- I. Wheelchair users, when acting as supporting dancers, in the wheelchair (or similar apparatus) must use a seatbelt with wheels in locked position. All weight-bearing usage of wheelchairs must be pre-approved through the IASF
- II. All athletes spotting and/or catching a skill have mobility through their lower body OR the strength in the upper body enough (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot and/or catch the skill.
- III. All athletes spotting and/or catching a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill. Executing Dancers may be caught by individuals who are not the original Supporting Dancer(s) if the original Supporting Dancer(s) are not capable of catching the skill.
- IV. When non-motorized wheelchairs are in motion, if there is an individual pushing the Exceptional Athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion. f. Motorized wheelchairs must have all 4 wheels on the floor at all times

It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Pre-Performance Note: Please contact the Event Producer about the performance surface being provided at the competition and for additional information on how to get mobility devices onto the stage if a lift is not provided.