



Prep and Novice Dance Rules

GENERAL RULES	
1	All teams must be supervised during all official functions by a qualified coach/instructor.
2	Coaches must consider the dancer and team skill level regarding 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 15 seconds (2:15) 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, <i>whichever happens last. (Exception: Teams competing in the Novice Tier have no time minimum and a maximum of 1 minute and 30 seconds (1:30).</i>
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 and inert gasses, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including but not limited to guns, knives, swords, nun-chucks, etc.). Violation of this rule may result in disqualification. Please submit questionable items and how it used/choreographed into routine for prior approval via USASF Coach App. <i>(Clarification: See Service Animal exception in DanceAbilities Rules.)</i>
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.
10	A participant wearing a hard cast (i.e. fiberglass or plaster) or a walking boot may not be involved in choreography that may cause harm/injury to others.

CHOREOGRAPHY, MUSIC, and COSTUMING

1	Tights are required when costuming provides limited coverage, specifically above mid-thigh (i.e. leotards, shorts, briefs, etc.) in consideration of athlete safety.
2	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 labelled "radio" or "clean" is permissible as long as it is suitable for family audiences.
3	Footwear is recommended but not required. Wearing footwear with wheels, socks and/or footed tights only is prohibited. <i>(Exception: socks are allowed on a carpeted performance surface. (Clarification: Socks designed for dance that provide shock absorption, arch support, ankle stability, traction are allowed.)</i>
4	Jewellery as a part of a costume is allowed. <i>(Clarification: Safety of the dancer should be considered.)</i>

PROPS

1	Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body. They may not be used to elevate dancer(s) from the performance surface. Props cannot be used to intentionally obscure/cover skills that need to be viewable by a legality official (i.e. fabric used to cover lift). <i>(Clarification: Safety of the dancer should be considered.)</i>
2	Standing props are not allowed. <i>(i.e. chairs, stools, benches, ladders, boxes, stairs, etc.)</i>

PREP TIER - EXECUTED BY INDIVIDUALS

	Tiny & Mini	Youth	Junior & Senior
1	<p>Inverted skills:</p> <p>a. Non-airborne skills must involve hand support with at least one hand throughout the skill and are not allowed while holding poms/props in supporting hand(s). <i>(Example: headstand)</i></p> <p>b. Airborne skills with or without hand support are not allowed. <i>(Clarification: Kip up with hand support originating from performance surface is allowed but the dancer may not hold poms/props in supporting hand(s).)</i></p>	<p>Inverted skills:</p> <p>a. Non-airborne skills must involve hand support with at least one hand throughout the skill and are not allowed while holding poms/props in the supporting hands. <i>(Example: headstand)</i></p> <p>b. Airborne skills with or without hand support are not allowed. <i>(Clarification: Kip up with hand support originating from performance surface is allowed but the dancer may not hold poms/props in supporting hand(s).)</i></p>	<p>Inverted skills:</p> <p>a. Inverted skills with hand support are not allowed while holding poms/props in supporting hand(s).</p> <p>b. Airborne skills with or without hand support are not allowed. <i>(Clarification: Kip up with hand support originating from performance surface is allowed but the dancer may not hold poms/ props in supporting hand(s).)</i></p>

PREP TIER - EXECUTED BY INDIVIDUALS

	Tiny & Mini	Youth	Junior & Senior
2	<p>Skills with hip-over-head rotation:</p> <p>a. Non-airborne skills with hand support are not allowed while holding poms/props in supporting hand(s). <i>(Exception: forward rolls, backward rolls.)</i></p> <p>b. Non-airborne skills are limited to two consecutive skills.</p> <p>c. Airborne skills with or without hand support are not allowed. <i>Exception: a roundoff that is not connected to any other skill with hip-over-head rotation.)</i></p> <p>d. Airborne skills with or without hand support over another dancer are not allowed.</p> <p>e. Allowed.</p>	<p>Skills with hip-over-head rotation:</p> <p>a. Non-airborne skills with hand support are not allowed while holding poms/props in supporting hand(s). <i>(Exception: forward rolls, backward rolls.)</i></p> <p>b. Non-airborne skills are limited to two consecutive skills.</p> <p>c. Airborne skills with or without hand support are not allowed. <i>Exception: a roundoff that is not connected to any other skill with hip-over-head rotation.)</i></p> <p>d. Airborne skills with or without hand support over another dancer are not allowed.</p>	<p>Skills with hip-over-head rotation:</p> <p>a. Non-airborne skills with hand support are not allowed while holding poms/props in supporting hand(s). <i>(Exception: forward rolls, backward rolls.)</i></p> <p>b. Non-airborne skills are limited to two consecutive skills.</p> <p>c. Airborne skills with hand support are allowed provided:</p> <p>e. They are limited to two consecutive hip-over-head rotation skills, airborne or non-airborne.</p> <p>f. They are not airborne in approach but may be airborne in the descent. <i>(Clarification: In the approach the hands must touch the ground before the feet leave the ground.)</i></p> <p>g. Airborne skills without hand support are not allowed. <i>(Exception: aerial cartwheels)</i></p> <p>h. Airborne skills with or without hand support over another dancer are not allowed.</p>
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.		
5	Landing in a push up position onto the performance surface from any airborne skill is not allowed.		

PREP TIER - EXECUTED BY GROUPS & PAIRS

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

	Tiny & Mini	Youth	Junior & Senior
1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface. <i>(Exception: leaps and jumps of connected dancers)</i>	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface. <i>(Exception: leaps and jumps of connected dancers)</i>	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface. <i>(Exception: leaps and jumps of connected dancers)</i>
2	At least one Supporting Dancer must maintain contact with the Executing Dancer throughout the entire skill and the Executing Dancer's hips cannot elevate above head-level. <i>(Clarification: The Executing Dancer may not be released.)</i>	At least one Supporting Dancer must maintain contact with the Executing Dancer throughout the entire skill and the Executing Dancer's hips cannot elevate above head-level. <i>(Clarification: The Executing Dancer may not be released.)</i>	At least one Supporting Dancer must maintain contact with the Executing Dancer above shoulder height and the Executing Dancer's hips cannot elevate above head-level.

PREP TIER - EXECUTED BY GROUPS & PAIRS

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

	Tiny & Mini	Youth	Junior & Senior
3	<p>Hip-over-head rotation of the Executing Dancer(s) is all allowed provided:</p> <ol style="list-style-type: none"> a. Contact between the Executing Dancer and the Supporting Dancer(s) is maintained until the Executing Dancer returns to the performance surface in an upright position. b. The Executing Dancer is limited to one continuous hip- over-head rotation. c. The height of the executing dancer’s hips does not exceed head-level. 	<p>Hip-over-head rotation of the Executing Dancer(s) is all allowed provided:</p> <ol style="list-style-type: none"> a. Contact between the Executing Dancer and the Supporting Dancer(s) is maintained until the Executing Dancer returns to the performance surface in an upright position. b. The Executing Dancer is limited to one continuous hip over- head rotation. c. The height of the Executing Dancer’s hips does not exceed head-level. 	<p>Hip-over-head rotation of the Executing Dancer(s) is all allowed provided:</p> <ol style="list-style-type: none"> a. Contact between the Executing Dancer and the Supporting Dancer(s) is maintained until the Executing Dancer returns to the performance surface in an upright position. b. The Executing Dancer is limited to two continuous hip over- head rotations. c. The height of the Executing Dancer’s hips does exceed head-level.
4	<p>Vertical Inversion: The Executing Dancer cannot be inverted in any elevated skill. <i>(Clarification: The Executing Dancer may be vertically inverted if connected to the performance surface.)</i></p>	<p>Vertical Inversion: The Executing Dancer may be inverted in an elevated skill provided the following:</p> <ol style="list-style-type: none"> a Contact between the Executing Dancer and at least one Supporting Dancer(s) is maintained until the Executing Dancer returns to the performance surface or returns to the upright position. b The height of the Executing Dancer’s shoulders does not exceed hip-level. 	<p>Vertical Inversion: The Executing Dancer may be inverted in an elevated skill provided the following:</p> <ol style="list-style-type: none"> a Contact between the Executing Dancer and at least one Supporting Dancer(s) is maintained until the Executing Dancer returns to the performance surface or returns to the upright position. b The height of the Executing Dancer’s shoulders do not exceed shoulder-level.
5	<p>The Executing Dancer may not be released.</p>	<p>Dismounts are allowed provided:</p> <ol style="list-style-type: none"> a At the highest point of the dismount, the Executing Dancer’s hips do not elevate above shoulder-level and the Executing Dancer must land on their foot/feet. b The Executing Dancer’s hips do not cross the vertical axis while airborne and inverted. <i>(Clarification: Dance is free of contact from both the performance surface and other performers).</i> c The Executing Dancer is not inverted when released. 	<p>Dismounts are allowed provided:</p> <ol style="list-style-type: none"> a At the highest point of the dismount, the Executing Dancer’s hips do not elevate above shoulder-level and the Executing Dancer must land on their foot/feet. b The Executing Dancer’s hips do not cross the vertical axis while airborne and inverted. <i>(Clarification: Dance is free of contact from both the performance surface and other performers).</i> c The Executing Dancer is not inverted when released.

PREP Technical Skills

Tiny/Mini/Youth	Junior/Senior
<p>Connected/Consecutive technical skills (skills executed without a step, pause, or break in between) are limited to two (2). (Exception: kicks are not restricted in Number.)</p>	<p>Connected/Consecutive technical skills (skills executed without a step, pause, or break in between) are limited to three (3). (Exception: kicks are not restricted in number)</p>
<p>Leaps and jumps are allowed provided the following:</p> <ol style="list-style-type: none"> a. Leaps and jumps that release the head toward the back while <u>airborne</u> are not allowed (Example: C-jump, Firebird or Ring Leap) (Exception: Youth follow JR/SR) b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u>. (Example: switch leaps are not allowed) 	<p>Leaps and jumps are allowed provided the following:</p> <ol style="list-style-type: none"> a. Leaps and jumps that release the head toward the back while <u>airborne</u> are allowed (Example: C-jump, Firebird or Ring Leap) b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u>. (Example: switch leaps are not allowed)
<p><u>Stationary Turns</u> are allowed provided the following:</p> <ol style="list-style-type: none"> a. <u>Working leg</u> is held in a <u>pencil</u>, <u>passé</u> or <u>coupé</u> position. Rotations are limited to two (2). (Exception: Youth teams may perform a single leg hold turn. Youth teams may perform two a la second/fouetté turns ONLY.) b. Axle turns are not allowed. 	<p><u>Stationary Turns</u> are allowed provided the following:</p> <ol style="list-style-type: none"> a. Rotations are limited to three (3). (<i>Clarification: the leg may be held in any position waist-height or lower.</i>) (Exception: A single <u>illusion</u> or a single leg hold turn are allowed) b. <u>Axle</u> turns are not allowed.

NOVICE Technical Skills	
All Divisions	
1	Connected/ <u>Consecutive</u> technical skills (skills executed without a step, pause, or break in between) are limited to two (2) . Exception: kicks are not restricted in number
2	Leaps and jumps are allowed provided the following: <ul style="list-style-type: none"> a. Leaps and jumps that release the head toward the back while <u>airborne</u> are not allowed (Example: C-jump, Firebird or Ring Leap) b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u>. (Example: switch leaps are not allowed)
3	<u>Stationary Turns</u> are allowed provided the following: <ul style="list-style-type: none"> a. <u>Working leg</u> is held in a <u>pencil</u>, <u>passé</u> or <u>coupé</u> position. Rotations are limited to two (2). (Example: <u>double pirouette</u>). b. <u>Axle</u> turns are not allowed.

**NOTE: The Technical Skill rules are for all categories (genres). Please refer to the Individual and Groups & Pair rules for further restrictions.

NOVICE TIER - EXECUTED BY INDIVIDUALS	
Applicable to all NOVICE divisions and categories	
1	<u>Inverted</u> skills: <ul style="list-style-type: none"> a. Non-<u>airborne</u> skills must involve hand support throughout the skill and are not allowed while holding poms/props in the supporting hand(s). Example: <i>handstand</i> b. Airborne skills with or without hand support are not allowed. (Clarification: <i>Kip up with hand support originating from performance surface is allowed but may not hold poms/props in supporting hand(s).</i>)
2	Skills with <u>hip-over-head rotation</u> <ul style="list-style-type: none"> a. Non-<u>airborne</u> skills with hand support are not allowed while holding poms/<u>props</u> in supporting hands. Exception: (<i>forward rolls, backward rolls</i>) b. Non-<u>airborne</u> skills are limited to two <u>consecutive</u> skills. c. <u>Airborne</u> skills with or without hand support are not allowed. Exception: a <u>roundoff</u> not connected to any other skill with <u>hip-over-head rotation</u>. d. Airborne skills with or without hand support over another dancer are not allowed.

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.
5	Landing in a push up position onto the performance surface from any airborne skill is not allowed.

NOVICE TIER - EXECUTED BY GROUPS & PAIRS

Partnering and lifts are allowed (not required) with the following limitations:

Applicable to all NOVICE divisions and categories

1	The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.
2	At least one Supporting Dancer must maintain contact with the Executing Dancer throughout the entire skill and the Executing Dancer's hips cannot elevate above head- level. <i>(Clarification: The Executing Dancer may not be released.)</i>
3	The Executing Dancer may not perform a hip-over-head rotation skill while elevated from the performance surface.
4	The Executing Dancer cannot be inverted in any elevated skill. <i>(Clarification: The Executing Dancer may be vertically inverted if connected to the performance surface.)</i>

Dismounts to the performance surface

5	The Executing Dancer may not be released.
----------	---