



A VARSITY BRAND

2011-12 College Dance Safety Rules

***Highlighted sections indicate a change in rules.**

1. Teams must have at least 4 members. There is no maximum limit.
2. Each team will have 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 comes last.
3. Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited. **Footwear must have soft soles and be non-marking.**
4. Jewelry as part of a costume is allowed.

Tumbling and Tricks (Executed by individuals):

Tumbling and/or Tricks: An Acrobatic or gymnastic skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling is allowed, but not required, in all divisions with the following limitations:

1. In **hip hop only**, airborne tumbling skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position. (*Exception: Aerial Cartwheels, round offs and dive rolls [in a pike position] are allowed in all categories.*)

a) The allowed hip hop tumbling skills with airborne hip over head rotation is limited to 2 connected skills. (Example: Round-off, back handspring, back handspring is not allowed. Round-off, back hand spring, kip up is allowed).

2. Simultaneous tumbling over or under another team member is not allowed.

3. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hand/s or feet/foot in order to break the impact of the drop.

4. Drops to a push up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle Jump. All Variations of a Shushunova are not permitted.

5. Weight bearing skills and/or tumbling is not allowed while holding poms or props. Weight bearing skills include stalls, etc. (*Exception: forward and backward rolls*). Weight bearing skills and/or tumbling with poms attached to the hand or fingers is not allowed. Please see the USA College Dance Safety Rules - Glossary Terms for a definition of weight bearing.

2011-12 College Dance Safety Rules (cont.)

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head spins
Windmills/Flairs
Kip up
Dive Rolls (in a pike position)
Round-offs
Head Springs with hand support
Aerial Cartwheel
Front/Back Handsprings (in Hip Hop Only)

NOT ALLOWED

Front/Back Tucks
Side Somi
Layouts
Shushunova
Head Springs (without hand support)
Round Off Series Back Hand Springs
Dive Rolls (in a layout position)

Dance Lifts, Tricks and Partnering (Executed as partners or groups)

Dance Lifts, Tricks and Partnering are permitted and are defined below:

Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s).

Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of "Supporting" dancer(s) and "Executing" dancer(s).

Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills.

1. Any Lifting/Supporting Dancer(s) who has primary weight of a Lifted Dancer must maintain direct contact with the performance surface at all times.
2. At least one Lifting/Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Elevated/Executing Dancer(s) throughout the entire Lift, Trick or Partnering skill. *(Exception: A dancer who is not prone can release contact below shoulder level [of the Lifting/Supporting dancer when standing upright].)*
3. Jumping or leaping off a dancer above hip level [of the Lifting/Supporting dancer when standing upright] is allowed as long as there is hand/arm (Lifting/Supporting dancer) to hand/arm/body (Elevated/Executing dancer) throughout the skill. *(Example: A dancer who is not prone may jump or leap off another dancer below shoulder level [of the Lifting/Supporting dancer when standing upright]. A dancer may step off another dancer.)*
4. Tossing a dancer is only allowed if the highest point of the toss does not elevate the Executing Dancer's hips above shoulder level [of the Lifting/Supporting dancer when standing upright] and the Executing Dancer is not prone or inverted. When released the Executing Dancer cannot pass through an inverted position.

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5. Swinging Lifts and Tricks are allowed provided the Elevated/Executing Dancer's body does not make a complete circular rotation and is in a face up, non-prone position at all times.
6. Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as his/her shoulders do not exceed shoulder level [of the Lifting/Supporting dancer when standing upright].
7. Vertical inversions above shoulder level [of a standing dancer] must be supported by at least two Lifting/Supporting Dancers, who have hand to body contact throughout the inversion.
8. Hand to hand vertical inversions are allowed as long as the shoulders of the Executing Dancer do not exceed shoulder level [of the Lifting/Supporting Dancers when standing upright] and there is at least 2 Lifting/Supporting Dancers.
9. All stunts and/or pyramids are prohibited. (*Exceptions: pony sit, thigh stand, shoulder sit.*)

Props:

1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
2. Standing props are not allowed in the Open Dance and/or Hip Hop categories (Example: chairs, stools, benches, ladders, boxes, stairs, etc.)

Glossary of Terms

Airborne: To be free of contact with a person and/or the performing surface. (Clarification: An example of airborne hip over head rotation is a back hand spring).

Aerial Cartwheel: An airborne tumbling skill which emulates a cartwheel executed without placing hands on the ground.

Axle: A turn in which the working leg makes a circle in the air to passé as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air and then lands on the original supporting leg.

Back Walkover: A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Breaking: A style of hip hop dance that incorporates martial arts, tumbling oriented tricks and dance. The term for a person who executes this style is known as a BBoy (breaking-boy) or BGirl (breaking-girl).

C - Jump: A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.

Cartwheel-A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

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Calypso [ka-lip-SO]: A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.

Category: Denoting the style of a performance piece/competition routine. (Example: Dance, Hip Hop).

Coupe [koo-PAY]: A position in which one foot is held lifted and close to the ankle. Also known as Coup de Pied: quickly takes the place of the other; meaning to cut or cutting.

Dance Lift (executed as partners or in a group): An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of "Lifting" dancers(s) and "Elevated" dancer(s). Refer to the College Dance Safety Rules -for Dance Lifts, Tricks and Partnering for safety guidelines.

Dance Trick (executed as partners or in a group): An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of "Supporting" dancer(s) and "Executing" dancer(s). Refer to the College Dance Safety Rules - for Dance Lifts, Tricks and Partnering for safety guidelines.

Dance Trick- (executed as an individual): See Tumbling.

Dive Roll-An airborne forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed as long as the dancer is in a piked position.

Elevated- To move a dancer to a higher position or place from a lower one.

Elevated Dancer- A dancer who is lifted from the performance surface as a part of a Dance Lift. Refer to the College Dance Safety Rules - School and All Star- for Dance Lifts, Tricks and Partnering for safety guidelines.

Executing Dancer- A Dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering. Refer to the College Dance Safety Rules - School and All Star- for Dance Lifts, Tricks and Partnering for safety guidelines.

Flying Squirrel- A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an "X" position in the air.

Front Walkover-A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Handstand-A straight body inverted position where the arms are extended straight by the head and ears.

Head Spin-A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

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Head Spring (front/back)- The dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. A front head spring begins in a standing or squatting position, the hands are placed on the floor with the head in between the hands like a head stand, the legs come over the head and whip through as in a kip up to spring the dancer over to land on the feet. A back head spring begins in a standing or squatting position. The dancer springs backward to land on one or both hands, rolls through to the head and completes the skill with a kip up to land on the feet.

Headstand- A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

Hip Over Head - A movement where hips move over the head, as in a back walkover or similar tumbling skill.

Kip-up- From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position with both feet planted on the floor.

Lifting Dancer - A dancer(s) who lifts an Elevated Dancer as a part of a Dance Lift. Refer to the College Dance Safety Rules - School and All Star- for Dance Lifts, Tricks and Partnering for safety guidelines.

Hip over head rotation-A movement where hips move over the head, as in a back walkover or similar tumbling skill.

Partnering- An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills. Refer to the College Dance Safety Rules - School and All Star- for Dance Lifts, Tricks and Partnering for safety guidelines.

Pony Sit- Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

Prop-An object that can be manipulated.

Shoulder Roll-A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

Shoulder Sit-Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

Side Somi- A tuck in the sideways position. It can be performed running, or from a cartwheel or round-off entry.

Shushinova- a jump variation (such as a toe touch or pike jump) landing in a prone support (push up position).

Stall-A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

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Supporting Dancer-A dancer(s) who holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. Refer to the College Dance Safety Rules - School and All Star- for Dance Lifts, Tricks and Partnering for safety guidelines.

Thigh Stand-With bases in lunge positions with one leg bent and one leg straight, lifted dancers feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancers leg and the other hand bracing the foot.

Toe Pitch-A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

Toss-An airborne trick where supporting dancer(s) execute a throwing motion to increase the height of the executing dancer. Executing dancer becomes free from the performance surface, but maintains hand/arm/body to hand/arm contact with at least one supporting dancer.

Tumbling- An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface. Refer to the College Dance Safety Rules - School and All Star- for Tumbling and Tricks for safety guidelines.

Weight bearing- A skill in which the dancers weight is supported by one body part without any other body part on the ground.

Windmill- Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.