



2018-19 COMPETITION SEASON COLLEGE DANCE RULES (UPDATED 8/3/18)

GUIDELINES & ROUTINE REQUIREMENTS:

1. Teams must have at least 6 (six) members. The maximum is 36 (thirty-six) members.
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 the music, whichever comes first.
3. Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited.
4. Jewelry as part of a costume is allowed. All jewelry (including hair accessories) must be securely affixed to the performers' body, hair or uniform and should not interfere with the safe execution of any dance movement.

PROPS:

1. Wearable and/or handheld items are allowed in all categories and can be removed and discarded from the body.
2. Standing props are not allowed. Any item that bears weight of the participant is a standing prop (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.).

(EXECUTED BY INDIVIDUALS) TUMBLING & STREET STYLE SKILLS:

1. Inverted Skills:
 - a) Non airborne skills are allowed (Example: Headstand).
 - b) Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
2. Skills with hip over head rotation:
 - a) With hand support are not allowed while holding poms or props in supporting hand. (Exception: Forward rolls and backward rolls are allowed). The use of hands-free poms for hip over head rotation skills is allowed.
 - b) Non airborne skills are allowed.
 - c) Airborne skills with hand support are allowed provided the following:
 - 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: Dive Rolls)
 - ii. Is limited to two consecutive hip over head rotation skills.
 - d) Airborne skills without hand support are not allowed (Exception: Aerial cartwheel that is not connected to any other skill with hip over head rotation).

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 a jump in which the legs are in front of the body and swing behind are not allowed.

(EXECUTED BY GROUPS OR PAIRS) LIFTS & PARTNERING:

1. The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface at all times (Exception: Kick Line Leaps).
2. When a skill is above shoulder level, at least one Supporting Dancer must maintain contact with the Executing Dancer until the Executing dancer returns to the performance surface.
3. Lifting with poms is allowed.
4. Hip over-head rotation of the Executing Dancer(s) is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
5. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions (see glossary for definition) are not allowed.
6. A Vertical Inversion is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning 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. (Clarification: When there are 3 Supporting Dancers an additional spot is not required).

UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE:

1. An Executing Dancer may jump, leap, 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 head level.
 - b) The Executing Dancer does not pass through the prone or inverted position after the release.
 - c) Toe pitch back tucks are not allowed.

2. A Supporting Dancer(s) may toss an Executing Dancer provided:

- a) The highest point of the toss does not elevate the Executing Dancer's hips above head level.
- b) The Executing Dancer is not supine or inverted when released.
- c) The Executing Dancer does not pass through a prone or inverted position after release.
- d) Toe pitch back tucks are not allowed.

College Dance questions can be sent to Carina Clendenin at cclendenin@varsity.com or call (800) 886-4872 ext. 2023. It is recommended that you send a video clip if you have a question about the legality of a skill.