



## 2019-20 COMPETITION SEASON COLLEGE DANCE RULES (UPDATED 10/3/19)

Blue indicates a change/update from the 2018-19 competition season.

### GENERAL GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
  - a) Concrete, asphalt, or any other hard or uncovered surface
  - b) Wet surfaces
  - c) Uneven surfaces
  - d) Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

### COMPETITION 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.

**5. Hands Free Poms: The use of hands-free poms will be allowed. Hands-free Poms are specifically made so that performers do not have to hold the poms but rather the poms are affixed to the performers hand. "Proper use" means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface making it possible to safely execute skills. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.**

**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(s). (Exception: forward rolls, backward rolls **and the proper use of hands-free poms – See "Hands-Free Poms" section for details**). **Some examples of skills with hip over head rotation with hand support are: cartwheel, front/back walk over and headspring.**
- b) Non airborne skills are allowed and are limited to 3 connected skills. Example: 3 consecutive cartwheels are allowed, 4 consecutive cartwheels are not allowed.
- c) Airborne skills with hand support may not be airborne in approach, but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed – hands touch the ground before the foot leaves the ground).
- d) Airborne skills without hand support are not allowed. (Exceptions: Aerial Cartwheel, front aerial and side somi that is not connected to any other skill with hip over head rotation). Clarifications:
  - i. **If a team chooses to use hands free poms for aerial cartwheels, front aerials and/or side somis and touches down during the skill, the poms MUST be flipped off of the palm of the hand, or a penalty will be assessed. Simply wearing the hands free poms for the aerial cartwheel does not make it legal if they are not used properly. (Continued on next page)**

- ii. **If a team chooses to use NON- hands free poms for aerial cartwheels, front aerials and/or side somis, they MUST be moved to one hand. If a dancer touches down with the hand that holds both poms during the skill, a penalty will be assessed.**

3. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.

4. Drops (**from being completely airborne**) 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 receive support from a Supporting Dancer who is in direct contact with the performance surface (exception: kick line leaps, partner aerial cartwheels and partner kip ups).

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. 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.

4. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions (see glossary for definition) are not allowed.

5. 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).

## **DISMOUNTS TO THE PERFORMANCE SURFACE:**

### **1. Dismounts are allowed provided:**

- a) At the highest point of the dismount, at least one part of the Executing Dancer's body must be at or below head level and the Executing Dancer must land on their foot/feet. (Exception: may land on hand(s) when contact point between Supporting Dancer (s) and Executing Dancer is at or below knee level)**
- b) The Executing Dancer's hips may not cross the vertical axis while airborne and inverted (Clarification: while free of contact from both the performance surface and other performers.)**

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