

2017 CHEER AND DANCE RULES AND REGULATIONS FOR OASSA REGIONAL QUALIFIER EVENTS AND STATE CHAMPIONSHIPS

GENERAL RULES (CHEER AND DANCE)

ELIGIBILITY

The OASSA Regional Qualifier events and State Cheerleading and Dance Championships competition are for Varsity cheerleading and dance teams only. Teams may combine to compete. For example, members of the JV or Freshman squads may be combined with the Varsity squad to create a competition team. No all-star teams are eligible to compete. No middle level teams/members are eligible to compete at these events.

QUALIFICATION/JUDGING PROCEDURES (at REGIONAL QUALIFIERS & at STATE CHAMPIONSHIPS)

The judges for the events will be appointed at the sole discretion of OASSA. Teams may attempt to qualify at any one Regional Qualifier event of their choice. No scores will be issued at the Regional Qualifier events; teams will receive a “Qualified” or “Not Qualified” rating, based on a judging scale. Teams who qualify will be invited to register for the State Championships event (*separate registration form and fee*). Only teams who qualify at an OASSA Regional Qualifier event may compete at the State Championships event. At the State Championships event, the judges will score the teams using a point system. Judges’ scores will be compiled to determine the overall team score.

SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Teams will receive copies of the judges’ score sheets and comments for their team at both their Regional Qualifier event and at the State Championships event.

TIE BREAKERS

All ties will be broken. If there is a tie, the total points from the “over-all performance” category on the score sheet will determine the winner. If there is still a tie in a division, the number of mistakes listed on the head judge’s score sheet will determine the winner. After the second attempt to break the tie, the panel of judges will make the final decision.

RULES & PROCEDURES – Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team’s competition performance.

PERFORMANCE – Any questions concerning the team’s performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

SPORTSMANSHIP - All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor/coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly.

INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team’s routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team’s routine is interrupted because of failure of the team’s own equipment, the team may either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are:
 1. a) competition officials,
 2. b) the advisor / coach from the team performing or
 3. c) an injured individual.

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2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, second the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel does not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

INTERPRETATIONS AND / OR RULINGS

Prior to Event: Rules interpretations will not be done over the phone. In order to receive the “official” rules interpretation, you must send video of skill in question to Lenee’ Lagnese at <lenee@oassa.org>. If you do not receive a response within 48 hours of submission, please re-submit or contact the OASSA office for assistance. 614-430-8311.

During Event: Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

PENALTY INFORMATION (See “Cheer” and “Dance” Rules sections of this document for additional information)

These penalties will be assessed in all divisions and categories. Penalty is per each infraction. Reminder: no loose body, face, or hair glitter permitted.

- Wearing body jewelry—5 pts. per judge (*cheer only*)
- Failure to stay within the time limit—.5 (1/2) point will be deducted for each second over or under the time limit.

NO DISQUALIFICATION

OASSA no longer renders total disqualification decisions at our State Cheer and Dance Championships. **However, failure to follow these rules will result in a substantial penalty.** This includes OASSA event rules, including NFHS, AACCA, and/or UDA guidelines and rules.

SAFETY RULES

To ensure consistency and ease of compliance for cheer and dance teams, OASSA has adopted the rules of the associations referenced below. Any updates to these rules will be posted to the Regionals/States webpage at http://www.oassa.org/index.php/Site/cheer_competition/ when known.

For Cheer Teams:

All safety rules stated in the National Federation of HS Associations **National Federation Spirit Rules Book** are enforced for school MOUNT, NONMOUNT and NON-TUMBLING CHEER DIVISIONS. Call 800-776-3462 or visit <https://www.nfhs.org/activities-sports/spirit/> to order a copy of these rules. Also refer to the NFHS 2016-17 Rules changes here: <https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2016-17/>

MOUNT Cheer teams will also follow the rules posted by the American Association of Cheerleading Coaches and Administrators (AACCA). Visit www.aacca.org . View the 2016-17 rules updates <http://cheerrules.com/high-school/2016-17-high-school-rules/> and to download a PDF copy of those rules <http://www.cheerrules.org/wp-content/uploads/2016/04/2016-2017-School-Rules.pdf>

For Dance Teams:

OASSA's rules for the Dance categories are derived from the rules set forth by the Universal Dance Association (UDA). Please see OASSA "Dance Rules" Section below.

GENERAL SAFETY 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 cheer and dance.
6. Certified trainers will be on-site at the Regional Qualifier and State Championships events.

REGISTRATION GUIDELINES/SUBMISSION INSTRUCTIONS (all documents referenced below can be found at http://www.oassa.org/index.php/Site/cheer_competition/)

To register for a Regional Qualifier event or the State Championships, please submit the appropriate event registration form, roster and form of payment by the stated deadline to OASSA (registration forms and submission options are found on the OASSA website at: http://www.oassa.org/index.php/Site/cheer_competition/ If you do not receive a response within 5 days of submission, contact Jeri Dill at <JDill@oassa.org>

Coaches must bring and submit copies of all necessary forms at site of each event as outlined below. **DO NOT SEND THESE DOCUMENTS TO OASSA OFFICE!** Your team will not be permitted to warm up or perform without these items.

Bring to Regionals: Bring a stapled document arranged in this order: 1) Your roster; 2) signed Waiver/Release forms for each Coach and each Participant (in alphabetical order first by coaches, then participants), and 3) a signed 2017 Terms of Agreement/Music Certification form. You must turn in a Waiver/Release for all active participants at this event.

Bring to State Championships: OASSA will transfer your 2017 Terms of Agreement/Music Certification form and all Waiver/Release forms you submitted at your Regional event over to the State Championships registration desk. **IMPORTANT!!** You must bring to the State Championships event signed Waiver/Release forms for any Participants/Alternates or Coaches who did NOT attend/submit one during your Regional Qualifier event. Also, please bring another copy of your Roster to the State Championships event.

IMPORTANT – Roster Alternates/Substitutions: Substitutions of participants are acceptable between the time of registration and your performance or between the time of your Regional Qualifier event and your performance at the State Championships as long as ALL COMPETITORS are listed on your rosters for both events. For instance, all competitors at the State Championships must have been listed on your Regionals roster as a Participant or Alternate **FOR THAT TEAM**. Please note on your roster any helpful info or reason for substitutions (*for example:*

“Alternate C. Roberts on injured status during Regionals; medically-cleared to compete at States” or “K. Smith injured after Regionals; Alternate B. Johnson replacing her at States.”) A signed Waiver/Release form must be on file for each competitor at event. For further guidance or questions, contact Jeri Dill at the OASSA office at [<JDill@oassa.org>](mailto:JDill@oassa.org).

PERFORMANCE SCHEDULES

Performance schedules for **Regional Qualifier events** will be sent to you via e-mail by the Host Coordinator of that event.

Performance schedules for the **State Championships events** will be posted to the OASSA website after February 22, 2017 and will updated by 4:00pm each day, as needed, through the Friday before the event (Friday, March 3, 2017).

Regionals: Performance time requests at the Regional Qualifier events due to special circumstances (*travel considerations, including travel out-of-region; schedule conflicts with other school event, etc.*) will be accommodated as able; please clearly state your need on your Regional Registration form.

State Championships: If a team has a conflict with their assigned performance time at the State Championships, coaches may request a performance time change **ONLY** in cases of dire hardship or mandatory school-related conflicts (for example, playoffs, academic or other team schedule conflicts). Reassignments of performance time will be considered but not guaranteed. Requests made AFTER you register must be e-mailed to Lenee’ Lagnese with your school name and “STATE CONFLICT” clearly stated in the subject line to her at [<lenee@oassa.org>](mailto:lenee@oassa.org). If you do not receive a response within 48 hours of submission, please re-submit or contact the OASSA office for assistance 614-430-8311.

MUSIC COPYRIGHTS GUIDELINES (*new for 2017*)

1. Before teams may perform at a Regional Qualifier or the State Championships events, each team must submit a signed “Terms of Agreement/Music Certification” document. Coaches/ advisors must confirm in writing that they have read and understand the USA Cheer “Music Copyrights Educational Initiative” and warrant to OASSA that all sound recordings used in their team’s music shall only be used with written license from the owners(s) of the sound recordings. (See OASSA “Terms of Agreement/Music Certification” document on the “Regionals/STATES” webpage at http://www.oassa.org/images/uploads/17_Terms_Agmt_w.Music_.pdf)

2. These guidelines are as of June 16, 2016. For the most up to date music information, visit the “Music Copyrights Educational Initiative” webpage at

<http://usacheer.net/presssafety/music> . If you have any questions, teams should email [<info@usacheer.net>](mailto:info@usacheer.net) . Please check their “Preferred Provider” list periodically for updates and changes.

CHEER ROUTINE RULES

IMPORTANT: Please review the entire section above titled “GENERAL RULES (CHEER AND DANCE”).

For ease of reference, following is a summary of the 2016-17 AACCA School Rules Changes Partner Stunts:

C1. Spotters are now only required to be in position for extended static stunts, in other words, when the top stops extended and the bases are bearing the top person’s weight. In “Show and Go” style stunts, the top is not balancing in the extended position. This rule change will allow the spotters in Show and Go stunts that 1/2 around to an extended stunt to be in the proper position for the ending extended stunt without requiring an additional spotter behind the initial Show and Go. **Note that this is an AACCA-only rule. At this time, the NFHS has not adopted this rule.*

C12. The previous “low to high tick tock” release rule has been revised to allow other vertical releases from prep level. The rule still requires that the top person remain vertical and that the release is initiated from prep level, not from a load or from an extended stunt. The stunt may land in a load, prep level or extended. The difference is that the top may now start on one or both feet and may land on one or both feet. This rule change allows for better progression into the tick tock release. The top may twist during the release as before. This rule change clarifies that any twist during the release is limited to 1 1/4 twists. AACCA will interpret “vertical” as “most of the entire body is vertical”. Examples of allowed body positions are: standing, liberty, heel stretch, arabesque, “X” position (as in releasing from single base in hands and dropping to a vertical straddle position.) Positions which are not considered to be vertical include seated or “V” positions, even if the upper body is vertical.

C13-b. In transitions from a stunt to a split position, the previous rule requiring four bases has been changed to three bases.

C18. In dismounts to the performing surface that involve a skill, there must still be at least two people (bases or spotters) in position to assist the top person, but only one is required to assist the top. This rule allows the secondary catcher to assist by catching the top person’s waist, elbow, upper arm, the base’s hand, or not assist if not needed without getting a penalty.

Inversions:

D4 and 5 Braced Rolls: Braced rolls no longer require two bracers in double based preps. They are now viewed as any other pyramid, like braced inversions, and are subject to the general pyramid rules. Since they are a pyramid transition that is not released, they can be braced on one side, that brace doesn't have to be hand/arm, the bracer is not required to be in any specific skill, and the bracer is not required to have a spotter. This rule change will allow teams with fewer members to perform pyramids such as braced flatback roll-ups and braced pancakes using as few as six members.

D5 Braced Flips: Two bracers are still required and must be double based preps with spotters. However, these bracers are no longer required to be on opposite sides of the top person being flipped. Both arms of the top person must still be connected to a bracer. This will allow other bracer positions, such as one bracer behind the top person and one bracer beside the top person.

D6-c: A static inversion, such as a handstand or shoulder inversion at prep level, may release to a stunt at prep level or below. This release requires a spotter. With this rule change, an inversion may now be released to a prep, load, cradle, or the ground. An inversion may not release to an extended position without being braced.

D6-f: During inversions that are transitioning to a non-inverted position, the upper body can be released by the bases prior to the top person becoming non-inverted. This rule change allows safe performance of these skills without being called on a technicality.

D6-g: Dismounts from inversions may make up to 1/4 twist. This 1/4 twist is also allowed in releases from inversions to stunts (D6-c) and will improve transition options during these skills.
Pyramids:

E3: All extended stunts may now brace each other, including Liberties. There is a requirement that the bracing is a hand/arm to hand/arm brace, which means that Paper Dolls may be performed, but only if each Liberty is connected to the other Liberty's arm/wrist. The bracer cannot be holding the connected Liberty's leg. Tumbling and Jumps:

G5-b: A participant may hold poms during back tucks and aerals.

A complete copy of these rules may be found at: <http://cheerrules.com/high-school/2016-17-high-school-rules/>

Team Participants: At this time, there is no minimum or maximum limit on number of team members allowed on the floor, per event. (*However, cheer teams are encouraged to keep team size reasonable in order to not detract from the overall performance*). Teams whose members participate in multiple cheer and/or dance events may switch out a designated number of

participants between categories (*i.e.*, 20 on Cheer non-mount team but only 14 on Hip-Hop IS permissible.) In order to compete on a team, the participant's name must appear on each team roster by event category (for instance, Cheer non-mount and pom) as a Participant or Alternate.

1. The cheer performance surface is a 54 feet wide by 42 feet deep-carpeted foam (1 3/8" thickness) mat.
2. The use of signs, flags, megaphones, and poms are permitted. No other props may be used.
3. Mounts/pyramids/stunts may not be performed in the non-mount division or the new non-tumbling category.
4. In the non-mount division and non-tumbling category, individuals may not support one another in any type of mount/pyramid/ stunt. This includes supporting the weight of another individual when that person's feet do not touch the ground.
5. Squads may perform outside the matted area, but must begin on the mats.
6. All body jewelry is prohibited.
7. Timing will begin with the first word, motion, or note of music. Judges will not score anything until timing starts or anything after timing ends.
8. Music length: School cheer teams must follow the traditional time of 2 minutes and 30 seconds (2:30) for the full routine for all events. Teams must use music for at least 45 seconds (:45) and not more than 1 minute and 30 seconds (1:30) during their routine.
9. Music may be on CD, phone, iPod, etc. Please bring more than one source to play your music. A representative from your team MUST report to the DJ one group prior to your performance.
10. All mounting teams must be prepared to provide their own spotters at the Regional events.

• **NOTE!** OASSA will provide spotters at the State Championships for mounting teams, but not at the Regional Qualifier events.

POINT DEDUCTIONS FOR CHEER

It is important to maximize your routine to the best of your ability. However, just "attempting" a skill is not enough to earn full credit – a team needs to execute it correctly. One of the most difficult parts of judging is determining the number of points to deduct from a team for falls and bobbles in a stunt/pyramid and tumbling. This is the head judge's responsibility.

The head judge has a special score sheet on which he/she records the number of falls and

bobbles and determines the number of points deducted for each mistake. These “mistake deduction points” will be deducted from the team’s over-all routine score.

A bobble is a negative .5 (1/2) point deduction for each time a mistake is made. A bobble in a stunt/pyramid is when the stunt/pyramid is not executed correctly, but no one falls to the floor or bears his/her weight on his/her hands while touching the floor. In tumbling, a bobble occurs when any standing tumbling or tumbling pass is not executed correctly, and the athlete’s hand(s) touch the ground, but do not bear his/her total body weight on his/her hands.

A fall is a negative 1-point deduction for each time a mistake is made. A fall in a stunt/pyramid occurs when the stunt/pyramid is not executed correctly and an athlete’s body touches the floor. A fall in tumbling occurs when a standing tumbling/tumbling pass is not executed correctly and the athlete’s body/hand(s) hits the floor bearing his/her body weight.

See the GENERAL RULES (CHEER AND DANCE) for additional information about PENALTIES.

DANCE ROUTINE RULES

Revised SEPTEMBER 2016

To ensure consistency and ease of compliance for dance teams, OASSA’s dance rules were derived from the rules set forth by the Universal Dance Association (UDA).

IMPORTANT: Please review the entire section above titled “GENERAL RULES (CHEER AND DANCE)”.

COMPETITION ROUTINE GUIDELINES

The **dance performance surface** is a traditional gym floor.

TIME LIMIT/MUSIC/ENTRANCES

1. Substitutions may be made in the event of an injury or other serious circumstance. *Also, see "Alternates/Substitutions" paragraph in GENERAL RULES (CHEER AND DANCE) section.*
2. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
3. Time limit is as follows: Teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit, they will be assessed a penalty.
4. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table for the team. Music may be on CD, phone, iPod, etc. Please bring more than one source to play your music.
5. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

CHOREOGRAPHY AND COSTUMING

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.
2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc). Wearing socks and/or footed tights only is not allowed.
3. When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down all the way around the body (front, back, and sides). Nude body liners are acceptable.
4. It is suggested that any hot pants or excessively short shorts have tights underneath.
5. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
6. Jewelry as part of the costume is allowed (*Dance categories only*).
7. Teams may dance in any location of the performance area. There is no out of bounds.

DIVISIONS AND CATEGORIES

- **JAZZ** – A jazz routine incorporates stylized dance movements and combinations, formation changes, group work leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture an audience and judge’s attention. Having your own “style” will distinguish your team apart from the rest. **No props.**
- **POM** – Poms must be used at least 80% of the routine. **No props.** Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as “one.” A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more “traditional” theme, whereas jazz routines are more stylized.
- **HIP HOP** – Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. **No props.**

PROPS

Props are not allowed. A prop is defined as anything you dance with that is not attached to your costume. Articles of clothing may be taken off; however you may not dance with them. If taken off and danced with, it becomes a prop. **Poms being used for a pom routine do not count as props.**

TEAM PARTICIPANTS

There is no maximum limit on number of team members allowed, per event. Teams whose members participate in multiple dance events may switch out a designated number of dancers between categories (*i.e., 20 on Pom team but only 14 on Hip-Hop IS permissible.*) In order to compete on a team, the participant’s name must appear on each team roster (hip-hop, pom and jazz) as a participant or alternate.

ROUTINE RULES AND GUIDELINES

WEIGHT BEARING SKILLS

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed.

TUMBLING AND TRICKS (Executed by Individuals)

ALLOWED:

Aerial Cartwheels
Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls/Freezes
Head spins
Windmills
Kip up
Round off
Headsprings (with hand support)

NOT ALLOWED:

Front Aerials
Front/Back Handsprings
Front/Back Tucks
Side Somi
Layouts
Shushunova
Headsprings (without hand support)
Dive Rolls (In any position)
Continuous double (partner) cartwheels
Toe Pitch Back Tucks

TUMBLING AND TRICKS (Executed by Individuals) – *continued from previous page*

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand. (Exception: Aerial cartwheels may be done with hands free poms).
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
6. 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. All variations of a shushunova (see glossary) are not allowed.
7. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band” /”bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. Swinging lifts and tricks are allowed provided the Executing Dancer’s body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).
4. Hip over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.

5. Vertical Inversions are allowed as long as:

- a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
- b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:

- a. The highest point of the released skill does not elevate the Executing Dancer's hips above head level.
- b. When the height of the skill is between hip level and shoulder level, the Executing Dancer may not pass through the prone or inverted position after the release.
- c. Toe pitch back tucks are not allowed.

2. A Supporting Dancer may release/toss an Executing Dancer if:

- a. The highest point of the release/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.

POINT DEDUCTIONS FOR DANCE

It is important to maximize your routine to the best of your ability. However, just "attempting" a skill is not enough to earn full credit — a team needs to execute it correctly. One of the most difficult parts of judging is determining the number of points to deduct from a team for falls and bobbles in dance elements. This is the head judge's responsibility.

The head judge has a special score sheet on which he/she records the number of falls and Bobbles and determines the number of points deducted for each mistake. These "mistake deduction points" will be deducted from the team's over-all routine score.

A bobble is a negative .5 (1/2) point deduction for each time a mistake is made in a technical element. A bobble occurs when any technical skill (group or individual) is not executed correctly or is not finished.

POINT DEDUCTIONS FOR DANCE (*continued from previous page*)

A fall is a negative 1-point deduction for each time a mistake is made. A fall occurs when a technical element is not executed correctly, and the dancer's body touches the floor bearing the majority of his/her body weight.

See the **GENERAL RULES (CHEER AND DANCE)** section for additional information about **PENALTIES**.

Posted 11/14/16