

**TEAM** \_\_\_\_\_

**DIVISION** School:     *Junior High*     *Junior Varsity*     *Varsity*  
 All-Star:     *Tiny*     *Youth Prep*     *Junior Prep*     *Senior Prep*     *Open*  
                    *Mini*     *Youth*     *Junior*     *Senior*

**CATEGORY**     *POM*     *HIP HOP*     *JAZZ*     *KICK*     *LYRICAL*     *OPEN*     *PROP/VARIETY*

CATEGORY	DEDUCTION	COMMENTS
Time of Routine: _____  <i>1 point deduction for 6 - 10 seconds <b>over</b> 2:30</i> <i>3 point deduction for 11 - 15 seconds <b>over</b> 2:30</i> <i>5 point deduction for 16+ seconds <b>over</b> 2:30</i>  <i>1 point deduction for 6 - 10 seconds <b>under</b> 1:30</i> <i>3 point deduction for 11 - 15 seconds <b>under</b> 1:30</i> <i>5 point deduction for 16+ seconds <b>under</b> 1:30</i>		
Other Rule Infraction(s):  <i>1.0 point deduction for each <b>TUMBLING</b> violation</i> <i>2.0 point deduction for each dance <b>LIFT</b> violation</i> <i>2.0 point deduction for each dance <b>RELEASE</b> violation</i> <i>3.0 point deduction for utilizing <b>PROPS</b> of any kind outside of the Prop/Variety or Open divisions.</i>		
<b>TOTAL DEDUCTIONS</b>		

# Team Routine Safety Rules

## 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.

## Hands Free Poms

The use of hands free poms will be allowed. Hands free poms are defined as poms with a strap across the palm of the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc. A hair tie, rubber band, or taping pom strings/pieces together will not be counted as a hands free pom.

## Tumbling and Tricks (Executed by Individuals)

### ALLOWED

Aerial Cartwheels  
Front Handsprings  
Branny  
Side Somi  
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  
Back Handsprings  
Front/Back Tucks  
Toe Pitch Back Tucks  
Shushunova  
Headsprings (without hand support)  
Dive Rolls (in any position)  
Layouts

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support, aerial cartwheels, and side somis not connected to any tumbling skill are allowed).
2. Aerial cartwheels and/or side somis are not allowed while holding poms. The Poms must be either placed in one hand, or be executed with the use of 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. Choreographed 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 are not allowed.

## 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 in and out of lifts and tricks is allowed in the prone and/or supine positions; swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).
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 feet above head level of the Supporting Dancer.
    - i. Exception: toe touches off a dancers back/leap frog jumps will be allowed.
  - b. 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 of the Supporting Dancer.
  - 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.