

VARSITY EUROPE 2019 – 2020 Dance Rules

GENERAL RULES	
1	All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.
2	Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.
3	All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.
4	Each team performance will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 15 seconds (2:15). 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. Violation of the time limit may result in a deduction.
5	Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.) Violation will result in a deduction.
6	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
7	Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they compete.
8	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 and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VARSITY EUROPE 2019 – 2020 Dance Rules

CHOREOGRAPHY, MUSIC, and COSTUMING	
1	Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
2	All choreography should be age appropriate.
3	Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4	Performing in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is not allowed. If in doubt please contact the IASF Rules Committee for prior approval.
5	Jewelry as part of a costume is allowed.
6	All costuming should be secure. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
7	No cheers or chants allowed.
PROPS	
1	Free standing props are not allowed. Use of parts of a costume (costume elements such as a necklace, jacket, hat, poms, etc.) are allowed and may be used and discarded.

Junior & Senior Rules

* Blue denotes additional restriction or rule specific to Pom category

EXECUTED BY ONE ATHLETE	
<i>Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:</i>	
1*	<p><u>Inverted Skills:</u></p> <ul style="list-style-type: none"> a. Non <u>airborne skills</u> are allowed. <i>(Example: Headstand)</i> b. Airborne skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed. c. <u>Inverted Skills: Airborne inverted skills with hand support are not allowed while holding poms.</u>
2	<p>Skills with <u>hip over head rotation:</u></p> <ul style="list-style-type: none"> a. With hand support must use free hand(s) for the supporting hand(s). <i>(Exception: Forward rolls and backward rolls are allowed).</i> b. Non airborne skills are allowed. c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip over head rotation skills. d. Airborne skills without hand support are allowed provided all of the following: <ul style="list-style-type: none"> i. Involves no more than one twisting transition. ii. May not connect to another skill that is airborne with hip over head rotation without hand support. iii. Are limited to two consecutive hip over head rotation skills.
3	Simultaneous tumbling over or under another athlete that includes hip over head rotation by both performers is not allowed.
4	Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the airborne athlete does not exceed <u>hip level</u> . <i>(Clarification: Drops directly to the knee, thigh, front or head are not allowed).</i>
5*	<p>a. Landing in a push up position may involve any jump.</p> <p><u>a. 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 is not allowed while holding poms.</u></p>
EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:	
1	A <u>Supporting Athlete</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder level</u> .
2*	<p>At least one Supporting Athlete must maintain contact with the Executing Athlete(s) throughout the entire skill above <u>head level</u>: Exception: When an Executing Athlete is supported by a single Supporting Athlete they may be released at any level provided:</p> <ul style="list-style-type: none"> a. The Executing Athlete does not pass through an <u>inverted</u> position after the release. b. The Executing Athlete is either caught or supported to the performance surface by one or more Supporting Athletes.

	<p>c. The Executing Athlete is not caught in a <u>prone</u> position.</p> <p>d.. In addition to a, b & c, all Supporting Athlete(s) must have hands free for the duration of the skill to aid in the support/catch/release.</p>
3	<p><u>Hip over head rotation</u> of the Executing Athlete(s) is allowed provided contact between the Executing Athlete and at least one Supporting Athlete(s) must be maintained until the Executing Athlete returns to the performance surface or is returning to the upright position.</p>
4	<p>A <u>Vertical Inversion</u> is allowed provided:</p> <p>a. Contact between the Executing Athlete and at least one Supporting Athlete(s) must be maintained until the Executing Athlete returns to the performance surface or is returning to the upright position.</p> <p>b. When the height of the Executing Athlete's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Athlete. <i>(Clarification: When there are 3 Supporting Athletes an additional spot is not required).</i></p>
<p>DISMOUNTS-EXECUTED BY GROUPS OR PAIRS- Dismounts to the performance surface (Clarification: Released skills may be assisted but not required):</p>	
1*	<p>An Executing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:</p> <p>a. At least one part of the Executing Athlete's body is at or below head level at the highest point of the released skill.</p> <p>a. The highest point of the released skill does not <u>elevate</u> the Executing Athlete's hips above head level.</p> <p>b. The Executing Athlete may not pass through the prone or inverted position after the release.</p>
2*	<p>A Supporting Athlete(s) may <u>toss</u> an Executing Athlete provided:</p> <p>a. At least one part of the Executing Athlete's body is at or below head level at the highest point of the released skill.</p> <p>a. The highest point of the released skill does not <u>elevate</u> the Executing Athlete's hips above head level.</p> <p>b. The Executing Athlete may be supine or inverted when released but s/he must land on their foot/feet.</p> <p>b. The Executing Athlete may not be supine or inverted when released.</p> <p>c. The Executing Athlete may not pass through an inverted position after release.</p> <p>c. The Executing Athlete may not pass through a prone or inverted position after release.</p>

Peewee Divisions

* Blue denotes additional restriction or rule specific to Pom category

EXECUTED BY ONE ATHLETE	
<i>Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:</i>	
1*	<p><u>Inverted skills:</u></p> <ul style="list-style-type: none"> a. Non <u>airborne</u> skills are allowed. (Example: <u>headstand</u>) b. <u>Airborne</u> skills with or without hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are not allowed. (Clarification: may not have <u>airborne</u> backward momentum in the approach) c. <u>Inverted Skills:</u> Airborne inverted skills with hand support are not allowed while holding poms.
2.	<p>Skills with <u>hip-over-head rotation:</u></p> <ul style="list-style-type: none"> a. With hand support are not allowed while holding poms/<u>props</u> in supporting hand(s). (Exception: <u>forward rolls</u> and <u>backward rolls</u> are allowed) b. Non <u>airborne</u> skills are allowed. c. <u>Airborne</u> skills with hand support are allowed provided: <ul style="list-style-type: none"> i. Are limited to two <u>consecutive hip-over-head rotation</u> skills. ii. It is not <u>airborne</u> in approach but may be <u>airborne</u> in the descent. (Clarification: in the approach the hands must touch the ground before the feet leave the ground.) d. <u>Airborne</u> skills without hand support are not allowed. (Exception: <u>aerial cartwheel</u> that is not <u>connected</u> to any other skill with hip over head rotation)
3.	Simultaneous <u>tumbling</u> over or under another athlete that includes <u>hip-over-head rotation</u> by both athletes is not allowed.
4.	<u>Drops</u> to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
5.	<ul style="list-style-type: none"> a. Landing in a push up position may involve any jump. a. 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 is not allowed while holding poms.

EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1.	The <u>Executing Athlete</u> must maintain <u>contact</u> with a <u>Supporting Athlete</u> who is in direct <u>contact</u> with the performance surface.
2.	At least one <u>Supporting Athlete</u> must maintain <u>contact</u> with the <u>Executing Athlete(s)</u> throughout the entire skill above <u>shoulder-level</u> .
3.	<u>Hip-over-head rotation</u> of the <u>Executing Athlete(s)</u> is allowed provided: a. <u>Contact</u> between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> must be maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position. b. The <u>Executing Athlete</u> is limited to one <u>continuous</u> [hip-over-head] rotation.
4.	A <u>Vertical-Inversion</u> is allowed provided: a. <u>Contact</u> between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> must be maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position. b. When the height of the <u>Executing Athlete's</u> shoulders exceed <u>shoulder-level</u> there is at least one additional athlete to spot who does not bear the weight of the <u>Executing Athlete</u> . <i>(Clarification: When there are 3 <u>Supporting Athletes</u> an additional spot is not required)</i>

DISMOUNTS-EXECUTED BY GROUPS OR PAIRS- Dismounts to the performance surface (Clarification: Released skills may be assisted but not required):

1.	An <u>Executing Athlete</u> may jump, <u>leap</u> , step or push off a <u>Supporting Athlete(s)</u> provided: a. The highest point of the released skill does not elevate the <u>Executing Athlete's</u> hips above <u>head-level</u> . b. The <u>Executing Athlete</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.
2.	A <u>Supporting Athlete(s)</u> may <u>toss</u> an <u>Executing Athlete</u> provided: a. The highest point of the toss does not elevate the <u>Executing Athlete's</u> hips above head-level. b. The <u>Executing Athlete</u> is not <u>supine</u> or <u>inverted</u> when released. c. The <u>Executing Athlete</u> may not pass through a <u>prone</u> or <u>inverted</u> position after the release.