

# Routine Safety Rules

## Hands Free Poms

The use of hands free poms will be allowed. Hands free poms are defined as poms with a strap across the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc.

## Tumbling and Tricks (Executed by Individuals)

### ALLOWED

Aerial Cartwheels  
Front Aerials  
Front Handsprings  
Side Somi  
Forward/Backward Rolls  
Shoulder Rolls  
Cartwheels  
Back Handsprings  
Headstands  
Handstands  
Backbends  
Front/Back Walkovers  
Stalls/Freezes  
Head spins  
Windmills  
Kip Up  
Headsprings  
Barani / Round Offs

### NOT ALLOWED

Toe Pitch Back Tucks  
Shushanova  
Dive Rolls  
Layouts

1. 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 proper use of hands-free poms for hip over head skills is allowed.
2. Tumbling skills with hip over head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Airborne hip over head rotation skills without hand support are not allowed. (Exception: Front aerials, Aerial cartwheels and/or side somis not connected to any other hip over-head rotation skill are allowed.)
  - a. Airborne hip over head rotation skills without hand support may not involve any twisting motion or a blind landing. Exception: Front Aerial and Barani (Round offs with no hands) will be allowed. i. Clarification: Front Aerials must emulate a front walkover. Dancers cannot snap down or land on two feet.
  - b. Recommendation: If using non-hands-free poms in a front aerial, aerial cartwheel, and/or side somi, dancers should place both poms in non-dominant hand. If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed.
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 is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a shushanova 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: The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position AND 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.
  - 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.
  - 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.

Team \_\_\_\_\_ Judge # \_\_\_\_\_

## 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
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Time of Routine: \_\_\_\_\_

1 point deduction for 6 - 10 seconds over 2:30

3 point deduction for 11 - 15 seconds over 2:30

5 point deduction for 16+ seconds over 2:30

1 point deduction for 6 - 10 seconds under 1:30

3 point deduction for 11 - 15 seconds under 1:30

5 point deduction for 16+ seconds under 1:30

## Other Rule Infraction(s)

2.5 point deduction for each **TUMBLING** violation

2.5 point deduction for each dance **LIFT** violation

2.5 for utilizing props of any kind outside of the Prop/  
Variety or Open divisions.

**TOTAL DEDUCTIONS**