





## LIFTS & PARTNERING

*Dance Lifts and Partnering should be evaluated for safety by the advisor/coach prior to competition.*

- A. The Executing Dancer must be supported from a Supporting Dancer who is in direct contact with the floor throughout the entire skill. Exceptions: Kick Line Leaps
- B. Elevators, thigh stands, shoulder sits, and chair sits are permitted. Extensions and all other cheer based stunts are **prohibited**.
- C. Swinging lifts and tricks are permitted.
- D. Hip over head rotation of the Executing Dancer(s) is permitted if the Executing Dancer is returned to the performance floor on his/her feet or hands with support from the Supporting Dancer(s).

## RELEASE MOVES

- A. An Executing Dancer is permitted to jump, leap, step, or push off a Supporting Dancer
- B. A Supporting Dancer may release/toss an Executing Dancers
- C. Basket Tosses are prohibited, but:
  - 1. A dancer may be safely released and caught in a dance lift if the Executing Dancer remains in a horizontal position or vertical position with the head above the feet
  - 2. The Executing Dancer is prohibited from flipping while in the air
  - 3. The Executing Dancer must be caught by the hands of the Supporting Dancer(s) and returned to the performance floor safely.

## COMPETITION ROUTINE GUIDELINES

- A. Teams may make substitutions in the event of injury. Substitute participants must be listed on the team's participant roster as an alternate.
- B. Any equipment or items that may damage the performance floor are **prohibited**.
- C. Time limit is a minimum of 1 minutes and 45 seconds to a maximum of 2 minutes and 15 seconds. Timing will begin with the first moment or note of the music, whichever occurs first, and end with the last movement or note of the music, whichever occurs last.
- D. Routine choreography, music, and costume should be acceptable for family viewing. Vulgar or suggestive movement or music is not permitted. Inappropriate choreography, music, and costuming may also affect the panel judges' overall impression score.
- E. Wearing footwear with wheels, socks, and/or footed tights only is prohibited.

## JEWELRY & PROPS

- A. Jewelry is permitted if:
  - 1. Not considered hazardous to the safety of the performers
  - 2. Part of the performer's costume.
- B. Props

*Poms are recommended in the Pom or Variety only.*

  - 1. Dry ice, confetti, glass, canned smoke, water or other liquid, similar loose material, or any other potential hazardous materials that may obstruct the judges view or affect the condition of the performance floor are **prohibited**.
  - 2. Props are permitted in each category if the prop is considered wearable or handheld.
  - 3. Props are permitted to be taken off or released in a safe manner.
  - 4. Backdrops are **prohibited**.