



**FREEDOM DANCE
SCHOOL DANCE
RULE BOOK
2024-2025**



ELIGIBILITY REQUIREMENTS

- Every student-athlete representing a school must be officially recognized by the competing school's administration as a member of the competing school's team AND enrolled in classes at this school.
 - *Teams must be prepared to prove enrollment by showing current class enrollment if requested by cheer america championships.*
- Teams must consist exclusively of members that have NOT graduated from high school.
- **Freedom Dance strongly recommends all teams have alternate(s), not currently competing with another team, who is prepared to substitute in the event of injury, probation, etc.**

EXPECTATIONS

All aspects of a performance, including choreography, music, & uniforms, MUST be family friendly.

SPORTSMANSHIP

- All participating members/coaches should display good sportsmanship for the duration of the event with respect for themselves, opposing teams and spectators. Taunting or bragging, as well as discrimination of any nature is not prohibited.

PERFORMANCE INTEGRITY & SCHOOL REPRESENTATION

- Performances should represent the standards of the school as expected by athletes. Routines should highlight the skills being performed in a safe and appropriate style.

UNIFORMS/COSTUMES

- Appropriate attire and undergarments are required during all practices, performances, and awards ceremonies. No risqué, or provocative uniforms or garments.

SCHOOL DANCE DIVISIONS

POM/HIP HOP/JAZZ/KICK:
max time of 2 minutes

GAME DAY:
max time of 3 minutes

TEAM PERFORMANCE:
max time of 2 min 15 sec

DIVISION	AGES	CATEGORIES	MIN TIME
Elementary School	6th grade and Below (5-40 Members)	Pom/HipHop/Jazz	No Minimum
Middle School	9th grade and Below (5-40 Members)	Pom/HipHop/Jazz/Kick/Game Day	No Minimum
Intermediate	12th grade and Below (5-40 Members)	Pom/HipHop/Jazz	No Minimum
Junior Varsity	12th grade and Below (5-40 Members)	Pom/HipHop/Jazz/Kick/Game Day/Team Performance	No Minimum
Small Varsity	12th grade and Below (5-10 Members)	Pom/HipHop/Jazz/Kick/Game Day/Team Performance	No Minimum
Medium Varsity	12th grade and Below (11-14 Members)	Pom/HipHop/Jazz/Kick/Game Day/Team Performance	No Minimum
Large Varsity	12th grade and Below (15-40 Members)	Pom/HipHop/Jazz/ Kick/Game Day/Team Perf.	No Minimum

GENERAL SAFETY RULES & GUIDELINES

Please note that any tumbling/aerial skills, lifts, and/or dismounts are not required in any category. If in a routine, follow the guidelines below.

1. All teams must be supervised during all official functions by a qualified coach.
2. 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.
3. No technical skills should be performed when a coach is not present or providing direct supervision.

TUMBLING & AERIAL STYLE SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over head rotating skills with hand support are **NOT** allowed while holding poms or any props in supporting hand (Exception: Forward Rolls and Backward Rolls are allowed).
 - *The proper use of hands-free poms for hip over head rotating skills are allowed. (See Glossary)*
2. Tumbling skills with hip over head rotation:
 - *Airborne skills with hand support may not be airborne in the approach but may be airborne in descent. (Exception: dive rolls are NOT allowed)*
 - *Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.*
 - *Limited to 3 connected skills (EXAMPLE: 3 consecutive Headsprings are allowed; 4 are NOT)*
3. Hip over head airborne skills without hand support are **NOT** allowed
 - *EXCEPTION: Front Aerials, Aerial cartwheels/side semis not connected to any other hip over head rotation skill are allowed.*
 - *Airborne hip over head rotation skills without hand support may not involve any twisting motion or a blind landing. EXCEPTION: Barani (Round-offs without hands) will be 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 performance 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.
7. Airborne skills without hip over head rotation may not jump from a standing or squatting position with backward momentum landing onto the neck, shoulders and hands.
 - *Any 'kip up' motion must initiate from the back/shoulder area touching the ground.*
 - *Kip ups are not allowed while holding props unless the proper use of hands-free poms is in place.*

***COMMONLY KNOWN SKILLS: These are not required, nor does this list includes all legal/illegal skills.**

ALLOWED: Aerial Cartwheel, Front HandSpring, Side Somi, Forward/Bad ROLls, Cartwheels, Headstands, Handstands, Stalls/freezes, Front/BackWalkovers, RoundOff, Headspin, Windmills, Kip-ups, Headsprings with hands, **front aerials**

NOT ALLOWED: front tucks, front aerial, dive rolls, layouts, back tucks, back handsprings, no handed headsprings, toe pitch back tucks, shushunova, **Rubberband/Bronco**



DANCE LIFTS & PARTNERING (EXECUTED BY GROUPS OR PAIRS)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface throughout the entire skill.
2. At least one Supporting Dancer must maintain contact with Executing Dancer(s) throughout the entire skill.
 - Lifting with poms is allowed.
 - Extensions, pyramids, and basket tosses are NOT allowed.
3. 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 the upright position.
4. Vertical Inversions may occur as long as ALL of the following apply:
 - The Supporting Dancer(s) maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.
 - When the height of the Executing Dancer's shoulders exceeds shoulder level 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:
 - The highest point of the release does not elevate the Executing Dancer's feet above head level.
 - The executing dancer's hips may not cross the vertical axis after the release if airborne and/or inverted. *EXCEPTION: Leap frog jumps are allowed.*
 - Toe Pitches are not allowed.
2. The Supporting Dancer(s) may toss an Executing Dancer if:
 - The highest point of the release/toss does not elevate the Executing Dancer's hips above the head level of the supporting dancer.
 - The Executing Dancer is not supine or inverted when released.
 - The executing dancer's hips may not cross the vertical axis if airborne and/or inverted.

INTERMEDIATE DANCE RULES & GUIDELINES

TUMBLING AND SKILLS (Executed by Individuals)

1. Dancers must have 4 counts between the completion of one tumbling skill/technical skill to the execution of another. (See glossary for definition of tumbling skill)
 - Example: Dancer does a roundoff and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.
2. Tumbling skills (with or without hip over-head rotation skills) must not be connected to any other tumbling skill or technical element. Dancer(s) must come to a complete stop with both feet on the surface.
3. 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.
4. Tumbling skills with hip over-head rotation:
 - Airborne skills with or without hand support are not allowed. (Exception: *RoundOff and Headsprings with hand support not connected to any other skill or technical element are allowed.*)
5. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.



6. 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
7. 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.
 - **Clarification–Position must originate from the performance surface to be allowed.**
8. Kip ups with hand support must initiate from the back/shoulder area touching the ground.
Exception: A roll to the ground prior to initiating a kip up would be allowed

***COMMONLY KNOWN SKILLS: These are not required, nor does this list include all legal/illegal skills.**

ALLOWED: *Front/back walkovers, kip ups with hands, roundoff, shoulder rolls, stalls/freezes, head springs with hands, forward/backward rolls, handstands, headstands, cartwheels, backbends*

NOT ALLOWED: *front/back tucks, back handsprings, front aerials, barani, not handed headsprings, dive rolls, to pitch, layouts, shushunova, side sumi, front handsprings, head spin, windmills, **Chaine' Jete, Rubberband/Bronco, Double ToeTouch***

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.
 - Thigh stands, shoulder sits, and chair sits are allowed.
2. The following cheer-based stunts are NOT allowed:
 - Elevators, Extended cheer stunts, Pyramids, and basket tosses
3. Hip over head rotation of the Executing Dancer(s) is not allowed when elevated from the surface.
4. Vertical Inversions of the Executing Dancer(s) are not allowed when elevated from the surface.
5. If the dancer is not in direct contact with the surface then:
 - Hip overhead rotation or vertical is NOT allowed (*Assisted kip ups with hands are allowed*)
 - Vertical Inversions are NOT allowed

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. The Executing Dancer(s) may not be released **or tossed**.
2. **The executing dancer may Jump, leap, step or push off of a supporting dancer if:**
 - **The highest point of the release does not elevate the executing dancers feet above hip level**
 - **The executing dancers hips may not cross the vertical axis after the release if airborne & inverted**
 - **"Leap Frog" jumps over a STANDING supporting dancer is NOT allowed**
 - **Toe Pitches are Not allowed**

TECHNICAL SKILL/ELEMENT RESTRICTIONS

1. **Dancers must have 4 counts between the completion of one technical skill to the execution of another. (See glossary for definition of technical skills/elements)**
 - **Example:Dancerdoesadoublepirouetteandlandsoncount1–dancercanuse transitional steps, choreography, or preparatory steps on counts 2, 3, & 4 and legally execute another skill on count 5**
 - **Exception: Chaines & Piques in succession. Exception: Chaine Battement/Fan**
2. Stationary Turns Are Allowed Provided The Following:



- Pirouette turns may be executed in passe, coupe, pencil, or attitude position, and are limited to two rotations.
 - Leg hold turns and illusions are limited to one rotation.
 - Axels and Tours are not permitted
3. Fouette turns/A la Seconde turns sequences are allowed provided the following:
- Teams are limited to a maximum of two separate sequences. These can be performed by one or more team members. Turn sequences may not be performed consecutively.
 - Turn sequences are limited to Fouette turns, A la Seconde turns and Pirouettes only.
 - Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions. (*Clarification: holding the working leg during the turn sequence is not permitted.*) **Floats are not permitted. No changing spots/directions allowed.**
 - Turn sequences are limited to one eight count of turning.
 - *This does not include the preparation or ending/completion of the turn sequence. (Example: Preparation on counts 7-8, three a la seconde turns into a double pirouette on counts 1-8, completion/landing on count 1.)*
 - Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move.
 - The stop/completion of the turn sequence cannot be a prep into another technical skill.
Dancers must have 4 counts between the completion of one technical skills to the execution of another.
4. Leaps/Jumps are allowed provided the following:
- Leaps/jumps that release the head toward the back must be performed stationary and cannot be connected to any other skill or technical element.
 - Preparations for traveling leaps are limited to a step or chasse. *A chaine turn used as a preparation directly into a leap is not permitted.*
 - Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill or technical element. The landing must not be a preparation for another skill or technical element.
 - Switch Leaps in any form are **NOT** permitted.
 - **Dancers must have 4 counts between the completion of one technical skills to the execution of another.**
5. Kicks/Kicklines are allowed and are **NOT** restricted in number.

***COMMONLY KNOWN SKILLS: These are not required, nor does this list include all legal/illegal skills.**

ALLOWED: chaine turn, pique turn, pirouette, fouette turn, a la second, toe touch, grand jette, C jump, Side leap, firebird, illusion, leg hold turn

NOT ALLOWED: switch leap, floats, switch tilt, turning switch tilt, turning C jump, renverse jump, turning disc, calypso, axels, 540 jump



CATEGORY DESCRIPTIONS

TEAM PERFORMANCE- Routines must clearly encompass a minimum of 30 CONSECUTIVE seconds of all four styles: Jazz, Pom, Kick, and Hip Hop. Each style will be judged. See jazz, pom, hip hop and kick category descriptions below for additional details. Poms, hand held props and costuming may be used in this category, but are not required

JAZZ- Routines may incorporate stylized dance movements and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity. Leaps, turns, and all other technical elements will be scored in the Technical Elements on the scoresheet.

POM- Routines must use poms in 80% of the routine (Males are not required to use poms). Characteristics of a pom routine include synchronization, visual effects and clean/precise motions. Visual effects include level changes, group work, opposing motions, formation changes, etc.

HIP HOP- Routines may incorporate street style movements, such as: breaking, popping, locking, krumping, etc. Emphasis should be placed on an authentic stylized technique, a grounded approach and attention to backbeat while incorporating technical elements, musicality, creativity, flow, control, and overall quality of movement.

KICK- Routines must display a variety of kick/kick combinations, the use of staging and visual effects. Visual Effects include the use of kick, level changes, opposition, group work, etc. Emphasis should be placed on proper kick technique crediting the dancers' control, extension, stamina, timing and height of kicks and overall uniformity. Each routine must have at least 45 kicks, performed by a majority of the team. A kick is defined as one foot remaining on the floor while the other foot lifts with force **at least 90 degrees** from the ground. Any time the leg extends at or above 90 degrees, contracts & extends again at or above 90 degrees, it will be defined as separate kicks.

GAMEDAY TEAM GUIDELINES

1. Teams must have a minimum of five (5) dancers; maximum allowed is forty (40).
2. Individuals may not represent more than one team at the National Championship.
3. Individuals are NOT permitted to compete in two divisions within the same school in the Game Day category.
 - (Example: A dancer is not allowed to compete with both a JV Game Day and a Varsity Game Day team). Individuals are also NOT permitted to compete on two different school teams.

GAMEDAY SCORING, COSTUME / PROP GUIDELINES, TIME LIMIT, QUALIFICATION, JUDGING & SAFETY RULES

1. Teams will be evaluated and scored on each section of the Game Day Format. Within each section, performances will be scored on synchronization, execution of motion/skills and game day effectiveness.
 - Each component should have a beginning and an ending.
2. Teams are required to wear a traditional uniform typically worn when representing your school. These should be in school colors.
3. Teams may use poms **and/or rally towels**, but they are not required. No other props are allowed.
4. **Signs are allowed for fight songs and spirit raising section only.**
 - **Signs must be made of poster board, corrugated plastic or fabric.**



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- Signs may NOT be larger than 3 feet in any direction.
 - Flags are NOT allowed: Signs may not be affixed to a pole, stick or other similar device that extends the sign past 3 feet.
 - Signs and/or rally towels cannot be tossed or thrown off the stage or into the crowd, and must be safely placed away from performing athletes.
 - Hip over-head rotation skills (with or without hand support) may NOT be done with signs in hand.
5. Mascot uniforms are allowed and must remain in the performance area throughout the entire performance.
 6. The entire Game Day performance should not exceed 3:00 total, including transitioning from section to section. Each component has a maximum time limit of 1:00 per section.
 7. Teams will follow the same Safety Rules as all other School Dance Divisions.

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