



**FREEDOM DANCE
SCHOOL DANCE
RULE BOOK
2023-2024**



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

GAME DAY: max time of 3 minutes

TEAM PERFORMANCE: Max time of 2 minutes 15 seconds

DIVISION	AGES	CATEGORIES	MIN TIME	MAX TIME
Elementary School	6th grade and Below (5-40 Members)	Pom/HipHop/Jazz	No Minimum	2 Minutes
Middle School	9th grade and Below (5-40 Members)	Pom/HipHop/Jazz/Kick/ GameDay	No Minimum	2 Minutes
Intermediate	12th grade and Below (5-40 Members)	Pom/HipHop/Jazz	No Minimum	2 Minutes
Junior Varsity	12th grade and Below (5-40 Members)	Pom/HipHop/Jazz/Kick/ GameDay/Team	No Minimum	2 Minutes
Small Varsity	12th grade and Below (5-10 Members)	Pom/HipHop/Jazz/Kick/ GameDay/Team	No Minimum	2 Minutes
Medium Varsity	12th grade and Below (11-14 Members)	Pom/HipHop/Jazz/Kick/ GameDay/Team	No Minimum	2 Minutes
Large Varsity	12th grade and Below (15-40 Members)	Pom/HipHop/Jazz/ Kick/GameDay/Team	No Minimum	2 Minutes

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 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: Aerial cartwheels/side semis not connected to any other hip over head rotation skill are allowed.*
4. Airborne hip over head rotation skills without hand support may not involve any twisting motion or a blind landing.
 - *EXCEPTION: Round-offs without hands will be allowed.*
5. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4. 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.
5. 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.
6. 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

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



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. Weight bearing tumbling skills (with or without hip over-head rotation skills) must NOT be connected to any other tumbling skill or technical element.
2. Dancers must come to a complete stop with both feet planted on the surface for at least one count before moving to the next skill.
3. Hip over head rotating 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: 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. Kip ups with hand support must initiate from the back/shoulder area touching the ground.

***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*

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.

TURNING SKILL/ELEMENT RESTRICTIONS

1. 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
2. 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.**
 - 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.



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3. 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 chassé. *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.
4. 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*

UPDATED: 7/29/23