

2016-2017 ICU Performance Rules Glossary

Aerial Cartwheel: An airborne tumbling skill which emulates a cartwheel but is executed without placing hands on the ground.

Airborne (executed by Individuals, Groups or Pairs): A state or skill in which the individual is free of contact from a person and/or the performing surface.

Airborne Hip Over Head Rotation (executed by Individuals): A action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (*Example: Round Off or a Back Handspring*)

Category: Denoting the style of the routine. (*Example: Pom, Hip Hop, Jazz, High Kick*)

Connected/Consecutive Skills: An action in which the individual performs skills continuously, without a step, pause or break in between. (*Example: Double Pirouette or Double Toe Touch*)

Contact (executed by Groups or Pairs): The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

Division: Denoting the composition of a competing group of individuals. (*Example: Senior, Junior*)

Drop: An action in which an airborne individual lands on a body part other than his/her hand(s) or feet.

Elevated: An action in which a individual is moved to a higher position or place from a lower one.

Executing Individual: An individual who performs a skill as a part of “Groups or Pairs” who use(s) support from another individual(s).

Head-Level: A designated and averaged height: the crown of the head of a standing individual while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*)

Height of the Skill: Where the action is taking place.

Hip-Level: A designated and averaged height; the height of a standing individual’s hips while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*)

Hip Over Head Rotation (executed by Individuals): An action characterized by continuous movement where a individual’s hips rotate over his/her own head in a skill (*Example: Back Walkover or Cartwheel*).

Hip Over Head Rotation (executed by Groups or Pairs): An action characterized by continuous movement where the Executing Individual’s hips rotate over his/her own head in a lift or partnering skill.

Inversion/Inverted: A position in which the individual’s waist and hips and feet are higher than his/her head and shoulders.

Inverted Skills (executed by Individuals): A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

Lift (executed by Groups or Pairs): A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

Partnering (executed by Pairs): A skill in which two individuals use support from one another. Partnering can involve both Supporting and Executing skills.

Perpendicular Inversion (executed by Individuals): An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

Prone: A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up.

Prop: Anything that is used in the routine choreography that is not/was not originally part of the costume. *(Clarification: Poms are considered part of the costume in the pom category and should be used throughout the entire routine).*

Shoulder Inversion (executed by Individuals): An position in which the individual's shoulders /upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

Shoulder-Level: A designated and averaged height; the height of a standing individuals' shoulders while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

Supine: A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.

Supporting Individual: An individual who performs a skill as a part of "Group or Pairs" who supports or maintains contact with an Executing Individual.

Toss: A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

Vertical Inversion (executed by Groups or Pairs): A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.