

SPECIFIC ROUTINE GUIDELINES

A. CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
3. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
4. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
5. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
6. Tights should be worn under briefs, hot pants or excessively short shorts.
7. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt please consult the ICU Rules Committee for approval.
8. Jewelry as a part of a costume is allowed.
9. All male performers' costumes must include a shirt that is fastened, however it can be sleeveless.
10. No cheers or chants are allowed.

B. TIME LIMIT/MUSIC/ENTRANCES

1. Each Team will have a maximum of (2:30) two minutes and 30 seconds.
2. Each Doubles will have a maximum of (1:30) one minute and 30 seconds.
3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music.
5. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.

6. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing “play” and “stop” for the team.
7. All music must be on a CD. The ICU recommends that you bring multiple copies in case sound systems have trouble reading your CD.
8. Teams must enter the performance floor as quickly as possible. Choreographed entrances / exits will not be allowed.
9. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

C. PROPS

1. A prop is defined as anything that is used as part of your choreography that is not attached to your costume.
2. Wearable and handheld items/props that compliment the choreography will be allowed in the Jazz and Hip Hop Categories. They may be removed and discarded from the body.
3. The Freestyle Pom Category will not allow props, as poms are to be used throughout the routine. If there are male performers in this category they are not required to use poms.
4. No large free standing props will be allowed in any category, such as chairs, stools, benches boxes, stairs, steps, ladders, bars, sheets etc. Any item that bears the weight of the participant is considered a standing prop.

SPECIFIC DIVISION RULES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated below. This deduction does not apply to violations mentioned elsewhere that are designated a lesser point value.

JAZZ AND HIGH KICK

A. Tumbling and Aerial Skills Executed by Individuals:

1. **Tumbling** - *Skills that emphasize acrobatic or gymnastic ability, executed by an individual without contact, assistance or support of another individual(s) that begin and end on the performance surface.*
Tumbling as a dance skill is allowed but not required

2. **Hip Over Head Rotation Skills with Hand Support** – *exhibited by continuous movement where an individual's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel)* These skills **are not allowed while holding props in supporting hand(s)**
****EXCEPTION:** *Forwards rolls and backwards rolls are allowed*
 3. **Airborne Hip Over Head Rotation Skills Without Hand Support** - *where hips rotate over the head in a tumbling skill and there is no contact with the performance surface* **are not allowed**
****EXCEPTION:** *Front Aerial and Aerial Cartwheels, (an airborne tumbling skill which emulates a front walkover or cartwheel - executed without placing hands on the ground) are allowed*
 4. **Landing in a push up position** may involve any jump
 5. **Simultaneous Tumbling Over or Under** another individual that includes Hip Over Head Rotation by both dancers is **not allowed**
 6. **Airborne Drops** *where the individual is free from the performance surface and returns to the performance surface landing to the knee, thigh, back, shoulder, seat, front or head* are not allowed unless the individual **first bears weight on the hand(s) or foot/feet**
- B. **Lifts and Partnering Executed by Pairs or Groups:**
1. **Lifts and Partnering**- *either where an individual is elevated from the performance surface by one or more individuals and set down, or where two individuals use support from one another-* **allowed but not required with the following limitations:**
 - a. **A Supporting Individual does not have to maintain contact with the performance surface** provided the height of the skill does not exceed shoulder level
 - b. **A single Supporting Individual may Release**, *An action in which the Executing Individual becomes free of contact from Supporting Individual(s), providing all of the following:*
 - i. The Executing Individual **does not pass through an inverted position**, *where the individual's waist/hips/feet are higher than his/her head and shoulders, after the release*
 - ii. The Executing Individual is **either caught or supported to the performance surface** by one or more Supporting Individuals

- iii. The Executing Individual is **not caught in a Prone position** *where the front of the individuals' body is facing the ground, and the back of the body is facing up*
2. **Hip Over Head Rotation of the Executing Individual(s)** is allowed provided: A Supporting Individual **maintains contact** until the Executing Individual returns to the performance surface or is returning to the upright position
3. **Vertical Inversion** *where the Executing Individual is inverted and bears direct weight on the Supporting Individual(s) by a stop, stall (freeze) or change in momentum* is allowed if:
 - a. The Supporting Individual(s) **maintains contact** until the Executing Individual returns to the performance surface or returns to the upright position
 - b. When the height of the Executing Individual's shoulders exceed shoulder level there is **at least one additional Individual to spot** who does not bear the weight of the Executing Individual
4. **Unassisted Dismounts to the Performance Surface:**
 - a. **An Executing Individual may jump, leap, step or push off of a Supporting Individual(s)** provided all of the following:
 - i. At least one part of the Executing Individual's body is at or below shoulder level at the highest point of the released skill
 - ii. The Executing Individual may not pass through the Prone or Inverted position after the release
 - b. **A Supporting Individual may Toss-** *where the supporting individual (s) performs a throwing motion to increase the height of the executing individual (who is free from the performance surface when the toss is initiated)* **an Executing Individual if:**
 - i. At least one part of the Executing Individual's body is at or below shoulder level at the highest point of the released skill
 - ii. The Executing Individual may be Supine, where the back of the individuals' body is facing the ground and the front is facing up, or Inverted when released but s/he must land on their foot/feet
 - iii. The Executing Individual does not pass through an Inverted position after release
5. **Teams competing in the High Kick Category are required to have a minimum of 50 kicks in their routine.**

FREESTYLE POM

A. Tumbling and Aerial Skills Executed by Individuals:

1. **Tumbling** - *Skills that emphasize acrobatic or gymnastic ability, executed by an individual without contact, assistance or support of another individual(s) that begin and end on the performance surface.*
Tumbling as a dance skill is allowed but not required
2. **Hip Over Head Rotation Skills with Hand Support** – *exhibited by continuous movement where an individual's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel) are not allowed while holding poms in supporting hand(s)*
****EXCEPTION:** Forward rolls and backwards rolls are allowed
3. **Airborne Hip Over Head Rotation Skills Without Hand Support** - *where hips rotate over the head in a tumbling skill and there is no contact with the performance surface are not allowed*
****EXCEPTION:** Front Aerial and Aerial Cartwheels (an airborne tumbling skill which emulates a front walkover or cartwheel - executed without placing hands on the ground) are allowed
4. **Simultaneous tumbling over or under another individual** that includes Hip Over Head Rotation by both individuals **is not allowed**
5. **Airborne Drops** *where the individual is free from the performance surface and returns to the performance surface landing to the knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hand(s) or foot/feet*
6. **Landing in a push up position** on to the performance surface from an Airborne Skill, *in which the individual is free of contact with the performance surface, is not allowed*

B. Lifts and Partnering Executed by Pairs or Groups:

1. **Lifts and Partnering**- *either where an individual is elevated from the performance surface by one or more individuals and set down, or where two individuals use support from one another-* **allowed but not required with the following limitations:**
 - a. **A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level**

- b. **A single Supporting Individual may Release contact**, *An action in which the Executing Individual becomes free of contact from Supporting Individual(s), with a single executing individual provided all of the following:*
- i. The Executing Individual **does not pass through the inverted position**, *where the individual's waist/hips/feet are higher than his/her head and shoulders, after the release*
 - ii. The Executing Individual is **either caught or supported to the performance surface** by one or more Supporting Individuals
 - iii. The Executing Individual is **not caught in a Prone position** *where the front of the individuals' body is facing the ground, and the back of the body is facing up*
 - iv. **No Supporting Individual may hold poms during the release or catch/assistance** upon return to the performance surface
2. **Hip Over Head Rotation of the Executing Individual(s)** is allowed provided: A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position
3. **Vertical Inversion**, *where the Executing Individual is inverted and bears direct weight on the Supporting Individual(s) by a stop, stall (freeze) or change in momentum, is allowed if:*
- a. The Supporting Individual(s) **maintains contact** until the Executing Individual returns to the performance surface or returns to the upright position
 - b. When the height of the Executing Individual's shoulders exceed shoulder level there is **at least one additional Individual to spot** who does not bear the weight of the Executing Individual
4. **Unassisted Dismounts to the Performance Surface:**
- a. **An Executing Individual may jump, leap, step or push off of a Supporting Individual(s)** provided all of the following:
 - i. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level
 - ii. The Executing Individual may not pass through the Prone or Inverted position after the release
 - b. **A Supporting Individual may Toss-** *where the supporting individual (s) performs a throwing motion to increase the height of*

the executing individual (who is free from the performance surface when the toss is initiated) an Executing Individual if:

- i. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level
- ii. The Executing Individual is not Supine, where the back of the individuals' body is facing the ground and the front is facing up, or Inverted when released
- iii. The Executing Individual does not pass through a Prone or Inverted position after release

HIP HOP

A. Tumbling and Aerial Skills Executed by Individuals:

1. **Tumbling** - *Skills that emphasize acrobatic or gymnastic ability, executed by an individual without contact, assistance or support of another individual(s) that begin and end on the performance surface.*

Tumbling as a dance skill is allowed but not required

2. **Inverted Skills:**

- a. Non Airborne Skills are allowed Example Head stand, Freezes, etc
- b. Airborne Skills with hand support that land in a Perpendicular Inversion are allowed

3. **Tumbling skills with Hip Over Head Rotation:**

- a. Non Airborne Skills are allowed
- b. Airborne Skills with hand support 1) Are allowed (example-back handspring) 2) Are limited to two consecutive, meaning the individual connects skills immediately, without step, pause or break in between.

****CLARIFICATION:** both skills must have hand support

- c. Airborne Skills without hand support are allowed provided all of the following: 1) Involves no more than one twisting transition 2) May not connect to another skill that is Airborne with Hip Over Head Rotation with or without hand support

4. **Simultaneous Tumbling Over or Under** another Individual that includes Hip Over Head Rotation by both Individuals is not allowed

5. **Airborne Drops** to the shoulder, back, or seat are permitted provided the height of the airborne Individual does not exceed hip level (clarification: drops to the knee, thigh, front or head are not allowed)

6. **Landing in a push up position** may involve any jump
7. **Hip Over Head Rotation Skills with Hand Support** are not allowed while holding props in supporting hand(s)
****EXCEPTION:** Forwards rolls and backwards rolls are allowed
8. Aerial street skills should remain consistent with the style of hip hop and not appear gymnastic or cheerleading in nature

B. Lifts and Partnering Executed by Pairs or Groups:

1. **Lifts and Partnering-** *either where an individual is elevated from the performance surface by one or more individuals and set down, or where two individuals use support from one another-* **allowed but not required with the following limitations:**
2. **A Supporting Individual does not have to maintain contact with the performance surface** provided the height of the skill does not exceed shoulder level
3. **A single Supporting Individual may Release contact,** *An action in which the Executing Individual becomes free of contact from Supporting Individual(s), with a single executing individual provided all of the following:*
 - a. The Executing Individual may not pass through an **Inverted Position**, where the individual's waist/hips/feet are higher than his/her head and shoulders, after the release
 - b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals
 - c. The Executing Individual is not caught in a **Prone** position where the front of the individuals' body is facing the ground, and the back of the body is facing up
4. **Hip Over Head Rotation of the Executing Individual(s)** is allowed provided: A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position
5. **Vertical Inversion**, where the Executing Individual is inverted and bears direct weight on the Supporting Individual(s) by a stop, stall (freeze) or change in momentum is allowed if:

- a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position
 - b. When the height of the Executing Individual's shoulders exceed shoulder level there is at least one additional individual to spot who does not bear the weight of the Executing Individual
6. **Unassisted Dismounts to the Performance Surface:**
- a. **An Executing Individual may jump, leap, step or push off of a Supporting Individual(s)** provided all of the following:
 - i. At least one part of the Executing Individual's body is at or below shoulder level at the highest point of the released skill
 - ii. The Executing Individual may not pass through the Prone or Inverted position after the release
 - b. **A Supporting Individual may Toss-** *where the supporting individual (s) performs a throwing motion to increase the height of the executing individual (who is free from the performance surface when the toss is initiated)* **an Executing Individual if:**
 - i. At least one part of the Executing Individual's body is at or below shoulder level at the highest point of the released skill
 - ii. The Executing Individual may be Supine, where the back of the individuals' body is facing the ground and the front is facing up, or Inverted when released but s/he must land on their foot/feet
 - iii. The Executing Individual does not pass through an Inverted position after release

GLOSSARY OF TERMS:

1. **Airborne Drops** where the individual is free from the performance surface and returns to the performance surface
2. **Airborne Hip Over Head Rotation with Hand Support** (executed by individual) - An action where hips rotate over the head in a tumbling skill and there is contact with the performance surface (example – Back Handspring)
3. **Airborne Hip Over Head Rotation without Hand Support** (executed by individual) - An action where hips rotate over the head in a tumbling

skill and there is no contact with the performance surface (example – Back Tuck)

4. **Airborne Skill** (executed by individual) - A skill in which the individual is free of contact with the performance surface. (Example: Tour Jetté or Butterfly.)
5. **Aerial Cartwheel** - An airborne tumbling skill which emulates a cartwheel, executed without placing hands on the ground.
6. **Consecutive Skills** - An action in which the individual connects skills immediately, without step, pause or break in between. (Example: Double Pirouette or Double Toe Touch)
7. **Executing Individual** – The individual who performs a skill and uses support from another individual (s) when partnering. Refer to the ICU Rules for Lifts and Partnering for safety guidelines.
8. **Front Aerial** - An airborne tumbling skill which emulates a front walk over, executed without placing hands on the ground.
9. **Hip Level** - A designated 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.)
10. **Hip Over Head Rotation** - (executed by individuals): An action where an individual’s hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel).
11. **Inversion** - A position in which the individual’s waist/hips/feet are higher than his/her head and shoulders.
12. **Lifts** (executed as partners or in a group) - An action in which an individual is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of “Lifting” individuals and “Elevated” Individuals. Refer to the ICU Rules for Lifts and Partnering for safety guidelines.
13. **Lifting Individual** – An individual, who is part of a lift and lifts the Elevated Individual as part of a Lift. Refer to the ICU Rules for Lifts and Partnering for safety guidelines. The supporting individual may also be considered a lifting individual.
14. **Partnering** (executed in pairs) – A skill in which two individuals use support from one another. Partnering can involve both “Supporting” and

“Executing” skills Refer to the ICU Rules for Lifts and Partnering for safety guidelines.

15. **Prone** - A position in which the front of the individuals’ body is facing the ground, and the back of the individuals’ body is facing up.
16. **Release Move** (executed in groups or pairs) - An action in which the Executing Individual becomes free of contact from Supporting Individual(s)
17. **Shoulder Level** - A designated height; the height of a standing individual’s shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
18. **Supporting Individual** – An individual(s), who is part of a trick and bears the primary weight of a lifted individual. A Supporting Individual(s) holds or tosses and/or maintains contact with an Executing Individual as a part of a Trick or Partnering skill. The Supporting Individual may also be considered a Lifting Individual. Refer to the ICU Rules for Lifts and Partnering for safety guidelines
19. **Supine** - A position in which the back of the individuals’ body is facing the ground, and the front of the individuals’ body is facing up.
20. **Toss** - A release move where Supporting Individual(s) execute a throwing motion to increase the height of the Executing Individual. Executing Individual is free from the performance surface when toss is initiated
21. **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. (Clarification: tumbling skills do not have to include hip overhead rotation).
22. **Vertical Inversion** (executed in groups or pairs) - A position in which the Executing Individual is inverted and bears direct weight on the Supporting Individual by a stop, stall (freeze) or change in momentum.