

GENERAL RULES

1	All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.
2	Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.
3	All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.
4	Each team performance will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 15 seconds (2:15). Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music. Violation of the time limit may result in a deduction.
5	Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.) Violation will result in a deduction.
6	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
7	Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they compete.
8	All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
9	A participant wearing a hard cast (i.e. fiberglass or plaster) or a walking boot may not be involved in choreography that may cause harm/injury to others.

CHOREOGRAPHY, MUSIC, and COSTUMING

1	Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
2	All choreography should be age appropriate.
3	Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4	Performing in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is not allowed. If in doubt please contact the IASF Rules Committee for prior approval.
5	Jewelry as part of a costume is allowed.
6	All costuming should be secure. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
7	No cheers or chants allowed.

PROPS

1	Props are not allowed. Only the use of <u>costume elements</u> (i.e. necklace, jacket, hat, poms, etc.) are allowed. They may be used and discarded but may not be used to elevate athletes from the performance surface.
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IASF Dance Rules 2025-2028
Hip Hop, High Kick, Pom, Jazz & Contemporary/Lyrical
U16(Junior), U18 & Open Divisions

EXECUTED BY ONE ATHLETE	
<i>Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:</i>	
1	<p><u>Inverted Skills:</u></p> <ul style="list-style-type: none"> a. <u>Airborne inverted</u> skills with hand support are not allowed while holding poms/costume elements b. Airborne inverted skills without hand support are not allowed
2	<p>Skills with <u>hip over head rotation:</u></p> <ul style="list-style-type: none"> a. Non-airborne skills are allowed provided the athlete is not holding poms and/or costume elements in supporting hand(s). <i>(Exception: Forward rolls, backward rolls and proper use of hands free poms are allowed)</i> b. Airborne skills with hand support are allowed provided all of the following: <ul style="list-style-type: none"> i. They are limited to two consecutive hip over head rotation skills. ii. May not hold poms and/or costume elements in supporting hand(s). c. Airborne skills without hand support are allowed provided all of the following: <ul style="list-style-type: none"> i. Involves no more than one twisting transition. ii. Does not connect to another skill that is airborne with hip over head rotation without hand support. iii. Are limited to two consecutive airborne hip over head rotation skills.
3	Simultaneous tumbling over or under another athlete that includes <u>hip over head</u> rotation by both athletes is not allowed.
4	Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> athlete does not exceed <u>hip level</u> . <i>(Clarification: <u>Drops</u> directly to the knee, thigh, front or head are not allowed).</i>
5	Landing on the performance surface in a push up position from an airborne skill while holding poms/costume elements in supporting hand(s) is not allowed.

EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:	
1	A <u>Supporting Athlete</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder level</u> .
2	At least one <u>Supporting Athlete</u> does not have to maintain <u>contact</u> with <u>Executing Athlete</u> above <u>head level</u> provided: <ul style="list-style-type: none"> a. There is only one <u>Executing Athlete</u> and one <u>Supporting Athlete</u> involved in the skill prior to <u>release</u>. b. The <u>Executing Athlete</u> may not be <u>inverted</u> when <u>released</u> and the hips may not pass over the head after the release. c. The <u>Executing Athlete</u> must either be caught or assisted to the performance surface by one or more <u>Supporting Athletes</u> and may not be caught in a <u>prone</u> position. d. <u>Supporting Athlete(s)</u> may not hold poms/costume elements in hands during any portion of the skill.
3	<u>Hip over head rotation</u> of the <u>Executing Athlete(s)</u> is allowed provided contact between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete</u> is maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position.
4	A <u>Vertical Inversion</u> is allowed provided: <ul style="list-style-type: none"> a. Contact between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> is maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position. b. When the height of the <u>Executing Athlete</u>'s shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the <u>Executing Athlete</u>. <i>(Clarification: When there are 3 <u>Supporting Athlete(s)</u> an additional spot is not required).</i>

DISMOUNTS-EXECUTED BY GROUPS OR PAIRS- Dismounts to the performance surface (Clarification: Released skills may be assisted but not required)	
1*	An <u>Executing Athlete</u> may jump, leap, step or push off a <u>Supporting Athlete(s)</u> provided: <ul style="list-style-type: none"> a. At least one part of the <u>Executing Athlete</u>'s body is at or below head level at the highest point of the released skill. <ul style="list-style-type: none"> a. <u>The highest point of the released skill does not elevate the <u>Executing Athlete</u>'s hips above head level.</u> b. The <u>Executing Athlete</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release.
2*	A <u>Supporting Athlete(s)</u> may <u>toss</u> an <u>Executing Athlete</u> provided: <ul style="list-style-type: none"> a. At least one part of the <u>Executing Athlete</u>'s body is at or below head level at the highest point of the released skill. <ul style="list-style-type: none"> a. <u>The highest point of the released skill does not elevate the <u>Executing Athlete</u>'s hips above head level.</u> b. The <u>Executing Athlete</u> may be supine or <u>inverted</u> when released but s/he must land on their foot/feet. <ul style="list-style-type: none"> b. <u>The <u>Executing Athlete</u> may not be supine or <u>inverted</u> when released.</u> c. The <u>Executing Athlete</u> may not pass through an <u>inverted</u> position after release. <ul style="list-style-type: none"> c. <u>The <u>Executing Athlete</u> may not pass through a <u>prone</u> or <u>inverted</u> position after release.</u>

* Blue denotes additional restriction or rule specific to the Pom category only



IASF Dance Rules 2025-2028
Hip Hop, High Kick, Pom, Jazz & Contemporary/Lyrical
U6, U8 & U12 Divisions

EXECUTED BY ONE ATHLETE

Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:

1	<p>Inverted Skills:</p> <p>a. <u>Airborne</u> inverted skills with hand support are not allowed. <i>(Exception: <u>Kip up</u> with hand support originating from performance surface is allowed, but may not hold poms/costume elements in supporting hand(s)).</i></p> <p>b. Airborne inverted skills without hand support are not allowed.</p>
2.	<p>Skills with <u>hip-over-head rotation</u>:</p> <p>a. With hand support are not allowed while holding poms/<u>costume elements</u> in supporting hand(s). <i>(Exception: <u>forward rolls</u>, <u>backward rolls</u> and <u>proper use of hands free poms</u> are allowed)</i></p> <p>b. Non <u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are allowed provided:</p> <p style="margin-left: 20px;">i. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p style="margin-left: 20px;">ii. It is not <u>airborne</u> in approach but may be <u>airborne</u> in the descent. <i>(Clarification: in the approach the hands must touch the ground before the feet leave the ground.)</i></p> <p>d. <u>Airborne</u> skills without hand support are not allowed. <i>(Exception: <u>aerial cartwheel</u> that is not <u>connected</u> to any other skill with <u>hip over head rotation</u>)</i></p>
3.	Simultaneous <u>tumbling</u> over or under another athlete that includes <u>hip-over-head rotation</u> by both athletes is not allowed.
4.	<u>Drops</u> to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
5.	Landing on the performance surface in a push up position from an airborne skill while holding poms/costume elements in supporting hand(s) is not allowed.

EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

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| 1. | The <u>Executing Athlete</u> must maintain <u>contact</u> with a <u>Supporting Athlete</u> who is in direct <u>contact</u> with the performance surface.
<i>(Exception: leaps and jumps of connected dancers)</i> |
| 2. | At least one <u>Supporting Athlete</u> must maintain <u>contact</u> with the <u>Executing Athlete(s)</u> throughout the entire skill above <u>shoulder-level</u> |
| 3. | <u>Hip-over-head rotation</u> of the <u>Executing Athlete(s)</u> is allowed provided:
a. <u>Contact</u> between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> is maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position.
b. The <u>Executing Athlete</u> is limited to one <u>continuous</u> hip-over-head rotation. |

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| 4. | A <u>Vertical-Inversion</u> is allowed provided: <ol style="list-style-type: none"><u>Contact</u> between the <u>Executing Athlete</u> and at least one <u>Supporting Athlete(s)</u> is maintained until the <u>Executing Athlete</u> returns to the performance surface or is returning to the upright position.When the height of the <u>Executing Athlete</u>'s shoulders exceed <u>shoulder-level</u> there is at least one additional athlete to spot who does not bear the weight of the <u>Executing Athlete</u>. (<i>Clarification: When there are 3 <u>Supporting Athletes</u> an additional spot is not required</i>) |
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DISMOUNTS-EXECUTED BY GROUPS OR PAIRS- Dismounts to the performance surface (Clarification: Released skills may be assisted but not required:

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| 1. | An <u>Executing Athlete</u> may jump, <u>leap</u> , step or push off a <u>Supporting Athlete(s)</u> provided: <ol style="list-style-type: none">The highest point of the released skill does not elevate the <u>Executing Athlete</u>'s hips above <u>head-level</u>.The <u>Executing Athlete</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the release. |
| 2. | A <u>Supporting Athlete(s)</u> may <u>toss</u> an <u>Executing Athlete</u> provided: <ol style="list-style-type: none">The highest point of the toss does not elevate the <u>Executing Athlete</u>'s hips above <u>head-level</u>.The <u>Executing Athlete</u> is not <u>supine</u> or <u>inverted</u> when released.The <u>Executing Athlete</u> may not pass through a <u>prone</u> or <u>inverted</u> position after the release. |