



RULES AND REGULATIONS

DANCE RULES & GUIDELINES

Competing teams must have at least 4 members. There is no maximum limit.

All dance teams, individuals, duets, and trios will have a minimum time of 1 minute and 45 seconds to a maximum of 2 minutes and 15 seconds (2:15). Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music, or the ending motion or pose is held. Introductions and/or organized entrances are considered part of the routine and are timed as part of the performance. All participants should walk/spirit onto the floor and immediately start their routine after spacing of first formation. Any un-sportsmanlike conduct while entering or exiting the floor may result in a one (1) point deduction.

ALLSTAR DANCE TIERS

NOVICE

- Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc.).
- All Category styles in each Age Division will be combined in Novice, no exceptions.
- Members on a Novice team may crossover to a Prep or Elite team.
- Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation. Novice will only be evaluated on a rating system and not scored/ranked against other teams.
 - Recommended ratings are Superior (Highest), Excellent, and Outstanding.
 - Please check with your specific event producer for their rating system
- Novice Teams must follow the Industry Standard Dance General Rules and Industry Standard Prep Dance Rules with the following exceptions:
 - Routine may not exceed 1:30 (there is no time minimum)
 - No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills)
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- An Event Producer may offer a team of less than 4 athletes to perform, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

PREP

- All Category styles in each Age Division will be combined in Prep, unless the Prep splitting rule applies.
- Members must follow the Prep crossover rules.
- The Prep designation is offered for emerging teams and dancers and should be scored on a traditional scoresheet.
- Prep teams must follow the Industry Standard Dance General Rules and Industry Standard Prep Dance Rules.
- May be offered and competed at one- and two-day events.



ELITE

- Term used to differentiate between the Prep and Novice tiers.
- The division will be referred to as Elite or simply by the Division and Category name.
Example: Senior Elite Pom or Senior Pom.
- Elite teams must follow the Industry Standard Dance General Rules and USASF Category Specific Dance Rules for their team's applicable division and category.

DanceABILITIES for Exceptional Athletes: A team comprised of Dancers with a disability. The XDX follows the American with Disabilities Act (ADA), stating: An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

PRIMARY AGE DIVISIONS

Note: Divisions are listed by 1) Age 2) Team Size (if applicable), 3) Gender (if applicable) 4) Category (Jazz, Pom, etc.) Ex: Senior Large Coed Hip Hop

Coed: female(s) & male(s), Ex: Senior Coed Hip Hop

All Male: 0 females, Ex: Senior Male Hip Hop

All Female: 0 males, Ex: Senior Hip Hop (do not include gender in title)

PERFORMANCE AREA

The main performance floor will be a minimum of 42 feet deep by 42 feet wide Marley dance surface.

The Marley dance surface will be placed over a carpeted floor.

All routines must be suitable for viewing by audiences of all ages. Vulgar or suggestive material is restricted and will result in a one (1) point deduction for each incident. 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. Vulgarity will be determined at the discretion of the judges and/or Event Director.

CROSSOVERS

Crossover competing is allowed. **There are no crossover fees.** SUBSTITUTIONS may be made in the event of an injury or other serious circumstance. Names of alternate dancers should be listed and noted as alternates on the registration form in case a substitution becomes necessary. Event staff must be notified when a substitution is made, and the substitute must be listed on your list of alternates. Substitutes must also abide by the age/grade restrictions in all divisions and have a waiver on file.

MUSIC

MUSIC DISCLAIMER

Please follow the [USA Cheer Copyright Guidelines](#) and use the [Preferred Providers](#) listing to when choosing your music editors. All Dance divisions including scholastic, recreation, and all-star "teams"

MUST also sign off on a waiver and liability form acknowledging your music is legal to be played for public performances. Please bring TWO HIGH QUALITY copies of your music to XDX, either CD, computer, or phone.

In the event a routine is interrupted because of failure of the XDX equipment, facilities, etc., then the participant(s) affected will be permitted to restart the routine from the beginning. In the event a routine is interrupted because of failure of the participants' equipment, music, or supplies, then the participant(s) may



be given an opportunity to continue later in the division or withdraw from the competition. In the event an injury occurs during a performance, then the participant(s) may be given a specific amount of time to regroup and continue later the schedule. The amount of time to regroup will be decided by the event director or withdraw from the competition. Competition officials reserve the right to stop a performance due to an injury or due to operator error, timing of your routine will continue. No unnecessary team members, parents etc. are allowed at the music table.

WAIVERS

All participants must submit a signed waiver form prior to performing. This an Individual Waiver Form completed online via the registration portal.

WEATHER POLICY

The XDX will NOT cancel any event due to weather conditions. The competition will go on regardless of rain, sleet, hail, or snow! Please make all necessary arrangements so that you will not have any problems traveling to the event on time. Keep an eye on the local and national weather forecasts so that you are prepared for any inclement weather. NO refunds or expense reimbursement will be given for teams missing their scheduled competition time.

GENERAL

All teams must be supervised during all official functions by a qualified director/advisor/coach.

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

All directors, advisors and coaches should have an emergency response plan in the event of an injury. Shoes are always required. Wearing socks only or one shoe is prohibited in all divisions. Jewelry as a part of a costume is allowed. All costuming should be age appropriate and acceptable for family viewing.

TUMBLING AND TRICKS

Tumbling is allowed in all divisions if one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs.

ALLOWED

Forward/Backward Roll
Shoulder Roll
Round Offs Cartwheel Headstand
Handstand
Backbends
Walkover
Front/Back Stalls
Head Spins
Windmills
Kip Up
Aerials - Side/Front Front/Back**

** Pom Division dancers must place poms in one hand or use hands free poms while executing the skill.

** Side Aerials are permitted for School Divisions

** Front Aerials are prohibited in the High School Divisions



NOT ALLOWED

Dive Rolls
Handsprings Front/Back
Tucks
Side Somi Shushunova
Dive Rolls (In any position)
Head spins without proper hand support

DANCE LIFTS AND PARTNERING

Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down. The lifting dancer(s) must maintain direct contact with the performance surface at all times. The lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s) through hand/arm to body contact. Hip overhead rotation of the lifting dancer(s) may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer(s).

Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.

All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)

All tosses including toe-pitches are prohibited. Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.

CHOREOGRAPHY

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. 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. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate.

All costuming and makeup should be age appropriate and acceptable for family viewing.

PROPS

Wearable and handheld items are allowed in all divisions and can be removed and discarded from the body.

DIVISION CATEGORIES

DANCE STYLES

HIP HOP - Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity, and musical interpretation. Routines may also put an additional focus on athletic incorporations such as jumps, jumps, jump variations, combo jumps and other kicks. No props allowed in this division.

JAZZ - Routines incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity.

POM - Routines emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc. All styles of dance may be used. Poms must be in hand for at least eighty percent (80%) of the routine. Leaps, turns and jumps will be allowed. No other props allowed.



OPEN - Open division emphasizes variety, creativity, and fun. Routines should incorporate a minimum combination of two (2) dance styles listed above. Props may be used in this division.

STEP- Routine incorporates percussive dance in which the participant's entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.

TAP - A dance in which the rhythm or rhythmical variation is audibly tapped out with the toe or heel by a dancer wearing shoes with special hard soles or with taps.

Routine may incorporate leaps, turns and partnering for visual effect as well as elements of jazz and hip hop.

GLOSSARY OF TERMS

Airborne - To be free of contact with a person and/or the performing surface.

Back Walkover - A nonairborne tumbling skill where one moves backward into an arched position, with the hands contacting the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Cartwheel - A nonairborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Dive Roll - An airborne forward roll where the hands and feet are off the performing surface simultaneously.

Front Walkover - A nonairborne tumbling skill where one rotates forward through an inverted position to a noninverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Handstand - A straight body inverted position where the arms are extended straight by the head and ears.

Head Spin - A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

Headstand - A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

Kip-up - From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.

Lifts - An action in which the partner is elevated to any height and set down. Refer to the USASF Rules for Dance Lifts and Partnering for a full definition.

Hip overhead rotation - A movement where hips move over the head, as in a back walkover or similar tumbling skill.

Partnering - Any type of trick that uses two individuals, one using the other for support.

Pony Sit - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

Prop - An object that can be manipulated.

Shoulder Roll - A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

Shoulder Sit - Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

Stall - A hip hop technique that involves halting all body motion, often in an interesting, inverted or **balance**-intensive position on one or both hands for support.

Thigh Stand - With bases in lunge positions with one leg bent and one leg straight, lifted dancers' feet are placed in the pockets of the base(s) thighs. Bases should support the top person with one arm around the back of the lifted dancers' leg and the other hand bracing the foot.

Toe Pitch - A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip overhead rotation/flip.

Toss - An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

Windmill - Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.