

**2022-2023
USASF DANCE
Rules Chart & Glossary**

All adjustments in **RED** indicate a change/addition from the 2021-2022 season



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USASF DANCE RULES 2022-2023

GENERAL RULES	
1	All teams must be supervised during all official functions by a qualified coach/instructor.
2	Coaches must consider the dancer and team skill level with regard to skills incorporated and proper progression.
3	All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
4	All programs should have and review an emergency action plan in the event of an injury.
5	Each team will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. 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, <i>whichever happens last. (Exception: Teams competing in the Novice Tier have no time minimum and a maximum of 1 minute and 30 seconds (1:30).)</i>
6	Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
7	Use of fire, noxious gases, live animals, weapons and other potentially hazardous elements are strictly prohibited (including but not limited to guns, knives, swords, nun-chucks, etc.). Violation of this rule may result in disqualification. Please submit questionable items and how it used/choreographed into routine for prior approval via USASF Coach App. <i>(Clarification: See Service Animal exception in DanceAbilities Rules)</i>
8	Teams may not compromise the integrity of the performance surface. <i>(Examples: residues from sprays, powders, oils, etc.)</i> Teams are responsible for clearing the performance surface from debris. <i>(Examples: poms, props, petals, etc.)</i>
9	Legality officials shall document and report any imminent safety concerns to the Director of Rules and Safety.
10	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	Routine choreography, music, costuming (including make-up) should be appropriate and acceptable for family viewing. Vulgar or suggestive material is not permitted. This may include music, movement and/or choreography that is profane, inflammatory, offensive, sexual in content, and/or relays lewd gestures. Inappropriate choreography, costuming and/or music may also affect the panel judges' overall impression and/or score of the routine. Music labeled "explicit" is not allowed. Music labeled "radio" or "clean" is permissible as long as it is suitable for family audiences.
2	Footwear is recommended but not required. Wearing footwear with wheels, socks and/or footed tights only is prohibited. <i>(Exception: socks are allowed on a carpeted performance surface. (Clarification: Socks designed for dance that provide shock absorption, arch support, ankle stability, traction are allowed.)</i>
3	Jewelry as a part of a costume is allowed. <i>(Clarification: safety of the dancer should be considered.)</i>
PROPS	
1	Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body. They may not be used to elevate dancer(s) from the performance surface. Props cannot be used to intentionally obscure/cover skills that need to be viewable by a legality official <i>(i.e. fabric used to cover lift).</i> <i>(Clarification: safety of the dancer should be considered.)</i>
2	<u>Standing props</u> are not allowed. <i>(i.e. chairs, stools, benches, ladders, boxes, stairs, etc.)</i>

Effective June 1, 2022 to May 31, 2023 and are subject to review by the USASF Rules Committee at any time.

ELITE TIER-EXECUTED BY INDIVIDUALS

Tumbling & Aerial Street Style Skills as a dance skill are allowed but not required in all divisions with the following limitations:

	Tiny & Mini	Youth & Junior	Senior & Open
1	<p><u>Inverted skills:</u></p> <p>a. <u>Airborne</u> inverted skills with hand support are not allowed. (Clarification: <u>Kip up</u> with hand support originating from performance surface is allowed but may not hold poms/props in supporting hand(s)).</p> <p>b. <u>Airborne</u> inverted skills without hand support are not allowed.</p>	<p><u>Inverted skills:</u></p> <p>a. <u>Airborne inverted</u> skills with hand support are not allowed while holding poms or props.</p> <p>b. <u>Airborne inverted</u> skills without hand support are not allowed</p>	<p><u>Inverted skills:</u></p> <p>a. <u>Airborne inverted</u> skills with hand support are not allowed while holding poms or props.</p> <p>b. <u>Airborne inverted</u> 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/props in supporting hand(s). (Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed)</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>i. Are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p>ii. It is not <u>airborne</u> in approach but may be <u>airborne</u> in the descent. (Clarification: <u>in the approach the hands must touch the ground before the feet leave the ground.</u>)</p> <p>d. <u>Airborne</u> skills without hand support are not allowed. (Exception: <u>aerial cartwheel</u> that is not <u>connected</u> to any other skill with hip-over-head rotation.)</p> <p>e. Airborne skills with or without hand support over another dancer are not allowed.</p>	<p>Skills with <u>hip-over-head rotation:</u></p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.)</p> <p>b. Non <u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are limited to two <u>consecutive hip-over-head rotation</u> skills. (Clarification: <u>both skills must have hand support</u>)</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <p>i. Involves no <u>full twisting</u> transition.</p> <p>ii. May only <u>connect</u> to one non airborne <u>hip-over-head rotation</u> skill. (Clarification: <u>limited to two consecutive hip-over-head rotation</u> skills)</p> <p>(*Exception: Jr follows Sr & Open Individual Rule 2)</p>	<p>Skills with <u>hip-over-head rotation:</u></p> <p>a. With hand support are not allowed while holding poms/props in supporting hand(s). (Exception: <u>forward rolls, backward rolls and proper use of hands-free poms</u> are allowed.)</p> <p>b. Non-<u>airborne</u> skills are allowed.</p> <p>c. <u>Airborne</u> skills with hand support are limited to two <u>consecutive hip-over-head rotation</u> skills.</p> <p>d. <u>Airborne</u> skills without hand support are allowed provided all of the following:</p> <p>i. Involves no more than one <u>full twisting</u> transition.</p> <p>ii. May not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip-over-head rotation</u> without hand support.</p> <p>iii. Are limited to two <u>consecutive airborne hip-over-head rotation</u> skills.</p>
3	Simultaneous <u>tumbling</u> over or under another dancer that includes <u>hip-over-head rotation</u> by both dancers 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 dancer first bears weight on the hand(s) or foot/feet.	Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u> . (Clarification: <u>drops</u> directly to the knee, thigh, front or head are not allowed.)	Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the <u>airborne</u> dancer does not exceed <u>hip level</u> . (Clarification: <u>drops</u> directly to the knee, thigh, front or head are not allowed.)
5	Landing in a push up position onto the performance surface from any <u>airborne</u> skill is not allowed.	Landing in a push up position from any <u>airborne</u> skill is not allowed while holding poms or props.	Landing in a push up position from any <u>airborne</u> skill is not allowed while holding poms or props.

ELITE TIER-EXECUTED BY GROUPS OR PAIRS

Lifts and Partnering are allowed but not required in all divisions with the following limitations:

	Tiny & Mini	Youth & Junior	Senior & Open
1	The <u>Executing Dancer</u> must maintain <u>contact</u> with a <u>Supporting Dancer</u> who is in direct <u>contact</u> with the performance surface. <i>(Exception: leaps and jumps of connected dancers)</i>	A <u>Supporting Dancer</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> .	A <u>Supporting Dancer</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 Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>shoulder-level</u> .	At least one <u>Supporting Dancer</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill above <u>head-level</u> . <i>(*Exception: Jr follows Sr & Open Rule 2)</i>	At least one <u>Supporting Dancer</u> does not have to maintain <u>contact</u> with <u>Executing Dancer</u> above <u>head level</u> provided: <div><div>a.</div><div>There is only one <u>Executing dancer</u> and one <u>Supporting Dancer</u> involved in the skill prior to <u>release</u>.</div><div>b.</div><div>The <u>Executing Dancer</u> may not be <u>inverted</u> when <u>released</u>.</div><div>c.</div><div>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>.</div><div>d.</div><div>The <u>Executing Dancer</u> must either be caught or assisted to the performance surface by one or more <u>Supporting Dancers</u> and may not be caught in a <u>prone</u> position.</div><div>e.</div><div><u>Supporting Dancer(s)</u> may not hold poms/props in hands during any portion of the skill.</div></div>
3	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: <div><div>a.</div><div><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's</u> hips have crossed the <u>vertical axis</u>..</div><div>b.</div><div>The <u>Executing Dancer</u> is limited to one <u>continuous</u> hip-over-head rotation.</div></div>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: <div><div>a.</div><div><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's</u> hips have crossed the <u>vertical axis</u>.</div></div>	<u>Hip-over-head rotation</u> of the <u>Executing Dancer(s)</u> is allowed provided: <div><div>a.</div><div><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer's</u> hips have crossed the <u>vertical axis</u>.</div></div>
4	A <u>Vertical-Inversion</u> is allowed provided: <div><div>a.</div><div><u>Contact</u> between the <u>Executing Dancer</u> and at least one <u>Supporting Dancer(s)</u> must be maintained until the <u>Executing Dancer</u> returns to the performance surface or is returning to the upright position.</div><div>b.</div><div>When the height of the <u>Executing Dancer's</u> shoulders exceed <u>shoulder level</u> there is at least one additional dancer to spot who does not bear the weight of the <u>Executing Dancer</u>. <i>(Clarification: When there are 3 <u>Supporting Dancers</u> an additional spot is not required)</i></div></div>		
Groups & Pairs: Dismounts to the performance surface			
5	<u>Dismounts</u> are allowed provided: <div><div>a.</div><div>At the highest point of the dismount, the <u>Executing Dancer's</u> hips may not elevate above <u>shoulder level</u> and the <u>Executing Dancer</u> must land on their foot/feet.</div><div>b.</div><div>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. <i>(Clarification: while free of contact from both the performance surface and other performers).</i></div><div>c.</div><div>The <u>Executing Dancer</u> is not <u>inverted</u> when released.</div></div>	<u>Dismounts</u> are allowed provided: <div><div>a.</div><div>At the highest point of the <u>dismount</u>, the <u>Executing Dancer's</u> hips may not elevate above <u>head level</u> and the <u>Executing Dancer</u> must land on their foot/feet.</div><div>b.</div><div>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. <i>(Clarification: while free of contact from both the performance surface and other performers).</i></div><div>c.</div><div>The <u>Executing Dancer</u> is not <u>inverted</u> when released. <i>(*Exception: Jr follows Sr & Open Rule 5)</i></div></div>	<u>Dismounts</u> are allowed provided: <div><div>a.</div><div>At the highest point of the dismount, at least one part of the <u>Executing Dancer's</u> body must be at or below head level.</div><div>b.</div><div>The <u>Executing Dancer</u> must land on their foot/feet or is assisted the upright position. Exception: may land on hand(s) provided <div><div>i.</div><div>The contact point prior to release between <u>Supporting Dancer (s)</u> and <u>Executing Dancer</u> is at or below knee level.</div><div>ii.</div><div>The <u>Executing dancer</u> is not holding poms or props in supporting hands.</div></div></div><div>c.</div><div>The <u>Executing Dancer's</u> hips may not cross the <u>vertical axis</u> while <u>airborne</u> and <u>inverted</u>. <i>(Clarification: while free of contact from both the performance surface and other performers).</i></div></div>

2022-2023
USASF Prep/Novice Tier Rules

EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills)	
Applicable to all PREP & NOVICE divisions and categories	
1	<u>Inverted skills</u> : a. <u>Non-airborne skills</u> must involve hand support with at least one hand throughout the skill (<i>Example: headstand</i>) b. <u>Airborne</u> skills with or without hand support are not allowed. (<i>Clarification: <u>Kip up</u> with hand support originating from performance surface is allowed but may not hold poms/props in supporting hand(s).</i>) c. <u>Inverted skills</u> with hand support are not allowed while holding poms/ <u>props</u> in supporting hand(s).
2	Skills with <u>hip-over-head rotation</u> : a. Non-airborne skills with hand support are not allowed while holding poms/ <u>props</u> in supporting hand(s). (<i>Exception: <u>forward rolls</u>, <u>backward rolls</u> and proper use of <u>hands-free poms</u> are allowed</i>) b. Non-airborne skills are limited to two consecutive skills) c. <u>Airborne</u> skills with or without hand support are not allowed. (<i>Exception: a roundoff that is not connected to any other skill with hip over head rotation.</i>)
3	Simultaneous <u>tumbling</u> over or under another dancer that includes <u>hip-over-head rotation</u> by both dancers 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 dancer first bears weight on the hand(s) or foot/feet.
5	Landing in a push up position onto the performance surface from any airborne skill is not allowed.

EXECUTED BY GROUPS OR PAIRS	
Applicable to all PREP & NOVICE divisions and categories	
1	a. The <u>Executing Dancer</u> must maintain <u>contact</u> with a <u>Supporting Dancer</u> who is in direct <u>contact</u> with the performance surface. b. Novice Only: No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills.)
2	At least one <u>Supporting Dancer(s)</u> must maintain <u>contact</u> with the <u>Executing Dancer(s)</u> throughout the entire skill and the <u>Executing Dancer's</u> hips cannot elevate above <u>head-level</u> . (<i>Clarification: The <u>Executing Dancer</u> may not be released.</i>)
3	<u>Hip-over-head rotation of the Executing Dancer(s)</u> is all allowed provided: a. Contact between the Executing Dancer and the Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface in an upright position. (<i>Clarification: dancers in the NOVICE division may not leave the performance surface while performing groups & pairs skills.</i>) b. The Executing Dancer is limited to one continuous hip over head rotation. c. The height of the executing dancer's hips do not exceed head level.
4	The <u>Executing Dancer</u> cannot be <u>inverted</u> in any elevated skill. (<i>Clarification: The <u>Executing Dancer</u> may be vertically <u>inverted</u> if connected to the performance surface.</i>)
Groups & Pairs: Dismounts to the performance surface	
5	The <u>Executing Dancer</u> may not be <u>released</u> .

2022-2023
USASF Prep/Novice Tier Rules

PREP & NOVICE Technical Skill Limitations applicable for all divisions & categories

1	Connected/Consecutive technical skills (skills executed without a step, pause, or break in between) are limited to two (2) . Exception: kicks are not restricted in number
2	Leaps and jumps are allowed provided the following: a. Leaps and jumps that release the head toward the back while <u>airborne</u> are not allowed (Example: C-jump, Firebird or Ring Leap) b. Legs do not move across the <u>vertical axis</u> while <u>airborne</u> . (Example: switch leaps are not allowed)
3	<u>Stationary Turns</u> are allowed provided the following: a. <u>Working leg</u> is held in a <u>pencil</u> , <u>passé</u> or <u>coupé</u> position. Rotations are limited to 2. (Example: double <u>pirouette</u>). Exception: Jr & Sr Prep teams may perform a single <u>illusion</u> , or a single leg hold turn. b. <u>Axle</u> turns are not allowed.



2022-2023 DanceABILITIES Rules

1. All DanceABILITIES teams will follow the USASF general rules and routines requirements. Exception: General Rule #7: The use of Service Animals by athletes is permitted.
2. **Individuals: Executed by one person not in contact with another person**
 - a. Inverted skills may not be airborne and must involve hand support with at least one hand throughout the skill (example: headstand, handstand). Poms/Props are not allowed in supporting hands in any inverted skills.
 - b. Skills with hip-over-head rotation may not be airborne and are limited to two consecutive rotations. Poms/Props are not allowed in supporting hands in any hip-over-head rotation skills. (Exception: forward and backward rolls.)
 - c. No simultaneous tumbling over or under another dancer is allowed.
 - d. Drops are not allowed.
 - e. Dancers may not land in a push up position from any jump.
3. **Groups & Pairs: Executed by two or more individuals in contact with one another**
 - a. All Partner and Group Lifts must be performed independently with a Coach/Assistant as an additional spotter with the following limitations:
 - i. Lift may not elevate Executing Dancers hips above Head Level.
 - ii. The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.
 - iii. At least one Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill.
 - iv. Hip-over-head rotation skills and inverted skills are not permitted when the executing dancer is elevated from the performance surface.
 - v. Unassisted Dismounts to the Performance Surface are not permitted. Clarification: The Executing Dancer may not be released.
4. **Use of Mobility Aids**
 - a. **Wheelchairs and Scooters (Non-motorized) are allowed with the following limitations:**
 - i. With or without assistance, A minimum of two wheels must remain in contact with the performance surface at all times with the following stipulation: an anti-tipping attachment must be properly secured to the chair.
 - ii. Athlete while in chair may not be elevated from the performance floor at any time. (Clarification: Athlete may be taken out of chair).

- iii. When non-motorized chair is used to base a skill, the chair wheels must be in lock position. Legality Official MUST see either the athlete or assistant lock wheels.
- iv. Once an athlete in a wheelchair with assistance is in motion, the assistant/buddy must remain with athlete until the chair has stopped.
Clarification- athletes in chairs that require assistance to initiate movement cannot be pushed and released.
- v. **Wheelchairs MAY NOT be altered from the original manufacturer's design.**
- vi. **All weight-bearing usage of wheelchairs must be pre-approved through the USASF Coach App.**

b. Walkers, Forearm Crutches, Canes, etc. are allowed with the following limitations:

- i. Forearm crutches, canes, walkers, standers, may be used to support the athlete during execution of skills.
- ii. Mobility Aids are considered an extension of the dancer's body and therefore not a handheld prop. However, if choosing to alter a device as a prop to enhance the visual aspect of performance, athletes will follow rules regarding use of hand held props as stated in the general USASF rules, as well as gaining approval for use via USASF Coach App.

c. Wheelchairs and Scooters (Motorized) are allowed with the following limitations:

- i. All wheels must remain on performance surface at all times.
- ii. It is the responsibility of the coach to make sure that there are no rocks or other sharp objects lodged in the wheels of the powered mobility device prior to the performance.
- iii. **Wheelchairs MAY NOT be altered from the original manufacturer's design.**
- iv. **All weight-bearing usage of wheelchairs must be pre-approved through the USASF Coach App.**

- 5. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct the view of the judges. (Exception: Athletes requiring assistance for mobility or those that are sight impaired)
- 6. Assistants will be dressed in contrasting t-shirt and jeans or dark pants and shoes so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in dark, matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of costume.
- 7. It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Pre-Performance Note: Please contact the Event Producer about the performance surface being provided at the competition and for additional information on how to get mobility devices onto the stage if a lift is not provided.



2022-2023 USASF RULES GLOSSARY

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

Airborne Hip Over Head Rotation (executed by Individuals): A tumbling skill 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).

Axis Rotation: An action in which a dancer rotates around his/her vertical or horizontal center.

Category: Denoting the style of a performance piece or competition routine. (Example: Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick, and Variety)

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

Contact (executed by Groups or Pairs): When two (or more) people physically touch each other. Touching hair and clothing does not qualify as contact.

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

Division: Denoting the composition of a competing group of dancers. (Example: Senior Coed, Junior and Youth).

Dismount (executed by Groups or Pairs): An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.

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

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

Executing Dancer: A dancer who performs a skill as a part of Groups or Pairs who is in contact with a Supporting Dancer(s).

Full Twisting: A 360-degree twisting rotation.

Hands-free Poms: Poms specifically made so that performers do not have to hold the poms but rather they are affixed to the performers hand. Proper use means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface.

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

Hip Level: A designated and averaged height; the height of a standing dancer'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 dancer's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel)

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

Inversion/Inverted: A position in which a dancer's waist and hips and feet are higher than his/her head and shoulders.

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

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

Perpendicular Inversion (executed by Individuals): A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.

Prop: An object that can be manipulated and is typically used to enhance the visual effect of a routine.

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

Release (executed by Groups or Pairs): An action that results in a moment of time when the Executing Dancer is free of contact from the performance floor and the Supporting Dancer(s) with whom there was prior contact.

Shoulder Inversion (executed by Individuals): A skill that begins with backward airborne momentum and lands on the hands /shoulders /upper back area on the performance surface and the dancer'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 dancers' shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Standing Prop: A type of prop that is able to support itself, free from a dancer's control and not wearable or commonly handheld (*i.e. chairs, stools, benches, ladders, boxes, stairs, etc.*)

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

Supporting Leg: The leg of a dancer that supports the weight of the body during a skill.

Supporting Dancer: A dancer who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an Executing Dancer.

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

Working Leg: The leg of a dancer that is responsible for momentum and/or position during a skill.

Vertical Axis (executed by Groups or Pairs): a designated line in space that goes straight up and down and has no slope.

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

2021-2022 USASF SKILLS GLOSSARY

Aerial Cartwheel: *(airborne hip over head rotation skill without hand support)* A skill which emulates a cartwheel but is executed without placing hands on the ground.

Axel: *(airborne skill with axis rotation)* A turn in which the working leg makes a circle in the air to passé as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air and then lands on the original supporting leg.

Back Handspring: *(airborne hip over head rotation skill with hand support)* A skill in which a dancer starts from the feet and jumps backwards rotating through a handstand position. The dancer then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Back Walkover: *(non-airborne hip over head rotation skill with hand support)* A skill in which the dancer moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: *(non-airborne hip over head rotation skill with hand support)* A skill in which the dancer rotates backward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

Calypso [ka-lip-SO]: *(airborne skill)* A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air, then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.

Cartwheel: *(non-airborne hip over head rotation skill with hand support)* A skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Chassé [sha-SAY]: A connecting step in which one foot remains in advance of the other; meaning to chase.

Coupé [koo-PAY]: A position in which one foot is held lifted and close to the ankle. Also known as Coup de Pied: quickly takes the place of the other; meaning to cut or cutting.

Développé [develop-AY]: An action in which the working leg moves through passé (bends) before extending into position; meaning to develop.

Dive Roll: *(airborne hip over head rotation skill with hand support)* A forward roll where the dancer's feet leave the ground before the dancer's hands reach the ground.

Forward Roll: (*non-airborne hip over head rotation skill with hand support*) A skill in which the dancer rotates forward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

Fouetté [foo-eh-TAY]: A stationary turn usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (fouetté à la seconde).

Fouetté à la Seconde: A stationary turn done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.

Front Aerial: (an airborne hip over head rotation skill without hand support) A skill which emulates a front walkover but is executed without placing hands on the ground.

Front Walkover: (a non-airborne hip over head rotation skill with hand support) A skill where the dancer moves forward with the hands making contact with the ground first, then rotates the hips over the head passing through an arched position and lands on one foot/leg at a time.

Glissade [glee-SOD]: A connecting step that transfers weight from one foot to the other; meaning to glide.

Headspring: (an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.

Handstand: (a non-airborne inverted skill with hand support) A non-airborne, non-rotating, skill where the dancer supports him/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

Headstand: (a non-airborne inverted skill with hand support) A non-airborne, non-rotating, skill where the dancer supports him/herself vertically on his/her head in an inverted position with hands in contact with the floor to support the body.

Illusion: (a stationary turn) A skill where a dancer steps onto a standing leg, releasing the upper body all the way forward, lifting the working leg as close to 90 degrees as possible while rotating on the standing foot.

Jeté [juh-TAY]: A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly ‘whipping’ them into the position and then landing on one foot. A jeté can be executed in various directions, sizes and positions

Kip Up: (non-airborne in approach, airborne in decent, inverted skill) A skill where the dancer begins in a supine position, rolls back onto their

shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance surface keeping the body inline and following to an upright position.

Leap: (airborne skill). A skill in which the dancer pushes from a plié (bend) off of one foot, becomes airborne, and lands on one foot.

Passé [pa-SAY]: A position or movement in which the working leg bends and connects the foot to, or near, the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.

Pencil Turn: A stationary turn executed with the working leg extended toward the floor and the foot hovering off the ground as the dancer turns.

Pirouette [peer-o-WET]: (*axis rotation*). A skill in which the dancer bends (plié) and rises (relevé) to one leg (supporting leg) making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.

Plié [plee-AY]: A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.

Relevé [rell-eh-VAY]: A skill in which the dancer lifts up to the balls of his/her feet; meaning to rise.

Round Off: (*airborne hip over head rotation skill with hand support*). A skill that takes off on one foot and lands on two feet simultaneously. (*Clarification: the skill becomes airborne after the hips have rotated over the head*).

Shushunova [shush-A-nova]: (*airborne skill*) A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support/push up position.

Stationary Turn: A turn that rotates on a single pivot point including, but not limited to, a pirouette, leg hold, illusion. (*Note: Chainé and piqué turns do not qualify as Stationary Turns.*)

Toe Touch: (*airborne skill*) A jump in which the dancer lifts the legs through a straddle position. Hips externally rotate to turn out the legs and the chest is upright. Arms are typically held in a T position.

Tour Jeté: (*airborne skill with axis rotation*). A skill in which the dancer takes off from one leg, executes a half turn and lands on the other leg.

Windmill: A skill in which a 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.