

2019 CHEER AND DANCE RULES AND REGULATIONS FOR OASSA REGIONAL QUALIFIER EVENTS AND STATE CHAMPIONSHIPS

Effective January 1, 2019

GENERAL RULES (for both CHEER AND DANCE)

ELIGIBILITY

The OASSA Regional Qualifier events and State Cheerleading and Dance Championships competition are for Varsity cheerleading and dance teams only in Grades 9-12. Teams may combine to compete. For example, members of the JV or Freshman squads may be combined with the Varsity squad to create a competition team. No all-star teams are eligible to compete. No middle level teams/members are eligible to compete at these events.

QUALIFICATION/JUDGING PROCEDURES (at REGIONAL QUALIFIERS & at STATE CHAMPIONSHIPS)

The judges for the events will be appointed at the sole discretion of OASSA. Teams may attempt to qualify at any one Regional Qualifier event of their choice. No numerical scores will be issued at the Regional Qualifier events; teams will receive a “Qualified” or “Not Qualified” rating and a letter-grade per judge, based on a judging scale, along with written judges’ notes and comments to prepare for STATES. Teams who qualify will be invited to register for the State Championships event (*separate registration process and fee*). Only teams who qualify at an OASSA Regional Qualifier event may compete at the State Championships event. At the State Championships event, the judges will score the teams using a point system. Judges’ scores will be compiled to determine the overall team score.

SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Teams will receive copies of the judges’ score sheets and comments for their team at both their Regional Qualifier event and at the State Championships event. View score sheets here: <http://www.oassa.org/forms-information>

TIE BREAKERS

All ties will be broken. If there is a tie, the total points from the “over-all performance” category on the score sheet will determine the winner. If there is still a tie in a division, the number of mistakes listed on the head judge’s score sheet will determine the winner. After the second attempt to break the tie, the panel of judges will make the final decision.

RULES & PROCEDURES – Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team’s competition performance.

PERFORMANCE – Any questions concerning the team’s performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

SPORTSMANSHIP - 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/coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly.

INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team’s routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team’s routine is interrupted because of failure of the team’s own equipment, the team may either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are:
 - a. competition officials
 - b. the advisor / coach from the team performing or
 - c. an injured individual

(cont’d. on next page)

The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

2. The injured participant who wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, second the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

INTERPRETATIONS AND / OR RULINGS

Prior to Event: Rules interpretations will not be done over the phone. In order to receive the “official” rules interpretation, you must send video of skill in question to the OASSA Cheer and Dance Consultant/Competition Director, Lenee’ Lagnese, at lenee@oassa.org . If you do not receive a response within 48 hours of submission, please re-submit or contact the OASSA office for assistance. 614-430-8311.

During Event: Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

PENALTY INFORMATION (See the “Cheer” Rules section of this document for additional Information for Cheer teams)

Reminder: no loose body, face, or hair glitter permitted.

- Wearing body jewelry—5 pts. per judge (*cheer only*)
- Failure to stay within the time limit—.5 (that is, 1/2) point will be deducted for each second over the time limit.
- For all Cheer: 2:30 minutes
- For all Dance: 2:00 minutes total

NO DISQUALIFICATION

OASSA no longer renders total disqualification decisions at our State Cheer and Dance Championships. **However, failure to follow these rules will result in a substantial penalty.** This includes OASSA event rules, including NFHS, AACCA, and/or UDA guidelines and rules.

SAFETY RULES

To ensure consistency and ease of compliance for cheer and dance teams, OASSA has adopted the rules of the associations referenced below. Any updates to these rules will be posted to the Regionals & States webpages at <http://www.oassa.org/competitions-forms> when known.

For Cheer Teams:

All Building Teams are to follow the American Association of Cheerleading Coaches and Administrators (AACCA) rules and guidelines. Visit www.aacca.org . For a recap of the 2018-19 rules updates go to: <http://www.cheerrules.org/high-school/2018-19-school-rules/>

To download a PDF copy of those complete rules, go to:

<http://www.cheerrules.org/wp-content/uploads/2018/09/2018-19-School-Rules.pdf>

All Non-Building **and Non-Tumbling** Teams are to follow the rules and guidelines stated in the National Federation of HS Associations “National Federation Spirit Rules Book.” To order a rules book, visit <https://www.nfhs.org/activities-sports/spirit/> To view a recap of NFHS “Rules Changes for 2018-19, visit:

<http://www.nfhs.org/sports-resource-content/spirit-rules-changes-2018-19/>

Note no Corrections to the 2018-19 NFHS Rules were posted as of 1-10-19:

<http://www.cheerrules.org/2018-2019-nfhs-rules-and-book-corrections/>

For Dance Teams:

OASSA's rules for the Dance categories are derived from (*but not identical to*) the rules set forth by the Universal Dance Association (UDA). All Dance Teams are to follow the rules outlined in the "Dance Routine Rules" section of this OASSA document. To view UDA's 2018-19 rules, go here:

<http://www.varsity.com/wp-content/uploads/2018/08/2018-2019-School-Regional-Rules-1.pdf>

GENERAL SAFETY GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of cheer or dance.
6. Certified trainers will be on-site at the Regional Qualifier and State Championships events.

REGISTRATION GUIDELINES/SUBMISSION INSTRUCTIONS FOR 2019: (All supporting documents referenced below can be found at): <http://www.oassa.org/forms-information>

Be sure to read the "2019 REGISTRATION INSTRUCTIONS" before completing your Registration Form online. Instructions and registration link found here: <http://www.oassa.org/cheerdance>

To register: Follow the above link to the NEW online submission portals for Regionals (*available now*) and States (*to be activated by around Feb. 1*). Be sure to list all attendees--even unpaid ("U") alternates and injured athletes--to ensure their event admission and that their names appear in printed States program. **Advise Jeri Dill at JDill@oassa.org if you experience any problems or don't receive ALL confirmation e-mails as outlined in "Instructions."** **Print and save those confirmations for yourself.** Jeri will contact you if any questions or issues regarding your roster, payment intention, etc.

Download Coach and Participant Waivers and Terms of Agreement/Music Copyrights Certification documents; found here: <http://www.oassa.org/forms-information>

Coaches must bring and submit copies of all requested forms at site of each event as outlined below. **DO NOT SEND THESE DOCUMENTS TO THE OASSA OFFICE!** Your team will not be permitted to warm up or perform without these items.

Bring to Regionals: Bring a stapled packet of documents arranged in this order: 1) A copy of your **roster**; 2) signed **Waiver/Release** forms for each Coach and each Participant (in alphabetical order first by coaches, then participants), and 3) a signed **2019 Terms of Agreement/Music Copyrights Certification** form (*and proof of purchase receipt or certificate of authenticity, if available.*) You must turn in a Waiver/Release for all active participants at this event.

Bring to State Championships: OASSA will transfer your 2019 Terms of Agreement/Music Certification form and all Waiver/Release forms which you submitted at your Regional event over to the State Championships registration desk for you. **IMPORTANT!! EXCEPTION:** You must bring to the State Championships event signed Waiver/Release forms for any (newly-cleared) Participants/Alternates or Coaches who did NOT attend or ALREADY submit one during your Regional Qualifier event. Also, please bring another copy of your Roster to the State Championships event.

IMPORTANT – Roster Alternates/Substitutions: Substitutions of participants are acceptable between the time of Regionals registration and your performance there OR between the time of your Regional Qualifier event and your registration for/performance at the State Championships as long as ALL COMPETITORS are listed on your rosters for both events. For instance, all competitors at the State Championships must have been listed on your Regionals roster as either a Paid Participant (“P”) or Alternate/Injured (“U”) FOR THAT TEAM. Please advise in the “Notes” box on during registration any helpful info or reason for substitutions (*for example: “Alternate C. Roberts on injured status during Regionals; medically-cleared to compete at States” or “K. Smith injured after Regionals; Alternate B. Johnson replacing her at States.”*) A signed Waiver/Release form must be on file for each competitor at event. **For questions or if you need to update your record after registration is complete, contact Jeri Dill for assistance.** JDill@oassa.org.

PERFORMANCE SCHEDULES

Performance schedules for **Regional Qualifier events** will be sent to you via e-mail by the Host Coordinator of that event location, **beginning approximately 7-10 days before your event date**.

Performance schedules for the **State Championships events** will be posted to the OASSA website after February 20, 2019 and will updated by 4:00pm each day, as needed, through the Friday before your event date, as follows:

--For all Dance and Non-Tumbling Cheer (Dublin Jerome HS): Friday, March 1, 2019.

--For Building and Non-Building Cheer (OSU): Friday, March 8, 2019.

Regionals: Performance time requests at the Regional Qualifier events due to special circumstances (*travel considerations, including travel out-of-region; schedule conflicts with other school event, ACT testing, etc.*) will be accommodated as able; please clearly state your need in the "Notes" section of your online Regionals Registration form OR contact your Host Coordinator AND Jeri Dill at JDill@oassa.org

State Championships: **Individual team performance times are done by random selection to ensure fairness for all teams.** If a team has a conflict with their assigned performance time at the State Championships, coaches may request a performance time change ONLY in cases of dire hardship or mandatory school-related conflicts (*for example, playoffs, academic or other team schedule conflicts*). Reassignments of performance time will be considered but not guaranteed. Any requests made AFTER you complete your State registration must be e-mailed to Lenee' Lagnese with your school name and "STATE CONFLICT" clearly stated in the subject line to her at lenee@oassa.org

MUSIC COPYRIGHTS EDUCATIONAL INITIATIVE GUIDELINES

1. Before teams may perform at a Regional Qualifier or the State Championships events, each team must submit a signed "Terms of Agreement/Music Certification" document. Coaches/ advisors must confirm in writing that they have read and understand the USA Cheer "Music Copyrights Educational Initiative" and warrant to OASSA that all sound recordings used in their team's music shall only be used with written license from the owners(s) of the sound recordings. (Please include a copy of your Proof of Purchase or Certificate of Authenticity, if available.) See OASSA "Terms of Agreement/Music Certification" (Document #6) on the "Regionals/STATES" webpage at <http://www.oassa.org/forms-information>
2. For the most up to date music copyrights information, visit the "Music Copyrights Educational Initiative" webpage at <https://www.usacheer.org/music> . **If you have any questions, teams should email info@usacheer.net for guidance.** Please check their "Preferred Provider" list periodically for updates and changes.

CHEER ROUTINE RULES

IMPORTANT: Please review the entire section above titled “GENERAL RULES (CHEER AND DANCE)”.

For ease of reference, following is a summary of the 2018-19 AACCA School Rules Changes, Partner Stunts:

Glossary change: The term “Suspended Roll” has been removed from the glossary. The term is no longer used in the rules, and suspended rolls are covered by the inversion rules based on where the base of support is. A typical suspended roll with a standing base or bases is considered to be a “prep level or above inversion”, so it requires two people, one of whom must be in contact with the top person. In a suspended roll where the base is laying on the ground, the base of support is considered to be “below prep level”, so the one person is sufficient and an additional spotter is not required.

C2. A spotter is already required for single based stands where the top person’s feet are being held. We added toss to shoulders to this rule to require a spotter during a single based toss that lands on the shoulders. Once the top person has safely landed on the shoulders, the spotter is no longer necessary and may leave. If the top person lands in the hands, the spotter is required for as long as the top person is in the hands.

C12c. A top person in a vertical stunt may be released to a vertical stunt from shoulder level or above. The new allowance for initiating the release from above shoulder level will allow extended “high to high” release skills such as a tick-tock as well as “high to low” or “high to load”. However, if the release is from extended back to extended, the top person may not twist more than $\frac{1}{4}$ rotation. This would allow a lib, release to arabesque, but not a high to high release full around.

D5d. In braced flips, we removed the requirement that the catchers must be the original tossers. This will allow any combination of three people to be under the throw and the catch. It could be one or two new people or an entirely new set of three. However, these new catchers must be in place when the flip is initiated.

D6a1. The term “non-inverted” was added to clarify that an inversion cannot release to an inverted dismount.

D6b. In low level inversions, we removed the requirement that the base had to be in contact with the upper body. In low inversions, the top person is very low to the ground, and body contact in general is sufficient since the top can put their hands down to the floor easily.

E7f. Braced releases can now go to other catchers, or have new catchers involved in the catch. Any new catchers must be in position when the release is initiated. They can still go no further than $\frac{1}{4}$ turn around the bracer.

A link to these rules is posted on the OASSA “Regionals/States” webpage; for a complete copy of these rules, you may also visit:

<http://www.cheerrules.org/wp-content/uploads/2018/09/2018-19-School-Rules.pdf>

Team Participants: At this time, there is no minimum or maximum limit on number of team members allowed on the floor, per event. (*However, cheer teams are encouraged to keep team size reasonable in order to not detract from the overall performance*). For 2019, teams whose members participate in multiple cheer and/or dance events may “cross over” (switch out) a number of participants between categories (*as an example, showing 20 athletes on your Cheer non-building team but only 14 of them on Hip-Hop IS permissible.*) In order to compete on a team, the participant’s name must appear on each team roster by event category (for instance, on both the Cheer non-building and pom rosters) as a Paid Participant (“P”) or Unpaid Alternate/Injured (“U”).

1. The cheer performance surface is a 54 feet wide by 42 feet deep, carpeted foam (1-3/8” thickness) mat.
2. The use of signs, flags, megaphones, and poms are permitted. No other props may be used.
3. Mounts/pyramids/stunts may not be performed in the non-building division or the non-tumbling category.
4. In the non-building division and non-tumbling category, individuals may not support one another in any type of mount/pyramid/ stunt. This includes supporting the weight of another individual when that person’s feet do not touch the ground.
5. Squads may perform outside the matted area, but must begin on the mats.
6. All body jewelry is prohibited for cheer events.
7. Timing will begin with the first word, motion, or note of music. Judges will not score anything until timing starts or anything after timing ends.
8. Music length: School cheer teams must follow the traditional time of 2 minutes and 30 seconds (2:30) for the full routine for all events. Teams must use music for at least 45 seconds (:45) and not more than 1 minute and 30 seconds (1:30) during their routine.
9. Music may be on CD, phone, iPod, etc. Please bring more than one source to play your music. A representative from your team MUST report to the DJ one group prior to your performance.

10. All Building teams must be prepared to provide their own spotters at the Regional events. [OASSA will provide spotters at the State Championships for Building teams, but not at the Regional Qualifier events.](#)

POINT DEDUCTIONS FOR CHEER

It is important to maximize your routine to the best of your ability. However, just “attempting” a skill is not enough to earn full credit – a team needs to execute it correctly. One of the most difficult parts of judging is determining the number of points to deduct from a team for falls and bobbles in a stunt/pyramid and tumbling. This is the head judge’s responsibility.

The head judge has a special score sheet on which he/she records the number of falls and bobbles and determines the number of points deducted for each mistake. These “mistake deduction points” will be deducted from the team’s over-all routine score.

A bobble is a negative .5 (1/2) point deduction for each time a mistake is made. A bobble in a stunt/pyramid is when the stunt/pyramid is not executed correctly, but no one falls to the floor or bears his/her weight on his/her hands while touching the floor. In tumbling, a bobble occurs when any standing tumbling or tumbling pass is not executed correctly, and the athlete’s hand(s) touch the ground, but do not bear his/her total body weight on his/her hands.

A fall is a negative 1-point deduction for each time a mistake is made. A fall in a stunt/pyramid occurs when the stunt/pyramid is not executed correctly and an athlete’s body touches the floor. A fall in tumbling occurs when a standing tumbling/tumbling pass is not executed correctly and the athlete’s body/hand(s) hits the floor bearing his/her body weight.

See the GENERAL RULES (CHEER AND DANCE) for additional information about PENALTIES.

DANCE ROUTINE RULES

(OASSA’s rules are derived from UDA Dance Rules)

To ensure consistency and ease of compliance for dance teams, OASSA’s competition dance rules were derived from *(but are not identical to)* the rules set forth by the Universal Dance Association (UDA). OASSA’s rules have slight variations from UDA’s (for instance, # of participants allowed on team), but our safety and technical elements ARE identical. BE SURE TO READ ALL THE RULES BELOW.

IMPORTANT: Please review the entire section above titled “GENERAL RULES (CHEER AND DANCE”).

COMPETITION ROUTINE GUIDELINES (DANCE)

The **dance performance surface** is a traditional gym floor with no out-of-bounds. THERE IS NO PENALTY IF YOU GO OFF THE MAT.

TIME LIMIT/MUSIC/ENTRANCES

1. Substitutions may be made in the event of an injury or other serious circumstance. *Also, see "Alternates/Substitutions" paragraph in GENERAL RULES (CHEER AND DANCE) section.*
2. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
3. Time limit is as follows: Teams will have a maximum of two minutes (2:00) to demonstrate their style and expertise. If a team exceeds the time limit, they will be assessed a penalty.
4. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table for the team. Music may be on CD, phone, iPod, etc. Please bring more than one source to play your music.
5. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

CHOREOGRAPHY AND COSTUMING

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and 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, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.
2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc.). Wearing socks and/or footed tights only is not allowed.
3. When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
4. It is suggested that any hot pants or excessively short shorts have tights underneath.

5. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
6. Jewelry as part of the costume is allowed (*Dance categories only*).
7. Teams may dance in any location of the performance area. There is no out of bounds.

DIVISIONS AND CATEGORIES

- **JAZZ** – A jazz routine incorporates stylized dance movements and combinations, formation changes, group work leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture an audience and judge's attention. Having your own "style" will distinguish your team apart from the rest. **No props.**
- **POM** – Poms must be used at least 80% of the routine. **No props.** Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more "traditional" theme, whereas jazz routines are more stylized.
- **HIP HOP** – Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. **No props.**

PROPS

Props are not allowed. A prop is defined as anything you dance with that is not attached to your costume. Articles of clothing may be taken off; however, you may not dance with them. If taken off and danced with, it becomes a prop. **Poms being used for a pom routine do not count as props.**

TEAM PARTICIPANTS

There is no maximum limit on number of team members allowed, per event. Teams whose members participate in multiple dance events may cross over (switch out) a number of dancers between categories (*for instance, 20 athletes appear on Pom team but only 14 of them*

participate on Hip-Hop—this scenario IS permissible.) In order to compete on a team, the participant's name must appear on each team roster (hip-hop, pom and jazz) as a paid participant ("P") or unpaid alternate/injured ("U")

ADDITIONAL ROUTINE SAFETY RULES for your quick reference:

WEIGHT BEARING SKILLS

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed. ***Please reference the Hands Free Poms section for more details***

HANDS FREE POMS: The use of hands-free poms will be allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.

TUMBLING AND TRICKS (Executed by Individuals)

ALLOWED

Aerial Cartwheels
Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls/Freezes
Head Spins
Windmills
Kip up
Round Off
Headsprings (with hand support)

NOT ALLOWED

Front Aerials
Front/Back Handsprings
Front/Back Tucks
Side Somi
Layouts
Shushunova
Headsprings (without hand support)
Dive Rolls (In any position)

Continuous double (partner) cartwheels
Toe Pitch Back Tucks

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule. **If a team chooses to move the poms to one hand, and later touches down with that hand then a penalty will be issued.**
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
6. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
7. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" /"bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. **Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).**
4. Hip over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed as long as:
 - a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Dancer's shoulders exceeds shoulder level of the Supporting Dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
 1. The highest point of the released skill does not elevate the Executing Dancer's feet above head level.
 2. The Executing Dancer may not pass through the prone or inverted position after the release.
 3. Toe pitch back tucks are not allowed.
2. A Supporting Dancer may release/toss an Executing Dancer if:
 1. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level.
 2. The Executing Dancer is not supine or inverted when released.
 3. The Executing Dancer does not pass through a prone or inverted position after release.
 4. Toe Pitch back tucks are not allowed.

Registration Questions? Contact Jeri Dill at JDill@oassa.org

Competition Questions? Contact Lenee' Lagnese at lenee@oassa.org

Please visit the OASSA "Cheer and Dance" webpages often at:

<http://www.oassa.org/cheerdance>

Follow us on social media:

Facebook: <https://www.facebook.com/cheerohio/>

Twitter: <https://twitter.com/OhioPrincipals?lang=en>

Instagram: <https://www.instagram.com/oassaspirit1/>



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