

2020 CHEER AND DANCE RULES AND REGULATIONS FOR OASSA REGIONAL QUALIFIER EVENTS AND STATE CHAMPIONSHIPS

Effective January 1, 2020

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.

NEW 2020 DIVISIONS

GAME-DAY CHEER: This category showcases traditional cheerleading. Teams will be evaluated on their ability to lead the crowd, performance, motions, dance and overall routine. Our Game-Day division performances should consist of these three elements: a sideline chant, a time out cheer and a band dance **or** school fight song. The use of crowd leading signs, megaphones, flags and poms are encouraged in this division. Formations should be similar to traditional game day lines used for sideline cheer. (Also see "Game-Day" section below)

NEW 2020 DIVISIONAL SPLIT INFORMATION

CHEER CATEGORIES

Divisional splits for Cheer categories (if needed) will be based on girls' enrollment:

--For All Building and Non-Building cheer categories: If 16 or more teams qualify for States within an OASSA Cheer Division (I-VI), the qualifier list will be sorted **in order of girls' enrollment-- largest to smallest**--then divided mathematically into two equal subdivisions based on total number of teams qualified. (*Example: If eighteen teams qualify in Div. I Non-Building, 9 teams will compete in Div. I-A and 9 teams will compete in Div I-B.*) If the total number of teams qualified results in an odd number, the odd number team will be placed in Division A. (*Example: If nineteen total teams qualify in Div. IV Non-Building, 10 teams will compete in Div IV-A and 9 teams will compete in Div IV-B.*)

--For Non-Tumbling cheer category: If 16 or more teams qualify for States, the qualifier list will be divided into Non-Tumbling Division A (those schools whose girls' enrollment would place them in OASSA Divisions I-III) and Non-Tumbling Division B (those schools whose girls' enrollment would place them in OASSA Divisions IV-VI). *This is the same divisional split as outlined for 2018 and 2019.*

--For Game Day cheer category: Game Day cheer will be divided into (2) categories for Regionals and States – Game-Day Building and Game-Day Non-Building. If 16 or more teams qualify for States in each respective category (Game-Day Building and/or Game-Day Non-

Building), the qualifier list will be divided into Game-Day Division A (Building and/or Non-Building) (those schools whose girls' enrollment would place them in OASSA Divisions I-III) and Game Day Division B (Building and/or Non-Building) (those schools whose girls' enrollment would place them in OASSA Divisions IV-VI).

DANCE CATEGORIES

Divisional Splits for all dance categories will be based on team size:

-- For all dance categories dance teams will select to enter as a Small Varsity (11 team members or less) or Large Varsity (12 team members or more) at the time of Regionals.

--Teams will be able to trade out, remove or add a designated number of dancers based on their division. (*Substitutions may be made in the event of an injury or other serious circumstance.*) The breakdown is as follows and is based on the number of dancers performing:

- Small Varsity teams may trade out, remove or add up to two (2) dancers.
- Large Varsity teams may trade out, remove or add up to three (3) dancers.

--Teams will compete at the State Championships in the division (Large or Small) which corresponds with the number of paid participants shown at the time of registration.

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

The judges for the events will be appointed at the sole discretion of OASSA. All judges will have completed the 2020 OASSA Judges Application as well as the 2020 Judges Training Course. 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 and rubrics 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

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 Competition Director, Denise Farnsworth, at dfarnsworth@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 Non-Tumbling, Non-Building and Building Cheer: 2:30 minutes total

--For Game Day Cheer: 3:00 minutes total

--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 USA Cheer/ AACCA, NFHS 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 and Game-Day Teams are to follow the USA CHEER/ American Association of Cheerleading Coaches and Administrators rules and guidelines. Visit

<https://www.usacheer.org/safety> for a recap of the 2019-20 rules, for updates go to:

<https://www.usacheer.org/safety/rules/jh-ms-high-school-cheerleading-rules>

The NFHS has released their current “Comments on the Rules”, which include this change as well.

<https://www.nfhs.org/sports-resource-content/comments-on-the-spirit-rules-2019-20/>

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

<http://www.usacheer.org/wp-content/uploads/2019/08/2019-20-HS-Rules-Final-8-29-19.pdf>

All Non-Building, Non-Tumbling and Game-Day 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 2019-20, visit:

<https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2019/>

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 2019/2020 rules, go here:

<https://www.varsity.com/uda/wp-content/uploads/2019/08/UDA-School-Rules.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 2020:

(All supporting documents referenced below can be found at):

<http://www.oassa.org/forms-information>

Be sure to read the “2020 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 online submission portals for Regionals (*available 11/01/2019*) 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 Kelly Latham @ klatham@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.** Kelly 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 **2020 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 2020 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 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 Kelly Latham for assistance.** klatham@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 19, 2020 and will updated by 4:00pm each day, as needed, through Friday, February 28, 2020.

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 Kelly Latham at klatham@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 Denise Farnsworth with your school name and “STATE CONFLICT” clearly stated in the subject line to her at dfarnsworth@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 2019-20 USA Cheer/ AACCA School Rules Changes, Partner Stunts:

Summary of Changes:

- The definition of “Dive Roll” has changed to allow a momentary airborne position. True “Dive Rolls”, where the hips are at or above the waist while airborne, are still prohibited.
- A participant in a plaster cast or a walking boot may not be involved in tumbling or jumps as well as other previously listed skills.
- A top person in a stunt or pyramid may not release a hard sign directly to the ground. It must be handed to someone on the ground or come down with the top person, with existing restrictions like not cradling with hard props. Bases are not allowed to hold hard signs.
- Extended triple based straddle sits no longer require an additional spotter.
- In transitions from vertical to horizontal positions, the requirement that the new catchers were to the front or side of the person moving the top person has been removed.
- Braced flips may use one or two bracers. If only one bracer is used, each of the top person and bracer’s hands/arms need to be connected. This will allow prep level Bajas and Side Somis. All of the other requirements for a braced flip remain in place.
- Inversions may release to non-inverted extended level stunts.
- In prep level inversions, the required contact between the top and base(s) may be maintained by either the top or the base(s).
- All braced connection wording was updated to clarify that the connection can be maintained by either the bracer or the released top person.
- A top person may perform a forward roll with props from a prone position below prep level.
- The rules regarding Switch Libs have been adjusted to allow landing on one or both feet, with the term being changed to “Switch Up”.
- Participants may not move over or be under partner stunts or pyramids except when helping build, stabilize or dismount that partner stunt or pyramid.
- 7-17-19: Modified C-6 to not allow bases to hold props made of hard material or that have sharp corners or edges.
- 8-29-19: Updated E-7 to clarify that in all braced releases, the top person may not land in an inverted position.

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

<https://www.usacheer.org/safety/rules/jh-ms-high-school-cheerleading-rules>

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 2020, 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 Hip-Hop 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 props are permitted. (Prop - any item that is manipulated) Poms, signs, etc.
3. Mounts/pyramids/stunts may not be performed in the non-building division or the non-tumbling category. (Also see “Game-Day section below)
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. (Also see Game-Day section below)
5. Teams 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: **Non-Tumbling, Non-Building and Building 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. (For Game-Day Cheer, see next section)
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. (If using a cell phone please remember to put the phone on airplane mode so that your music will not be interrupted during 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.

GAME DAY CHEER - BUILDING DIVISION:

- Game Day showcases traditional cheerleading and the ability to lead the crowd
- Teams will be evaluated on their ability to lead the crowd, performance, motions, dance and overall routine.
- All material should be suitable for a game or pep rally
- Time limit is 3 minutes
- Performance should consist of these three elements: a sideline chant, a time out crowd cheer and a band dance or school fight song.
- The use of crowd leading signs, megaphones, flags and poms are encouraged in this division
- Stunts and Tumbling should NOT be included as a transitional piece between sections or as an entrance or exit
- Formations should be similar to traditional game day lines used for sideline cheer.
- Band Dance incorporation is limited to three consecutive 8-counts of stunts and/or tumbling and must be consecutive
- Use of Band Dance music/ school Fight Song music must be approved by each school's band director and principal and will require signatures from both
- **Additional Skill Restrictions:**
 - No Tosses are allowed.
 - No Inversions are allowed.
 - No Twisting Released Dismounts are allowed.
 - Single leg stunts are limited to liberties and liberty hitches.
 - No Running Tumbling is allowed.
 - Standing Tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled Single Back Handsprings would be allowed.
 - Jump tumble (single skill) would be allowed

GAME DAY CHEER - NON-BUILDING DIVISION:

- Game Day showcases traditional cheerleading and the ability to lead the crowd
- Teams will be evaluated on their ability to lead the crowd, performance, motions, dance and overall routine.
- All material should be suitable for a game or pep rally
- Time limit is 3 minutes
- Performance should consist of these three elements: a sideline chant, a time out crowd cheer and a band dance or school fight song.
- The use of crowd leading signs, megaphones, flags and poms are encouraged in this division
- Tumbling should NOT be included as a transitional piece between sections or as an entrance or exit
- Formations should be similar to traditional game day lines used for sideline cheer.
- Band Dance incorporation is limited to three consecutive 8-counts of tumbling

- Use of Band Dance music/ school Fight Song music must be approved by each school's band director and principal and will require signatures from both

- **Additional Skill Restrictions:**

- No Running Tumbling is allowed.
- Standing Tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled Single Back Handsprings would be allowed.
- Jump tumble (single skill) would be allowed

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 use airplane mode on your phone) 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 only socks and/or footed tights 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** – Routine incorporates musicality/creativity in choreography while executing overall skills and dance technique with precision and control. Characteristics of jazz include group work, leaps, turns, extensions and control. **Emphasis on proper execution of movement, technique and skills, formation changes, team synchronization and overall cleanliness. No props.**
- **POM** – Pom incorporates strong, sharp motions by using control and energy to execute movements and overall dance technique. Characteristics of pom include group work, leaps, turns, jumps, clean/precise motions. Pom routine must use poms for at least 80% of routine. **Emphasis on proper execution of movement and skills, formation changes, team synchronization and overall cleanliness. No props.**
- **HIP HOP** – Routine incorporates street style movement by using creativity and control to execute movement. Characteristics of hip hop include skills/tricks, musicality, creativity, flow, formation changes, cleanliness and overall quality of movement. **Emphasis on proper execution of skills/tricks, formation changes, team synchronization and overall cleanliness. 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") NEW for 2020: All dance categories will be split into "Large" and "Small" divisions within their category. A "Small" team is 11 and fewer participants. A "Large" team has 12 or more participants.

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:
 - a) The highest point of the released skill does not elevate the Executing Dancer's feet above head level.
 - b) The Executing Dancer may not pass through the prone or inverted position after the release.
 - c) Toe pitch back tucks are not allowed.
2. A Supporting Dancer may release/toss an Executing Dancer if:
 - a) The highest point of the release/toss does not elevate the Executing Dancer's hips above head level.
 - b) The Executing Dancer is not supine or inverted when released.

- c) The Executing Dancer does not pass through a prone or inverted position after release.
- d) Toe Pitch back tucks are not allowed.

Registration Questions? Contact Kelly Latham at klatham@oassa.org

Competition Questions? Contact Denise Farnsworth at dfarnsworth@oassa.org

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OASSA 8050 N. High St., Suite 180, Columbus, OH 43235-6484 Ph. 614-430-8311 Fax 614-430-8315 www.oassa.org

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