



# 2021 OASSA CHEER AND DANCE RULES AND REGULATIONS

(Effective December 18, 2020)



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## GENERAL RULES (for both CHEER AND DANCE)

### 1) 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.

### 2) CHEER CATEGORIES - DIVISIONAL SPLIT INFORMATION

#### NEW 2021 DIVISIONAL SPLIT INFORMATION

##### What remains the same:

School Divisions (Div I - VI) will be based on girl's enrollment.

##### What has changed:

For each type of category i.e. non-tumbling, building, etc., we have looked at and decided to follow industry standards that if there are *10 or more teams within a particular category, the category will be broken down into large and small*. SMALL will be 15 team members or less and LARGE will be 16 team members or more. By doing this we are able to make sure there is a competitive element and a level playing field element. THIS WILL APPLY TO ALL CHEER CATEGORIES (gameday, building, non-tumble, etc.) as needed:

- **For All Building and Non-Building Cheer categories:**
  - If 10 or more teams qualify for States within an OASSA Cheer Division (I-VI), the qualifier list will be sorted based on SIZE OF TEAM.
    - Small Varsity (15 team members or less)
    - Large Varsity (16 team member or more)
- **For Non-Tumbling Cheer category:**
  - If 10 or more teams qualify for States within an OASSA Cheer Division (I-VI), the qualifier list will be sorted based on SIZE OF TEAM.
    - Small Varsity (15 team members or less)
    - Large Varsity (16 team member or more)
- **For Game Day Cheer category:**
  - If 10 or more teams qualify for States within an OASSA Cheer Division (I-VI), the qualifier list will be sorted based on SIZE OF TEAM.
    - Small Varsity (15 team members or less)
    - Large Varsity (16 team member or more)

### 3) DANCE CATEGORIES - DIVISIONAL SPLIT INFORMATION (same as last year)

- **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 allowed up to 3 alternates on their roster 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 or remove (2) dancers.
    - Large Varsity teams may trade out or remove (3) dancers.
  - Teams must stay within their allotted team size at all times. (4-11 Small, 12 or more Large.) 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.

### 4) QUALIFICATION/JUDGING PROCEDURES

The judges for the events will be appointed at the sole discretion of OASSA. All judges will have completed the 2020-2021 OASSA Judges Application as well as the **2020-2021 Judges Training Course**. **No numerical scores will be issued** at the Regional Qualifier (Video Submission); 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 the Regional Qualifier (Video Submission) 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.

### 5) 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 via email the day OASSA announces the Regional Qualifiers (February 8th). View score sheets and rubrics here:

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

### 6) TIE BREAKERS

All ties will be broken. If there is a tie, the total points from the “overall 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.

## **7) 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 Directors. Such questions should be made prior to the team's competition performance.

## **8) PERFORMANCE**

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

## **9) 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.

## **10) INTERRUPTION OF PERFORMANCE**

### **A. UNFORESEEN CIRCUMSTANCES**

- a. 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.
- b. 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**

- a. 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.
- b. 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**

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

- b. 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.
- c. The injured participant who wishes to perform may not return to the competition floor unless:
- d. 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.
- e. 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.

## 11) 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 a video of skill in question to the OASSA Cheer and Dance Directors, Missy Richards at [cheer@oassa.org](mailto:cheer@oassa.org) or Tiffany Robinson-Smith at [dance@oassa.org](mailto:dance@oassa.org). If you do not receive a response within 48 hours of submission, please re-submit or contact Kelly Latham at [klatham@oassa.org](mailto:klatham@oassa.org).

**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 Directors, Head Judge, and a designated competition official.

## 12) 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.

## 13) 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

#### 14) 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.

#### 15) 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.

##### A. Cheer Teams

- a. All Building Teams and Game-Day Teams are to follow the USA CHEER/ American Association of Cheerleading Coaches and Administrators rules and guidelines.
  - i. USA Cheer and the National Federation of State High School Associations (NFHS) have reached an agreement to publish one set of rules for high school cheerleading the 2020-21 season under the NFHS Rule Book.  
<https://www.usacheer.org/safety/rules/cheerleading-rules>
  - ii. Visit <https://www.usacheer.org/safety> for a recap of the safety rules including Covid-19 guidelines.
  - iii. NFHS - [Comments on the Rules](#) (2019-2020).
  - iv. NFHS Spirit Rules Changes (April 2020):  
<https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2020/>
- b. 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.”
  - i. To order a rules book, visit:  
[https://www.paypal.com/webapps/shoppingcart?flowlogging\\_id=2f24d294bbe52&mfid=1608214803395\\_2f24d294bbe52#/checkout/openButton](https://www.paypal.com/webapps/shoppingcart?flowlogging_id=2f24d294bbe52&mfid=1608214803395_2f24d294bbe52#/checkout/openButton)  
To view a recap of NFHS “Rules Changes for 2020-2021, visit:  
<https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2020/>

##### B. Dance Teams

- a. 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.

i. To view UDA's 2020-2021 rules, go here:

[https://www.varsity.com/uda/wp-content/uploads/2020/08/20-21\\_uda\\_competition\\_schoolrules.pdf](https://www.varsity.com/uda/wp-content/uploads/2020/08/20-21_uda_competition_schoolrules.pdf)

## 16) GENERAL SAFETY GUIDELINES

### ● Covid-19 -

- We ask the Coaches to work with their local administrators to ensure the proper safety procedures are in place before the activity. Use the below as reference

#### ■ OHSAA Guidelines:

- COVID-19 Athlete/Coach Monitoring Form:  
<https://mcusercontent.com/067d16d309b0fac2b4c0e8348/files/8b28e105-7415-40fe-8c79-aced4342deb2/OHSAACOVIDMONITORING.pdf>
- October 22, 2020 Update:  
<https://drive.google.com/file/d/1ovtm8F5PLYUKdjzHDkTJ3mB493aJj-p3/view>
- 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.
- All programs should have, and review, an emergency action plan in the event of an injury.
- Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
- No technical skills should be performed when a coach is not present or providing direct supervision.
- All practice sessions should be held in a location suitable for the activities of cheer or dance.

## 17) MUSIC COPYRIGHTS EDUCATIONAL INITIATIVE GUIDELINES

- Before teams submit their Video(s) for Regionals, 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.)
- 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](mailto:info@usacheer.net) for guidance. Please check their "Preferred Provider" list periodically for updates and changes.

## 18) CHEER ROUTINE RULES

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

### A. Team Participants

- a. At this time, there is no minimum or maximum limit on the number of team members allowed on the floor, per event.
  - i. *However, cheer teams are encouraged to keep team size reasonable in order to not detract from the overall performance*). 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.*)
- b. 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”).

### B. PROPS

- a. The use of signs, flags, megaphones, and poms are permitted. No other props may be used.

**C. Mounts/pyramids/stunts** may not be performed in the non-building division or the non-tumbling category. (Also see Game-Day section below)

**D. 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)

**E.** Teams may perform outside the matted area, but must begin on the mats.

**F.** All body jewelry is prohibited for cheer events.

**G. 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.

### H. Music length:

- a. 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.
- b. 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)

### I. Summary of the 2019-20 USA Cheer/ AACCA School Rules Changes, Partner Stunts:

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

- a. 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.
- b. 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.



- c. 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.
- d. Extended triple based straddle sits no longer require an additional spotter.
- e. 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.
- f. 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.
- g. Inversions may release non-inverted extended level stunts.
- h. In prep level inversions, the required contact between the top and base(s) may be maintained by either the top or the base(s).
- i. All braced connection wording was updated to clarify that the connection can be maintained by either the bracer or the released top person.
- j. A top person may perform a forward roll with props from a prone position below prep level.
- k. The rules regarding Switch Libs have been adjusted to allow landing on one or both feet, with the term being changed to "Switch Up".
- l. Participants may not move over or be under partner stunts or pyramids except when helping build, stabilize or dismount that partner stunt or pyramid.
- m. 7-17-19: Modified C-6 to not allow bases to hold props made of hard material or that have sharp corners or edges.
- n. 8-29-19: Updated E-7 to clarify that in all braced releases, the top person may not land in an inverted position.
- o. **PDF Version:**  
<https://www.usacheer.org/wp-content/uploads/2020/01/2019-20-HS-Rules-Final-8-29-19.pdf>
- p. **NFHS Spirit Rules Changes (April 2020):**  
<https://www.nfhs.org/sports-resource-content/spirit-rules-changes-2020/>

#### **J. GAME DAY CHEER - BUILDING DIVISION:**

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.

**\*SPECIAL NOTE: REMEMBER FOR GAME DAY ROUTINES THE FOCUS SHOULD BE ON INCORPORATING ELEMENTS TO PROMOTE TEAM SPIRIT SUPPORT AND FAN PARTICIPATION AND SHOULD NOT REFLECT MORE TRADITIONAL STYLE COMPETITION ROUTINES.**

- a. Game Day showcases traditional cheerleading and the ability to lead the crowd
- b. Teams will be evaluated on their ability to lead the crowd, performance, motions, dance and overall routine.
- c. All material should be suitable for a game or pep rally
- d. Time limit is 3 minutes
- e. Performance should consist of these three elements: a sideline chant, a time out crowd cheer and a band dance or school fight song.
- f. The use of crowd leading signs, megaphones, flags and poms are encouraged in this division
- g. Stunts and Tumbling should NOT be included as a transitional piece between sections or as an entrance or exit
- h. Formations should be similar to traditional game day lines used for sideline cheer.
- i. Band Dance incorporation is limited to three consecutive 8-counts of stunts and/or tumbling and must be consecutive
- j. 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.
- k. Additional Skill Restrictions:
  - i. No Tosses are allowed.
  - ii. No Inversions are allowed.
  - iii. No Twisting Released Dismounts are allowed.
  - iv. Single leg stunts are limited to liberties and liberty hitches.
  - v. No Running Tumbling is allowed.
  - vi. 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.
  - vii. Jump tumble (single skill) would be allowed

**NOTE: This bullet point was TAKEN OUT: "No stunts or tumbling during the sideline chant (Jumps and Kicks are allowed)" Stunts and Tumbling ARE aloud during the sideline chant.**

#### **K. GAME DAY CHEER - NON-BUILDING DIVISION:**

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.

**\*SPECIAL NOTE: REMEMBER FOR GAME DAY ROUTINES THE FOCUS SHOULD BE ON INCORPORATING ELEMENTS TO PROMOTE TEAM SPIRIT SUPPORT AND FAN PARTICIPATION AND SHOULD NOT REFLECT MORE TRADITIONAL STYLE COMPETITION ROUTINES.**

- a. Game Day showcases traditional cheerleading and the ability to lead the crowd
- b. Teams will be evaluated on their ability to lead the crowd, performance, motions, dance and overall routine.
- c. All material should be suitable for a game or pep rally
- d. Time limit is 3 minutes
- e. Performance should consist of these three elements: a sideline chant, a time out crowd cheer and a band dance or school fight song.
- f. The use of crowd leading signs, megaphones, flags and poms are encouraged in this division
- g. Tumbling should NOT be included as a transitional piece between sections or as an entrance or exit
- h. Formations should be similar to traditional game day lines used for sideline cheer.
- i. Band Dance incorporation is limited to three consecutive 8-counts of tumbling 13
- j. 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
- k. Additional Skill Restrictions:
  - i. No Running Tumbling is allowed.
  - ii. 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.
  - iii. Jump tumble (single skill) would be allowed

#### **L. POINT DEDUCTIONS FOR CHEER**

- a. 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.
- b. 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 overall routine score.
- c. 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.
- d. 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.

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

## 19) DANCE ROUTINE RULES

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

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.

### A. TEAM PARTICIPANTS

- a. You must have a minimum of 4 Dancers for a team. 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.)*
- b. 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”) 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.

### B. TIME LIMIT/MUSIC/ENTRANCES

- a. 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.*
- b. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
- c. 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.
- d. 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.
- e. 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.

### C. CHOREOGRAPHY AND COSTUMING

- a. 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.
- b. 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.
- c. 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.
- d. For the safety of the dancers, tights are HIGHLY recommended to be worn with costumes, but not required.
- e. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- f. Jewelry as part of the costume is allowed (*Dance categories only*).
- g. Teams may dance in any location of the performance area. There is no out of bounds.

### D. DIVISIONS AND CATEGORIES

- a. JAZZ – Routines can encompass any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk or stylized jazz. Emphasis is placed on style, precision, control, uniformity, technical elements and communication. No props.
- b. 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 the majority of the routine. Emphasis on proper execution of movement and skills, formation changes, team synchronization and overall cleanliness. No props.
- c. HIP HOP – Routine incorporates street style movement that has evolved from the hip hop culture. Characteristics of hip hop include skills/tricks, creativity, flow, formation changes and overall quality of movement. Emphasis is placed on style, originality, control, musicality, team synchronization and overall cleanliness. No props.

### E. PROPS

- a. 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.

### F. ADDITIONAL ROUTINE SAFETY RULES for your quick reference:

#### a. WEIGHT BEARING SKILLS

- i. 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\***

- ii. **HANDS FREE POMS:** The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performer's hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

**b. TUMBLING AND TRICKS (Executed by Individuals)**

- i. **ALLOWED**
  - 1. Aerial Cartwheels Forward/Backward Rolls Shoulder Rolls Cartwheels
  - 2. Headstands Handstands Backbends Front/Back Walkovers Stalls/Freezes
  - 3. Head Spins Windmills Kip up Round Off
  - 4. Headsprings (with hands) Front Handsprings Branny Side Somi
- ii. **NOT ALLOWED**
  - 1. Front Aerials Back Handsprings Front/Back Tucks
  - 2. Layouts Shushunova
  - 3. No Handed Headsprings Dive Rolls (In any position)
  - 4. Toe Pitch Back Tucks
- c. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
- d. If a team chooses to use hands free poms for aerial cartwheels and/or side somis, and later touches down, the poms **MUST** be flipped off of the hand, or a penalty will be assessed. Simply wearing them does not make it legal if they are not used correctly. If a team chooses to use non-hands-free poms for aerial cartwheels and or side somis, they **MUST** be moved to one hand. If a dancer later touches down with the hand that holds both poms, a penalty will be assessed.
- e. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- f. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
- g. 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.
- h. 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.
- i. 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).

## G. DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

- a. 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).
- b. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
- c. **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).**
- d. 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.
- e. Vertical Inversions are allowed as long as:
- f. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
- g. 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.

## H. RELEASE MOVES (Unassisted Dismounts to the performance surface)

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

## 20) REGISTRATION GUIDELINES/SUBMISSION INSTRUCTIONS FOR 2021:

### Regional Registration

- Click link to register via Google Forms: <https://forms.gle/T1pCFr98NkEmJRzv6>
  - **Cost:** \$18 per participant, per event/category.
  - Please READ the **Video Submission Guidelines** prior to registration.
    - <https://oassa.org/wp-content/uploads/2021/01/OASSA-Regional-Video-Submission-Guidelines-UPDATE-1.19.21.pdf>

- **Team Roster is due at time of registration.** Please use the Team Roster Template attached to the registration form when completing your roster.
  - NOTE: ALL team members (participants AND alternates/injured) MUST be listed on roster at the time of Regional Video Submission in order for them to compete at the States Competition. Therefore, all team members must have been listed on your Regionals roster as either a Paid Participant (“P”) or Alternate/Injured (“U”) for that team.
- Documents below need to be signed and sent to Kelly Latham at [klatham@oassa.org](mailto:klatham@oassa.org) PRIOR to submitting your video(s).
  - Terms of Agreement/Music Certification
  - GAME DAY ONLY – Fight Song/Band Dance Music APPROVAL Form
  - Participant Waiver Form

### **State Competition Registration**

- Will open **AFTER** Regional Qualifiers are announced (February 8th)

## **21) CONTACT INFORMATION**

### **Registration Questions:**

- Contact Kelly Latham at [klatham@oassa.org](mailto:klatham@oassa.org)

### **Competition Questions:**

- Cheer Contact: Missy Richards at [cheer@oassa.org](mailto:cheer@oassa.org)
- Dance Contact: Tiffany Robinson at [dance@oassa.org](mailto:dance@oassa.org)

Please visit the OASSA “Cheer and Dance” webpages often at:  
<https://oassa.org/cheer-dance/>

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