



2019-2020

DanceAbilities Rules

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

- iv. Once an athlete in a wheelchair with assistance is in motion, the assistant/buddy must remain with athlete until the chair has stopped. Clarification - athletes in chairs that require assistance to initiate movement cannot be pushed and released

- b. **Walkers, Forearm Crutches, Canes, etc. are allowed with the following limitations:**
 - i. Forearm crutches, canes, walkers, standers, may be used to support the athlete during execution of skills.
 - ii. Mobility Aids are considered an extension of the dancers body and therefore not a handheld prop. However, if choosing to alter a device as a prop to enhance the visual aspect of performance, athletes will follow rules regarding use of hand held props as stated in the general USASF rules, as well as gaining approval for use via USASF Coach App.
- c. **Wheelchairs and Scooters (Motorized) are allowed with the following limitations:**
 - i. All wheels must remain on performance surface at all times.
 - ii. It is the responsibility of the coach to make sure that there are no rocks or other sharp objects lodged in the wheels of the powered mobility device prior to the performance.

- 5. **Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct the view of the judges. (Exception: Athletes requiring assistance for mobility or those that are sight impaired)**

- 6. **Assistants will be dressed in contrasting t-shirt and jeans or dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirts. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of costume.**

- 7. **It is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.**

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