



SECTION IV: ROUTINE GUIDELINES

GENERAL SAFETY

The coach of a team or dancer is responsible for monitoring the safety of each element of a dance and determining that it is safe to perform. The character of the skills being performed, as well as the skill level of the dancers performing those skills, should be considered by the coach in making this determination. All of the skills listed below as well as any other movement should be evaluated for safety by the advisor/coach prior to competition.

TUMBLING AND TRICKS

1. Front/back aerials and aerial cartwheels, as well as movements where all weight is borne on the dancer's hands and/or head, such as headsprings, should not be executed with poms in both hands that are not hands-free poms.
2. Drops directly to the knee, thigh, back, front, head, shoulder, head, neck or seat onto the performing surface should not be executed. The dancer must first bear weight on the hand(s) or foot/feet.
3. 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 generally not considered to be safe.
4. Dancers should not land directly on the head/neck at any time from an airborne skill. Any kip up motion should also initiate from the back/shoulder area touching the ground.

LIFTS AND PARTNERING

1. The Executing Dancer should be supported from a Supporting Dancer who is in direct contact with the floor throughout the entire skill. (Exception: Kick Line Leaps).
2. Hip over-head rotation of the Executing Dancer(s) is generally considered to not be a safety issue, as long as the Executing Dancer is returned to the performance floor on his/her feet or hands with support from the Supporting Dancer(s).
3. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not permitted.
4. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are generally considered to be unsafe. In order to address the safety issue, the dancer must first bear weight on the hand(s) or foot/feet.

RELEASE MOVES



1. It is generally not considered to be a safety issue for an Executing Dancer to jump, leap, step, or push off a Supporting Dancer, and a Supporting Dancer may generally release/toss an Executing Dancer without creating a safety issue.
2. "Basket tosses" are not considered to be safe for dance teams. However, a dancer may be safely released and caught in a dance lift if the Executing Dancer remains in a horizontal position or vertical position with his/her head above his/her feet.

COMPETITION ROUTINE GUIDELINES

1. Teams may make substitutions in the event of injury. Substitute participants must be listed on the team's participant roster in the team's registration form.
2. Any equipment or items that may damage the performance floor are prohibited.
3. There is no minimum or maximum time limit for any routine (team or solo); however, a team must notify DTU upon registering and no later than two weeks before the competition if any routine (team or solo) is longer than 2 minutes 30 seconds, for scheduling purposes.
4. A responsible adult must be present to start or assist in the start and finish of the routine music. **IT IS RECOMMENDED TO UPLOAD YOUR MUSIC TO THE REGISTRATION SOFTWARE AT LEAST ONE WEEK PRIOR TO COMPETITION.**

JEWELRY

Jewelry will be allowed, so long as it is not considered hazardous to the safety of the performers. DTU reserves the right to require a team to remove any jewelry it deems hazardous at any point during the competition.

PROPS

Props are permitted in any dance category as long as they are wearable, handheld, or freestanding and can be taken off or released safely (as determined by DTU). No dry ice, confetti, glass, canned smoke, water or other liquid, or other similar loose material that may obstruct the judges' view or affect the condition of the performance floor may be used. Backdrops are not permitted - any props must be able to be used/moved by a single dancer. Poms may be used only in the Pom, Team Performance and Spirit Showdown categories, **or in the Open division so long as the team has complied with all applicable entry requirements found elsewhere in these rules.** For any questions or concerns regarding prop choice, please send a photo of the prop to us prior to the competition.

TECHNICAL CONSULTANT

At Nationals, a technical consultant will be available during practice and official warm-ups to assist coaches with any questions or issues they have regarding the safety of their routines. During the season, teams may request the assistance of a technical consultant. If an advisor/coach is unsure of the safety of the skill, he or she can submit a video of the activity in question to info@danceteamunion.com. If a team has received approval for a trick from another competition, they may rely on that approval for safety consideration purposes.