

Falls Dance Invite

Competition Rules and Guidelines

Overall Rules

It is important that coaches and all team members understand we abide by all safety regulations. All National Federation Rules will apply for school teams. USASF will apply for Senior and Junior All Star teams.

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Please consult the National Federation Rules for Spirit Groups book for a complete listing of rules as well as explanations.

Interruption of Performance

1. If, in the opinion of the tournament officials, a team's routine is interrupted because of failure of tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team affected will be allowed to stop the routine and present the entire routine again. The degree and effect of the interruption will be determined by the tournament officials.
2. In the event of an injury, tournament officials or the coach reserve the right to stop the routine. The team will be allowed to present the entire routine.

Dance Rules

1. Each team will have a maximum of two minutes and 30 seconds to demonstrate their style and expertise. Timing will begin with the first note of music and end with the last note of music or the last movement. Entrances and exits should be quick and timely and will not be judged unless included in the overall time period.
2. There is no limitation on the number of team members. However, all participants must be official members of the team. Divisions will only be separated if numbers warrant and by the discretion of the competition host.
3. All Star and Rec Department teams are allowed to compete and should enter based on the average age of their team members.
4. No illegal tumbling or stunting, or knee drops will be allowed.
5. No loose glitter or craft glitter is allowed. Only glitter adhered to the body is acceptable.
6. You must land with at least one foot on the ground after a jump, leap, or kick before landing in another position.
7. All music and choreography should be appropriate for family viewing.

Categories are as follows:

Pom– Emphasis on synchronization and visual effect. Poms must be used 80% of the routine. No props.

Jazz– Emphasis on technical moves, style, and execution. No poms or props.

Hip Hop– Emphasis on sharp, synchronized choreography. No poms.

Kick– Must contain at least 50 kicks and 16 high kicks by each team member. A kick may be in any direction and at any level.

Solo and Ensemble Rules

1. Each team and/or individual will have a maximum of one minute to one minute and thirty seconds to present their routine.
2. All participants at any age level must follow National Federation rules.
3. All team performance rules will apply (with the exception of time limit).
4. Dance routines may be any style.