

It is the responsibility of all coaches to send in a video of any skill that could be illegal or fall within a gray area of legality to the U.S. Spiritleaders office one month prior to the competition date for approval.

U.S. Spiritleaders Policy	<p>1. U.S. Spiritleaders recognizes that teams attend other events. U.S. Spiritleaders Events invites judges from various dance and dance company backgrounds so different styles are taken into consideration.</p> <p>2. All judges decisions are final and are objective.</p> <p>3. Placement and judges rulings on the day of the event can only be questioned within one week following the event, in writing to the U.S. Spiritleaders office. It is the right of U.S. Spiritleaders to change placings within one week of the event. All teams in the division will be notified of such changes if they occur.</p>
Division Revisions	<p>1. U.S. Spiritleaders reserves the right to add, delete, combine, and split divisions in the interest of competition. All teams that are effected by any changes will be notified prior to the competition.</p>
Judges' Perspective	<p>1. Judges will evaluate each team based on their performance but they will also rank squads based on the following criteria: Cleanliness, percentage of the team performing skills cleanly, routine composition demonstrating proper dance fundamentals, difficulty performed cleanly, and finally choreography and originality.</p>
Inappropriate Components	<p>1. Teams will be deducted for inappropriate choreography, music, or uniforms.</p>
Dance Divisions	<p><u>Pom</u></p> <p>1. <u>Pom/Song Novice</u> - Emphasis on synchronization & visual effects created by poms. The following skills may be performed: chaine turns, single pirouettes, single piques, kicks, leg holds, kicklines, all Jumps including C and tilt jumps, forward/front leaps, stag leaps/jumps. Turns may be completed in passe, coupe, pencil and attitude postions. Any Int. or Adv. Dance skills are prohibited such as multiple turns, leg hold turns, axels.</p> <p>2. <u>Pom/Song Intermediate</u> - Emphasis on synchronization and visual effects created by poms. In the addition to the skills permitted at the novice level, the following skills will be permitted: double pirouettes (lited to passe, coupe and pencil postion), single leg hold turns, axels, jumps, calypso, leaps except for switch/scissors. The following turning skills are not allowed: double/triple leg hold turns, triple pirouettes.</p> <p>The following turn rules apply for the Intermediate Division: One or more team members may only perform a maximum of two stationary turn sequences which may not be performed consecutively. In a turn sequence only fouettes, turns in second and pirouettes may be performed for a maximum of one eight count and must be completed with both feet on the floor before executing another skill. Pirouettes performed separately from fouette and/or second turns are nto considered turn sequences. Travels turns (piques, chaines) are not considered turn sequences.</p> <p>3. <u>Pom/Dance Advanced</u> - Any dance studio skills may be performed for evaluation but there must still be an emphasis on pom visual effects. An overall variety of all dance skills which includes Pom, Jazz, Hip Hop, Kicks or Kickline may be included.</p> <p><u>Jazz/Dance</u> - Routines will be judged on properly executed dance technique, choreography, and overall team performance. All styles of dance such as studio dance, thrash jazz, and hip hop may be performed and evaluated.</p> <p><u>Lyrical Dance</u> - Routines are fluid in movement and focus on emotion that fits the music.</p> <p><u>Hip Hop / Funk</u> - Street-style and funk video type steps will be judged. Dance skills may be performed but will not be evaluated or add to the team's score. Teams will also be evaluated on precision, style, and rhythm.</p>

If you have any questions please contact the U.S. Spiritleaders office.
 U.S. Spiritleaders 562.491-3439 / info@usspiritleaders.com

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Tumbling, Lifts, Tricks

Tumbling

Tumbling is allowed in Pom and Pep Flag as long as there is constant contact with the performance floor and the performer is not holding or have poms or pep flags attached to the hand or fingers. Simultaneous tumbling over or under a person is not allowed.

The following skills are allowed and may be performed individually or in combinations: dive rolls (in a piked position), backbends, cartwheels, forward/backward rolls, front/back walkovers, handstands, headstands, roundoffs, shoulder rolls.

The following airborne skills are not allowed: aerial cartwheels, front/back handsprings, headsprings, front/back tucks, layouts, side somi.

Dance Lifts and Partnering

The base(s) or lifting person(s) must have direct contact with the performance floor at all times and must have hand/arm to body contact as they control the momentum, positions or changing positions with the flyer at all times from the beginning to the return of the flyer to the floor. Partnering Skills are allowed as long as they maintain body to body contact throughout the duration of the skill and one partner has contact with the surface at all times. Swing Lifts and tricks are allowed provided the elevated dancers body does not make a

complete circular rotation and is in a face up, non prone position at all times.

Not allowed: chorus line flips, and hip over head rotations that occur above the shoulder height of the base(s) or lifting person(s).

Jumps/Leaps

Jumping or leaping off a dancer above hip level of the supporting dancer (who must be upright) is allowed as long as there is hand/arm to hand/arm/body contact throughout the skill.

Drops from a jump, leap, inverted or standing position to the knee, thigh, seat, front, back, hurdler sit, or any split position must first be supported by the hands or feet to break the impact to the floor. Drops to a push up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum. (i.e. flying squirrel or an x, star, or spread eagle jump.)

Not allowed: Toe touches to a push up position are not allowed. (This includes all variations of Shushinovas. Unaided jumping from one person to another or the floor.

Tosses are only allowed if the release occurs below the shoulders of the lifting dancer. The lifting dancer must be upright and the flyer may not be prone or inverted. When released the dancer may not pass through an inverted position. Tossing a dancer above the shoulders is allowed as long as there is hand/slash arm to hand/slash/arm/body contact with at least one other dancer throughout the skill.

Pyramids and Cheer Stunts

The only allowed stunts or pyramids are pony sits, shoulder sits, and thigh stands.

Costumes/Jewelry/Props

1. Costumes are allowed in all dance and flag divisions. Wearing hard jewelry is prohibited unless it is secured to the uniform or hair.

2. All participants must wear some type of soft soled non-marking footwear designated for dance. This includes from half-soles to athletic hip hop shoes.

3. Supports, braces, etc. which are hard and unyielding or have rough edges or surfaces must be covered.

4. Props other than poms for songleaders or flags for pep flags are not allowed.

Pep Flag

Time Length: 2 1/2 minutes. Flag shafts must have rubber or plastic tips on both ends. A deduction of .5 will be taken for each dropped flag. A deduction of .5 will be taken if you do not use the flag(s) for more than 2 eight counts.

Individual Divisions

1. All Individual entrants must comply with the same rules and guidelines for the team division level that corresponds to their entered division.