



# POWER DANCE INDIVIDUAL EVENT SAFETY

Line Up # \_\_\_\_\_

INDIVIDUAL NAME(S): \_\_\_\_\_ EVENT: \_\_\_\_\_

GYM NAME: \_\_\_\_\_ AGE DIVISION: \_\_\_\_\_

**Time Limit Violations:**

Warn: Pen:

|                     |          |  |  |
|---------------------|----------|--|--|
| 6+ Seconds Overtime | -3.0 pts |  |  |
|---------------------|----------|--|--|

Time of Routine: \_\_\_\_\_

**General Violations:**

Warn: Pen:

|                       |          |  |  |
|-----------------------|----------|--|--|
| Gum                   | -3.0 pts |  |  |
| Proper Attire (shoes) | -3.0 pts |  |  |
| Vulgarity             | -3.0 pts |  |  |
| Other                 | -3.0 pts |  |  |

Comments

**Safety Violations:**

Warn: Pen:

|       |          |  |  |
|-------|----------|--|--|
| Rule: | -3.0 pts |  |  |
|-------|----------|--|--|

**Category Violations:**

**Best Dancer Jazz / Lyrical**

Warn: Pen:

|   |          |  |  |
|---|----------|--|--|
| Prop Violation (hand-held and/or costume props allowed) | -3.0 pts |  |  |
| Tumbling Violation                                      | -3.0 pts |  |  |

Tumbling Description: Skills are allowed, however, one hand, foot or body part must be in constant contact with the performing surface while involved in a hip-over-head rotation. Exception: Aerial Cartwheels are permitted.

**Skills Allowed:** Forward/Backward Rolls, Shoulder Rolls, Cartwheels, Headstands, Handstands, Backbends, Front/Back Walkovers, Stalls, Head Spins, Windmills, Kip Up, Aerial Cartwheels

**Skills NOT Allowed:** Dive Rolls, Round-Offs, Front/Back Handsprings, Front/Back Tucks, Side Somi, Layouts

**Best Dancer Hip Hop**

Warn: Pen:

|   |          |  |  |
|---|----------|--|--|
| Prop Violation (hand-held and/or costume props allowed) | -3.0 pts |  |  |
| Tumbling Violation                                      | -3.0 pts |  |  |

Tumbling Description: Skills are allowed, however, airborne skills with hip-over-head rotation must involve hand support with at least one hand/body part when passing through the inverted position. Exception: Aerial Cartwheels are permitted.

**Skills Allowed:** Forward/Backward Rolls, Shoulder Rolls, Cartwheels, Headstands, Handstands, Backbends, Front/Back Walkovers, Stalls, Head Spins, Windmills, Kip Up, Round-Offs, Front/Back Handspring, Aerial Cartwheels

**Skills NOT Allowed:** Dive Rolls, Front/Back Tucks, Side Somi, Layouts

**Best Dance Group**

Warn: Pen:

|   |          |  |  |
|---|----------|--|--|
| Prop Violation (hand-held and/or costume props allowed) | -3.0 pts |  |  |
| Tumbling Violation (see descriptions above)             | -3.0 pts |  |  |
| Dance Lift / Trick Violation                            | -3.0 pts |  |  |

Description: Any spotted, assisted or connected tumbling where two or more participants are in direct physical contact with one another is prohibited. (e.g. toe pitch flip) EXCEPTION: Assisted/Connected Tumbling is allowed when used as a Dance Lift/Trick and/or Choreographed Transition/Gymnastics Stunt. Dancer(s) must remain in contact with at least one person at all times. Hip-over-head rotation of the lifted dancer(s) may occur as long as his/her hips maintain a level at or below shoulder height of a standing dancer(s).

**Total Deductions:**