# RULES AND REGULATIONS

## MUSIC:

ALL ROUTINES REGARDLESS OF CATEGORY MUST BE 2:30 MINUTES, EXCEPT GAME DAY WHICH IS ALLOWED 3:30 MINUTES ON THE FLOOR.

A Music Adjudicator will be available at the sound booth at all times throughout the competition. Teams will submit songs electronically prior to the event so all music can be played from a computer. You will receive final details on this process after registration. **All inappropriate language should be edited out of the music.**

## MUSIC GUIDELINES:

Due to the submission process, all songs must be professionally edited or high quality.

MUSIC: All music will be played from the team's own device through the facility sound system. Music should be on an iPad, phone, etc. The device should have a headphone jack to connect to the sound system. If your device does not have a headphone jack, you need to have a compatible adapter. An adult representative from your team must start the song when your dancers are set and main at the music booth during the performance. Teams should complete their routine not stopping for any reason, unless AAS advises you to do so, should a technical issue occur.

## MUSIC LICENSE POLICY:

All dance team competitions must start following music licensing guidelines. American All-Star will hold a flContest and Show– license with all 3 music licensing companies (BMI, ASCAP and SESAC), which covers the licensing of all songs. There are, however, some steps you all will need to make to ensure your team is following the correct guidelines.

**1.** Obtain your music legally. Purchasing through Apple iTunes, Amazon Music, at a music store, etc. are all ways to legally obtain music. Downloading from free websites is not legal.

**2.** You can edit songs, but you cannot rearrange them. You cannot alter the individual songs in any way (such as changing the order of verses). In doing that, you are creating your own arrangement of someone elsefis work and that is not allowed unless you obtain a Right of Arrangement from the music publisher to add or change. You can vary the tempo slightly.

**3.** You cannot put an instrumental version or beats from one song over another song. You can edit out a curse/inappropriate word, but you cannot put another word or beat over it.

**4.** You can pull different parts from 3 or 4 songs to splice them together, as long as no part of the songs are rearranged.

The online competition registration form will have a checkbox for you to indicate that you have obtained your music legally and that you have edited your music properly. While we will not be able to regulate all competition music, as we do not have the extensive knowledge of every song/mix, we do urge all teams to follow the guidelines above.

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## LIFTS AND PARTNERING:

Partner stunts and lifts are limited to two persons high; the dancer who is executing the skill must maintain contact with the supporting dancer(s) at all times. Extensions are not allowed. Dancers may jump or push off of a supporting dancer as long as the level of the release does not exceed the height of the supporting dancer. Questions and videos can be sent to kristen@americanallstar.com. Using any disallowed skill will result in a penalty.

## TUMBLING AND SKILLS:

Examples of commonskillsthatare allowed; this does not include all skills that are legal:

-Forward and Back rolls

-Headsprings with hands

-Roundoffs

-Backbends

-Front and Back walkovers

-One or Two-handed cartwheels

-Handstands and Headstands

-Kip Ups

-Front and Back Handsprings (standing or running)

-Round off Back Handspring (limited to one connected)

-Ariel cartwheels and front ariels (CANNOT be executed while holding poms in both hands)

*Multiple consecutive airborne skills without hand support are not allowed

Skills such as, but not limited to, front and back tucks, layouts, and all tumbling passes, are strictly prohibited. All tumbling skills should be evaluated for safety by the coach prior to competition. If you have a question about tumbling skill, please submit a video to kristen@americanallstar.com

## USE OF PROPS: NEW!

Props or backdrops are not allowed in a Team Category other than the Prop/Novelty Category. A prop is considered to be anything that can be danced with that is not attached to a costume or body. If taken off and danced with, it becomes a prop. Using costumes/accessories to enhance a routine is allowed, but it must remain connected to the costume/dancer from the beginning of the routine to the end of the routine. Costume use (such as a skirt, hat, jacket, etc.) is limited to 6 eight-counts of a routine. Teams entering the Prop/Novelty category may need to submit photos of their props and backdrops for approval. All parts of backdrops must be PADDED to protect the floor.

A staff member will check backdrops and props for adjustments that need to be made.