

Rule #/Move	LEGAL	ILLEGAL	LEGAL IN ANY SHOE	LEGAL IN FULL SHOE ONLY	Comments	Point Deduction
3.1: step on prop, pom, guide rope		X			Considered Floor Safety	.5 total
3.1: slick gloves	X				Penalty incurred if stunting or lifting	.5/violation
3.1: hands free poms	X				Required for stunts or lifts. Penalty for traditional poms while stunting or lifting	.5/violation
3.1: stunts/lifts at prep level or below	X		X			
3.1: stunts/lifts above prep level	X		X		Penalty incurred if the top person's foot/feet are in the hands of a base and the top person is wearing a ½ shoe	.5/violation
3.2: base holding prop or pom		X			Unless hands-free poms	1/violation
3.2 torso under top person		X			Stunt personnel should be 3 bases or 2 bases and a spotter. None can be positioned under the top person's torso.	1/violation
3.3: top person inverted	X		X		Requires continuous hand to hand contact. Penalty for not supporting with hands until no longer inverted	2/violation
3.3: extended inversion		X			i.e. shoulders below hips or head dropped back out of alignment while top person is above prep level	2/violation
3.4: jumping onto tabletop		X			Allowed to <i>step</i> onto the back of a tabletop base	3/violation
3.8: rubber band kip-up		X			Penalty comes from the drop onto the back as prep for the kip-up	2/violation
3.8: forward dive roll		X				2/violation
3.8 front/side aerial	X		X			

3.8: headspring	X		X			
3.8 kip-up	X		X			
3.8 round off	X		X			
3.8: front/back flip	X			X	Penalty incurred only if in ½ shoe	.5/violation
3.8: front/back layout	X			X	Penalty incurred only if in ½ shoe	.5/violation
3.8: front/back handspring	X			X	Penalty incurred only if in ½ shoe	.5/violation
3.8: trick flip/waterfall	X			X	Penalty incurred only if in ½ shoe	.5/violation
3.8: tumble with props in hands	X				Legal if no weight is on hands. Penalty for sharp or hard props or if hand with prop <i>accidentally</i> touches the floor.	2/violation
3.8: airborne over prop/person		X				2/violation
3.8: non-airborne over prop or person	X		X		i.e. cartwheel or forward roll	
3.8: airborne stunt x2	X			X	i.e. 2 single back handsprings. Penalty for shoe is incurred if stunt is other than aerial, headspring or kip-up	.5/violation
3.8: stunt with a twist		X				2/violation
3.8 double airborne stunt		X			i.e. double back flip	2/violation
3.8: headstands/spins/springs <i>without</i> support of hands		X			Penalty incurred even if a partner holds the dancer's feet. Dancer is allowed to move her weight bearing hands to a new position in order to spin herself.	2/violation
3.9: airborne drop	X				Hands <i>must</i> hit first or penalty is incurred, whether choreographed or accidental. Dropping to a push-up position from airborne is never allowed	2/violation

3.9: non-airborne drop	X				Hands <i>must</i> hit first or penalty is incurred, whether choreographed or accidental	2/violation
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Created by Betsy Cuquet MODTA Safety Coordinator 2025