PERFORMED BY INDIVIDUALS		
1.	 Inverted Skills: a) Non-airborne inverted skills must involve hand support with both hands throughout the entire skill and are not allowed while holding poms/any item(s) in supporting hand(s). Example: Headstand, Handstand, Stall/Freeze are allowed; Head Spins are not allowed. b) Airborne inverted skills, with or without hand support, are not allowed. Exception: Kip-up with hand support originating from the performance surface is allowed providing the athlete does not hold poms/any item(s) in supporting hand(s). 	
2.	Skills with Hip-over-head rotation: a) Non-airborne hip-over-head rotation skills with hand support are not allowed while holding poms/any item(s) in supporting hand(s). a. Exception: Forward rolls, Backward rolls b) Non-airborne hip-over-head rotation skills are limited to two consecutive skills. c) Airborne hip-over-head rotation skills with or without hand support are not allowed. a. Exception: Round Off – not connected to any other Hip-over-head rotation skill. d) Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.	
3.	A Hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a Hip-over-head rotation skill is not allowed.	
4.	Drops to any body part other than the hand(s) or foot/feet are not allowed.	
5.	Landing in a push-up position onto the performance surface from any airborne skill is not allowed.	

PERFORMED BY GROUPS & PAIRS	
	Lifts and Partnering are not required; however, are allowed with the following limitations:
1.	The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
2.	At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill. Clarification: Performing Athlete cannot be released.
3.	The lift may not elevate the Performing Athlete's hips above head level.
4.	The Performing Athlete may not be inverted in any elevated skill. Clarification: The Performing Athlete may be vertically inverted if connected to the performance surface.
5.	Hip-over-head rotation of the Performing Athlete(s) is not allowed while elevated from the performance surface.

PERFORMED BY GROUPS & PAIRS

Dismounts to the Performance Surface

1. The Performing Athlete may not be released.

Clarification: Contact must be maintained until the Performing Athlete returns to the performance surface.

	NOVICE RULES TECHNICAL SKILL PARAMETERS/LIMITATIONS		
RED Denotes Hip Hop-Specific Rules			
	Stationary turns are allowed provided:		
1.	a) The working leg is held close to the performance surface or in a Passé, Pencil, Coupé or Drag position.		
	b) The supporting leg maintains contact with the performance surface. Examples: Pirouette, 2-step Spin, Corkscrew		
	c) The stationary turn is limited to 2 consecutive rotations.		
2.	Turns that intentionally travel are limited to 2 consecutive rotations. (Examples: Chainé Turn, Piqué Turn, Circle Glide, Traveling Two-Step)		
	Leaps and jumps are allowed provided:		
3.	a) The skills do not involve a release of the head up/toward the back while airborne.		
	b) The skills do not involve rotation on the vertical axis while airborne.		
	c) Legs do not move across the vertical axis while airborne. Examples: Toe Touch, Grand Jete Exception: Shuffles/Running Man, Rocks		
	Inverted Spins are allowed provided:		
4.	a) The Performing Athlete's back/spine must maintain contact with the performance surface throughout the skill. <i>Clarification:</i> A Performing Athlete may not spin on their		
	shoulders or head; hands only. <i>Example:</i> A Backspin is allowed; a Halo is not.		
	b) The inverted spins are limited to two consecutive rotations.		



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