



**IASF DANCE GLOSSARY
2023-2025**

Airborne (Executed by Athlete, Groups or Pairs): A state or skill in which the performer is free of contact from a person and/or the performance surface.

Airborne Hip Over Head Rotation (Executed by Athlete): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. *(Example: Round Off or a Back Handspring)*

Category: Denoting the style of the routine. *(Example: Pom, Hip Hop, Jazz, High Kick)*

Connected/Consecutive Skills: An action in which the individual athlete executes skills without a step pause or break in between. *(Example: Double Pirouette or Double Toe Touch)*

Contact (Executed by Groups or Pairs): When two (or more) people physically touch each other. Touching of the hair or clothing does not qualify as contact.

Costume Elements: Are items that are intended to be worn to complement the routine (i.e. removable skirt layer in jazz, chain in hip hop) and/or utilized for added visual effect. Costume elements should be able to be worn throughout the routine, they should not impede an athlete's ability to perform, but removed and discarded (i.e. cane strapped to leg would impede performers mobility). Performer's not in the Pom Category, should be able to take the floor without carrying costume elements in hand.

Division: Denoting the composition of a competing group of athletes. *(Example: Senior, Junior)*

Drop (Executed by Athlete): An action in which an airborne athlete lands on a body part other than his/her hand(s) or feet.

Elevated: An action in which an individual athlete is moved to a higher position or place from a lower one.

Executing Athlete: An individual athlete who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual athlete(s).

Hand Free Pom(s): Poms specifically made so that athletes do not have to hold the poms, but rather are affixed to the athlete's hand. Proper use means that bars



cannot be in the palm of the hand and only an elastic band can be between the supporting hand(s) and the performance surface.

Head Level: A designated and averaged height: the crown of the head of a standing individual athlete while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

Height of the Skill: Where the action is taking place.

Hip Level: A designated and averaged height; the height of a standing individual athlete's hips while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

Hip Over Head Rotation (Executed by Athlete): An action characterized by continuous movement where an individual athlete's hips rotate over his/her own head in a skill. *(Example: Back Walkover or Cartwheel)*

Hip Over Head Rotation (Executed by Groups or Pairs): An action characterized by continuous movement where the Executing athlete's hips rotate over his/her own head in a lift or partnering skill.

Inversion/Inverted: A position in which the individual athlete's waist and hips and feet are higher than his/her head and shoulders.

Inverted Skills (Executed by Athlete): A skill in which the individual athlete's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

Lift (Executed by Groups or Pairs): A skill in which an individual athlete(s) is elevated from the performance surface by one or more athlete and set down. A Lift is comprised of an Executing Athlete(s) and a Supporting Athlete(s).

Partnering (Executed by Pairs): A skill in which two athletes use support from one another. Partnering can involve both Supporting and Executing skills.

Perpendicular Inversion (Executed by Athlete): An inverted position in which the individual athlete's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.



Prone: A position in which the front of the individual athlete's body is facing the ground, and the back of the individual athlete's body is facing up.

Prop: Anything that is used in the routine choreography that is not/was not originally part of the costume. *(Clarification: Poms are considered part of the costume in the pom category and should be used throughout the entire routine).*

Shoulder Inversion (Executed by Athlete): A position in which the individual athlete's shoulders /upper back area are in contact with the performance surface and the individual athlete's waist and hips and feet are higher than his/her head and shoulders.

Shoulder Level: A designated and averaged height; the height of a standing athlete's shoulders while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

Supine: A position in which the back of the individual athlete's body is facing the ground, and the front of the individual athlete's body is facing up.

Supporting Athlete: An individual athlete who performs a skill as a part of "Group or Pairs" who supports or maintains contact with an Executing Athlete.

Toss: A skill where the Supporting Athlete(s) releases the Executing Athlete. The Executing Athlete's feet are free from the performance surface when the toss is initiated.

Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual athlete without contact, assistance or support of another individual athlete(s) and begin and end on the performance surface.

Vertical Inversion (Executed by Groups or Pairs): A skill in which the Executing Individual athlete's waist and hips and feet are higher than his/her own head and shoulders and the Executing Individual athlete bears direct weight on the Supporting Individual athlete(s) by a stop, stall or change in momentum.