

After internal reflection, a unique set of rules specific to SPICE OPEN is proposed to leave more room for creativity and your desires.

1° The pom-pom dance is a choreography based on a specific non-imposed theme. (e.g.: soldier, school, etc.) where the match between music, costume and theme must be spotted by the judges from the 1st note of music.

2° Pompoms are an integral part of the choreography and are used to support the chosen theme, for example with visual effects.

3° The countdown to the choreography begins on the 1st note of music and ends on the last note.

4° Minimum number of compulsory elements: 2 waves,
2 floor passages,
3 formation changes.
Total occupation of the floor space.

5° Gymnastic elements are authorized (e.g.: wheels, forward and backward rolls, arabesques, flexibility movements). Elements with body throws, inversions and without hand placement are totally forbidden (e.g.: flips, salto, etc.).

6° Dance lifts are permitted, but must be performed in complete safety. (Cheerleading, stunt, etc. lifts are forbidden).

7° Release of pom-poms is authorized (pom-pom exchanges, etc.). Penalties will be applied for each pom-pom drop.

8° Accessories are permitted, but must not be bulky. They may be used during the choreography to enhance a desired visual effect but must disappear as quickly as they appear. These objects must remain within the confines of the floor.

9° Pompoms may not be placed on the floor for more than 1x8 beats, after which a penalty will be applied.

10° Any breach of these rules will be penalized. We count on your seriousness AND respect.

These rules remain the exclusive property of O.S.E.