



# 2019-2020

## SCHOOL DANCE RULES



### **GENERAL SAFETY GUIDELINES:**

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have and review an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activity accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
  - a. Concrete, asphalt, or any other hard or uncovered surface
  - b. Wet surfaces
  - c. Uneven surfaces
  - d. Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions and/or games.

### **ROUTINE RULES AND GUIDELINES:**

#### **WEIGHT BEARING SKILLS:**

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls). The use of hands free poms for hip over-head skills is allowed.

## **TUMBLING AND TRICKS: (executed by individuals)**

### *ALLOWED*

Aerial Cartwheels	Front / Back Walkovers
Forward / Backward Rolls	Stalls / Freezes
Cartwheels	Head Spins
Headstands	Windmills
Handstands	Kip Ups
Backbends	Round off
Headsprings (with hands)	Shoulder Rolls

### *NOT ALLOWED*

Front / Back Handsprings	Front / Back Tucks
Front Aerials	No Handed Headsprings
Side Somi	Toe Pitch Back Tucks
Layouts / Twisting Layouts	Shushunova
Dive Rolls	Continuous Partner Cartwheels

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed.)
2. Aerial Cartwheels are NOT allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule.
3. Tumbling skills with hip over-head rotation is limited to three (3) consecutive skills. (Example: 3 consecutive headsprings are allowed)
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is NOT allowed.
5. Drops to the knee, thigh, back, front, head, shoulder or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
6. Landing in a push up position onto the performing surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
7. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" / "bronco" kip up skill, as well as any skill jumping backwards into a headstand / handstand stall).

## **DANCE LIFTS AND PARTNERING: (Executed in pairs or groups)**

1. The executing dancer must receive support from a supporting dancer who is in direct contact with the performance surface through the entire skill. (Exception: kick line leaps).
2. Elevators, thigh stands, shoulder sits and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. Swinging lifts and tricks are allowed provided the executing dancer's body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).
4. Hip over-head rotation of the executing dancer(s) may occur as long as a supporting dancer maintains contact until the executing dancer returns to the performance surface or is returning to the upright position.

5. Vertical inversions are allowed as long as:
  - a. The supporting dancer(s) maintain contact until the executing dancer returns to the performance surface or returns to the upright position.
  - b. When the height of the executing dancer's shoulders exceeds shoulder level of the supporting dancer, there is at least one additional dancer to spot who does not bear weight.

#### **RELEASE MOVES: (Unassisted dismounts to the performance surface)**

1. An executing dancer may jump, leap, step or push off a supporting dancer if:
  - a. The highest point of the released skill does not elevate the executing dancer's feet above head level.
  - b. The executing dancer may not pass through prone or inverted position after the release.
  - c. Toe pitch back tucks are NOT allowed.
2. A supporting dancer may release/toss an executing dancer if:
  - a. The highest point of the release/toss does not elevate the executing dancer's hips above head level.
  - b. The executing dancer is not supine or inverted when released.
  - c. The executing dancer does not pass through a prone or inverted position after the release.
  - d. Toe pitch back tucks are NOT allowed.

#### **COMPETITION ROUTINE GUIDELINES:**

1. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
2. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
3. All staging, back drops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc.).
4. Teams may dance off of the performance floor; however all routine choreography for the entire team must begin and end on the performance surface. Jumping on and off the performance surface is prohibited.
5. Time limit is as follows:

Teams will have a minimum of 1:45 (one minute forty five seconds) and a maximum of 2:30 (two minutes thirty seconds) to demonstrate their style and expertise. If a team exceeds the time limit, they will be issued a penalty.
6. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

#### **MUSIC GUIDELINES:**

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.

2. These guidelines are as of June 16, 2016. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, dance teams should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please check the Preferred Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
4. If a team does not have the required paperwork, they will be given the option to count the routine verbally or to perform to an approved track of music or a track with counts (provided by the event producer).
5. If a team does not have the required paper work, and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
6. If there are concerns regarding a certain teams' use of music, a Challenge form must be completed immediately following the team's performance.
7. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
8. Challenge Process:
  - a. All music challenges must be submitted in writing to the event director.
  - b. There will be a \$100.00 fee to request a music challenge and must be in the form of a check made out to "The Ronald McDonald House".
  - c. Fees collected will be voided if the challenge is correct.
  - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to "The Ronald McDonald House".
  - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
9. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CD's, make sure it's unscratched so it doesn't skip.

#### **CHOREOGRAPHY AND COSTUMING:**

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography, and/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, make up and/or music may affect the judges' overall impression and/or score of the routine.
2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (examples ... roller skates, roller blades, heelys, etc.). Wearing socks and/or footed tights only is not allowed.
3. Teams may not use Disney themes nor may they have costumes that resemble a Disney character, movie or theme.
4. When dancers are standing at attention, all costumes/uniforms must cover the midriff completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
5. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.

6. Jewelry as part of the costume is allowed.

### **PROPS:**

Props are not allowed. A prop is defined as anything you dance with that is not attached to your costume. Articles of clothing may be taken off; however, you may not dance with them. If taken off and danced with, it becomes a prop. Poms being used for a pom routine do not count as props.

### **HIGH KICK:**

Each routine must have a minimum of 50 kicks. We suggest that your routine have more than 50 to ensure meeting the minimum requirements. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor. At least half the team must execute a kick in order for it to be counted. Passe, flicks, turn sequences, toe taps, etc., will not be counted as kicks. EXCEPTION: Any time the leg extends at or above 90 degrees, it will be defined as separate kicks.

### **SCHOOL DIVISIONS AND CATEGORIES:**

All teams in the Varsity, Junior Varsity or Junior High divisions must be an official school dance team. The Junior Varsity division is any official school dance team that is recognized by their school as the Junior Varsity or "B" team. Individuals are NOT permitted to compete in two divisions within the same school (example... A dancer is not allowed to compete with both a JV and a Varsity team). Individuals are also NOT permitted to compete on two different school teams. (example... a dancer is not allowed to compete with ABC Junior High and XYZ High School or ABC High School and XYZ High School).

JUNIOR HIGH: There will be four categories in this division: Jazz, Pom, Hip Hop & High Kick. Teams may enter one or two of the categories. This must be specified on the competition information form.

JUNIOR VARSITY DIVISION: There will be four categories in this division: Jazz, Pom, Hip Hop and High Kick. Teams may enter one or two of the four categories. This must be specified on the competition information form.

VARSITY DIVISION: There will be four categories in this division: Jazz, Pom, Hip Hop and High Kick. Teams may enter one or two of the four categories. This must be specified on the competition information form.

Small Varsity: 7 – 12 members

Medium Varsity: 13 – 16 members

Large Varsity: 17 plus members

If a school has two Varsity teams, they both must be an official school dance team as deemed by administration. In order to compete two Varsity teams, the following requirements must be met:

- Team members may not be a part of both teams
- Teams must provide documentation on school letter head, signed by the principal, that there are two Varsity dance teams at the school, as well as a roster for each team. This documentation must be sent to the office prior to attending the competition.
- If teams choose to have two Varsity teams in the same division (ie... Two medium Varsity Pom teams), they recognize that they will compete against each other.

**All Junior High Divisions:**

9<sup>th</sup> Grade and Below Junior High Divisions WILL be allowed 9<sup>th</sup> grade participants if:

- They attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND
- A minority of the team are 9<sup>th</sup> graders. Junior High teams with a majority of 9<sup>th</sup> graders will compete as Junior Varsity

**All Junior Varsity Divisions:**

7<sup>th</sup> – 12<sup>th</sup> Grade Junior Varsity Divisions WILL be allowed 7<sup>th</sup> grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Junior Varsity teams must be the official Junior Varsity of the school they represent.

**All Varsity Divisions:**

8<sup>th</sup> – 12<sup>th</sup> Grade Varsity Divisions WILL NOT allow 7<sup>th</sup> grade participants on a Varsity team. However, 8<sup>th</sup> grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.

*Please note:* In the event that a team has an equal amount of 8<sup>th</sup> and 9<sup>th</sup> graders on a team, they will be required to compete in the Junior Varsity Division.

**TEAM PARTICIPANTS:**

The minimum number of participants a team can have is seven (7). There is no maximum. Teams competing with two routines must stay in same division, but can have different numbers in both routines. Teams will be able to trade out, remove or add a designated number of dancers between their 2 categories, based on their division. See below for division breakdowns. Teams may continue to trade out dancers and maintain the same number of performers in both routines.

Teams who compete in Kick and one other category will follow the rules based on how many dancers they have for their other category (ie... Jazz, Pom, Hip Hop).

The breakdown is as follows and is based on the number of dancers performing.

Small Varsity teams may trade out, remove or add up to two (2) dancers.

Medium Varsity teams may trade out, remove or add up to three (3) dancers.

Large Varsity teams may trade out, remove or add up to four (4) dancers.

Junior High and Junior Varsity teams are allowed to trade out, remove or add dancers as follows:

7 – 12 members – you may trade out, remove or add up to two (2) dancers.

13 – 16 members – you may trade out, remove or add up to three (3) dancers.

17 plus members – you may trade out, remove or add up to four (4) dancers.