

# DANCE Routine Guidelines

## General Competition Guidelines:

1. **Music is allowed for all or part of each routine in the 2 ½ minute divisions, school or all star. No voice-overs or words may be recorded to make the team's vocal projection sound louder.**
2. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers, and mascots should enter the performance area in a timely fashion.
3. Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced.
4. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the routine.
5. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/squad to perform.
6. **Routines must be appropriate for family viewing. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc.), words, costuming or music will result in a 5.0 score deduction per judge.**
7. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.
8. Drops (knee, seat, thigh, front, back, and split drops) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet that breaks the impact of the drop.
9. All cheerleading squads may enter in the Pom Pom division.

## Individual Dance routines may not exceed 1 minute and 30 seconds.

## Individual Step / Stomp routines may not exceed 1 minute and 30 seconds.

## Dance Teams / Step Teams

1. All dance teams will perform a routine **no longer than 2 ½ minutes** consisting of all music. You may enter in all dance divisions. There will be no tumbling or mounts allowed. Splits, Jumps, forward/backward rolls are allowed. **Step teams will perform a routine no longer than 4 minutes.**
2. **Jazz Division-** Combination of dance movements with an emphasis on body placement, style, control, extension and uniformity. Jazz dance is a form of **modern dance** which is heavily influenced by the sounds, rhythms, and techniques of jazz music. Like jazz music, jazz dance is highly individual, with an emphasis on showcasing individual skills, and jazz dancers are skilled at improvisation as well as working with other dancers to achieve a desired look and feel. Costuming may be used in this category.
3. **Lyrical Division** - Lyrical dance is a modern dance form which fuses modern dance, jazz, and ballet. Lyrical dance is often referred to as contemporary dance. It requires excellent technique to perform, as the moves are often difficult and precise. Moreover, the dancer must be well aware of facial expressions, essentially acting, to properly perform a lyrical dance piece. Costuming may be used in this category.
4. **Pom Division-** Emphasis on uniformity and utilization of strong/sharp pom pom motions/arm placement, as well as ground work and level changes for visual effect. ¾ of the routine must be executed with poms. Costuming may be used in this category.
5. **Prop Division** – Any dance routine that involves props (chairs, canes, umbrellas, etc.)
6. **Hip Hop Division-** Latest street-style/progressive movements with an emphasis on execution, style, control, creativity, body isolation, rhythm and uniformity. Costuming may be used in this category.
7. **Kick Division-** Emphasis on variety of kick series, control, uniformity of height, timing, toe points and team stamina. ¾ of the routine must incorporate kick patterns. Costuming may be used in this category.
8. **Step-Stomp Division-** Step teams will perform a routine **no longer than 4 minutes.** Use of music is optional. Routine must emphasize on sharp, stepping and stomp movements. Costuming may be used in this category.
9. There is no maximum on squad members unless noted within the division.
10. Staging and back drops are not allowed in any division.
11. All team members must be current full-time students at the school the team represents.
12. Drops(Knee, seat, thigh, front, back and split drops) from a jump or leap, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet which breaks the impact of the drop.
13. Soft soled dance shoes(jazz boots, jazz shoes, dance sandals) or bare feet are acceptable when competing. **Wearing “socks only” is prohibited.**
14. Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings, detachable costume jewelry, etc are prohibited and will result in a .5 point penalty per occurrence. Medical alert bracelets or necklaces may be worn, but should be removed from the neck/wrist and secured to the body with tape.
15. Tumbling skills, dance lifts, partner stunts and pyramids are prohibited in all divisions.

## Interruption of Performance:

### Injury

The Legality Judge reserves the right to stop a routine due to an obvious injury. The team will have 15 minutes to regroup before performing their routine again. Judging will resume from the point at which the injury/interruption occurred as determined by the judges.

### Uniform Distractions

The Legality Judge or Head Judge reserves the right to stop a routine due to a uniform distraction (e.g., garment not being securely fastened/attached, straps break, pants spit, etc.) Each performer is required to take the necessary steps to avoid inappropriate exposure (leave performance floor or adjust uniform which will result in a deduction of a Major Mistake and/or Safety Guideline infraction assessable from a .1 to a .5 deduction depending on the amount of distraction, if a

judge stops the routine the penalty will be .5). In the event that the Legality or Head Judge stops a routine due to a uniform distraction the team will have 15 minutes to regroup before performing their routine. Judging will resume from the point at which the distraction occurred as determined by the judges.

### **Music**

In the event a technical error causes a team's music to be interrupted, the coach/director will have the opportunity to stop the performance and begin again immediately. It is recommended that coaches/directors have a backup CD/tape with them at the music table.

Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. In the event a music error caused by the coach/director occurs, the performance may be stopped and begun again immediately; however, timing of the routine will NOT be stopped, and, in most cases, a time penalty will occur. Judging will resume from the point at which the interruption occurred as determined by the judges.