DANCE Routine Guidelines

General Competition Guidelines:

1. Music is allowed for all or part of each routine, 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. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.

7. 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.

8. You may enter in all dance divisions.

9. Suggestive, offensive, or vulgar choreography, and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material 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, and/or music may affect the judges' overall impression and / or score of the routine. Please make sure that all choreography is age appropriate. 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.

10. All costuming and makeup should be age appropriate and acceptable for family viewing.

11. All costume malfunctions resulting in team members being exposed will result in a 5.0 score deduction and may be grounds for disqualification. Please make sure that you have several dress rehearsals prior to competition to work out any costume problems.

12. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Wearing socks and/or footed tights only is prohibited.

13. Jewelry as a part of a costume is allowed.

14. It is suggested that any hot pants or excessively short shorts have tights underneath.

15. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.

16. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed. Teams with excessive entrances will be assessed a 5 point penalty.

17.   There is no maximum on squad members unless noted within the division.

18.   Staging and back drops are not allowed in any division.

19.   All team members must be current full-time students at the school the team represents.

20.   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 beaks the impact of the drop.

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 0.1 to a 10.0 deduction depending on the amount of distraction, if a judge stops the routine the penalty will be 10.0). 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. We recommend that you bring two copies in case sound systems have trouble reading your CD. 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.

DIVISIONS/CATEGORIES OFFERED

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. Maximum time limit 2 ½ minutes.

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. Maximum time limit 2 ½ minutes.

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. Maximum time limit 2 ½ minutes.

Prop Division – Any dance routine that involves props (chairs, canes, umbrellas, etc.)   Maximum time limit 2 ½ minutes.

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.   Maximum time limit 2 ½ minutes.

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. Maximum time limit 2 ½ minutes.

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.

Fight Song – Consists of the squad performing their school fight song/chant to the school fight song music.

Time Out Dance - Consists of the squad performing a routine no longer than 1 minute that they would typically perform during a time out at a ball game. Can be any style of dance.

Sideline Dance - Consists of the squad performing a routine no longer than 1 ½ minutes that they would typically perform during a time out or on a sideline at a ball game. Can be any style of dance.

Individual Jazz/Lyrical routines - May not exceed 2 ½ minutes.   See Jazz/Lyrical description above.

Individual Pom routines - May not exceed 2 ½ minutes.   See Pom description above.

Individual Hip Hop routines - May not exceed 2 ½ minutes.   See Hip Hop description above.

Individual Step routines - May not exceed 2 ½ minutes.   See Step description above.

Duet Jazz/Lyrical routines - May not exceed 2 ½ minutes.   See Jazz/Lyrical description above.

Duet Pom routines - May not exceed 2 ½ minutes.   See Pom description above.

Duet Hip Hop routines - May not exceed 2 ½ minutes.   See Hip Hop description above.

Duet Step routines - May not exceed 2 ½ minutes.   See Step description above.

DIVISIONS/CATEGORY RULES

BOLD font: Please read these carefully as anything **bold** is a deliberate change to the guidelines.
TUMBLING AND TRICKS (Executed by individuals)

Tumbling and/or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling is allowed, but not required, in all divisions with the following limitations:
1. In Hip Hop ONLY airborne **tumbling** skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position.
(Exception: aerial cartwheels, round offs and dive rolls are allowed in all categories)
        a) **The allowed hip hop** tumbling skills with airborne hip over head rotation is limited to 2 connected skills. *(Example: Round-off, back handspring, back handspring is not allowed. Round-off back handspring kip up is allowed)*

2. Simultaneous tumbling over or under another tumbler is not allowed.

3. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hands or foot/feet in order to break the impact of the drop.

4. Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a Shushunova not permitted.

Allowed	**Not Allowed**
Forward/Backward Rolls	
Shoulder Rolls	Side Somi
Cartwheels	Layouts
Headstands	Shushunova
Handstands	Headsprings (without hand support)
Backbends	
Front/Back Walkovers	**Dive Rolls (in a layout position)**
Stalls	
Head spins	
Windmills/Flairs	
Kip up	
Dive Rolls (in a pike position)	
Round Off	
Headsprings with Hand Support	
Aerial Cartwheel	
Front/Back Handsprings *(in Hip Hop ONLY)*	
Front/Back Tucks (in Hip Hop ONLY)	
Series Backhandsprings (in Hip Hop ONLY)	

DANCE LIFTS, TRICKS AND PARTNERING (Executed as partners or groups)
Dance Lifts, Tricks and Partnering are permitted and are defined below:
Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s).
Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of "Supporting" dancer(s) and "Executing" dancer(s).
Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills.
        1. **Any Lifting/Supporting Dancer(s) who has primary weight of an Elevated/Executing Dancer** must maintain direct contact with the performance surface at all times.
        2. At least one Lifting/Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Elevated/Executing Dancer(s) **throughout the entire** Lift, Trick or Partnering skill. *(Exception: A dancer who is not prone can release contact below shoulder level [of the Lifting/Supporting dancer when standing upright].)*
        3. Jumping or leaping off a dancer above **hip level [of the Lifting/Supporting dancer when standing upright]** is allowed as long as there is hand/arm (Lifting/Supporting Dancer) to hand/arm/body (Elevated/Executing dancer) contact with a Lifting/Supporting Dancer throughout the skill.
                a. *A dancer may jump or leap off another below hip level* if the highest point of the skill does not elevate the Executing Dancer's hips above shoulder level of a standing dancer *[of the Lifting/Supporting dancer when standing upright]and the Executing Dancer is not prone or inverted.*
                b. *A dancer may step off another dancer.*
        4. Tossing a dancer is **only allowed if the highest point of the toss does not elevate the Executing Dancer's hips above shoulder level [of the Lifting/Supporting dancer when standing upright] and the Executing Dancer is not prone or inverted. When released the Executing Dancer cannot pass through an inverted position.**
        5. Swinging Lifts and Tricks are allowed provided the Elevated/Executing Dancer's body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.
        6. Hip over head **rotation** of the Elevated/Executing Dancer(s) may occur as long **as his/her shoulders do not exceed shoulder level [of the ifting/Supporting Dancer when standing upright].**
        7. **Vertical Inversions above shoulder level [of a standing dancer] must be supported by at least two Lifting/Supporting Dancers, who have hand to body contact throughout the inversion.**
        8. **Hand to hand vertical inversions are allowed as long as the shoulders of the Executing Dancer do not exceed shoulder level [of the ifting/Supporting Dancers when standing upright] and there are at least 2 Lifting/Supporting Dancers.**

PROPS
1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body. 2. Standing props are only allowed in the prop and production category. Any item that bears the weight of the participant is considered a standing prop. *(Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)*