

COMPETITIVE DANCE

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COMPETITIVE DANCE

IMPORTANT DATES AND DEADLINES

In season and Out of Season dates apply to all new programs.

2009-10

First Date Early Team Selection (5 days total-does not need to be consecutive)	Monday, Week 38	March 23
Last Date Early Team Selection	Saturday, Week 45	May 16
Out of Season Start Date	Monday, Week 48	June 1
Out of Season End Date	Saturday, Week 3	July 25
Dead Period (cannot practice or attend team camp)		July 26-Aug. 1
Final Team Selection/First Practice	Monday, Week 5	August 3
First Competition	Monday, Week 9	August 31
Substate competition completed (when implemented)	Saturday, Week 18	November 7
State Tournament	Saturday, Week 19	November 14
Season Ends (out-of-season rules begin)	Saturday, Week 19	November 14

2010-11

First Date Early Team Selection (5 days total-does not need to be consecutive)	Monday, Week 38	March 22
Last Date Early Team Selection	Saturday, Week 45	May 15
Out of Season Start Date	Monday, Week 48	May 31
Out of Season End Date	Saturday, Week 3	July 24
Dead Period (cannot practice or attend team camp)		July 25-31
Final Team Selection/First Practice	Monday, Week 5	August 2
First Competition	Monday, Week 9	August 30
Substate competition completed (when implemented)	Saturday, Week 18	November 6
State Tournament	Saturday, Week 19	November 13
Season Ends (out-of-season rules begin)	Saturday, Week 19	November 13

Practice

- All out-of-season rules apply when not in season.
- **In season rules apply – Monday, Week 5 through Saturday, Week 19.
- Practice period runs from Monday of Week 5 through Saturday of Week 8.
- Minimum number of team practices prior to first competition is 10 days of practice (excluding Sunday). This regulation does not apply to individuals.
- The actual start date of practice may be determined by each school within the above time limitations.

Competition Limitation

- Maximum number of contests permitted during regular season – Ten
- Minimum number of contests to be eligible for the State Tournament – Two
- All meets, regardless of number of teams in attendance, are considered one contest.

Definition of Competitive Dance and Performance Dance

- Competitive Dance is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of Week 5 and ends Saturday of Week 19.
- Performance Dance is not an SDHSAA recognized sport. It is a support activity that typically provides entertainment during breaks at competitive sports contests. Its main function is performance at SDHSAA events. Any other entities must be approved by the SDHSAA. The competitive dance coach/advisor may supervise the performance dance squad/team; however, the squad/team may NOT compete at any level. There is no restriction as to the number of performances.

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the Sportsmanship Section of the SDHSAA Athletic Handbook for policies and statements concerning the following items:

General Sports Objectives and Coaching Responsibility

Athletic Code of Ethics

Fundamentals of Sportsmanship

Code of Sport Ethics for Coaches

Racial Harassment, Violence and Taunting (See General Section)

2009-10 Dance Rules Changes

None this school year.

2009-10 South Dakota Rules Changes

1. Two inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45' X 45'.
2. Hip Hop Only: A tumbling skill that does not have flight will be allowed in Hip Hop only. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.
3. Music deduction – Allow a three second margin for human error before imposing a timing deduction.
4. Poms are not to be thrown, tossed to another person or stepped on. Handoffs remain acceptable.
5. No competitive cheer/dance team member may compete individually in the individual division or in small group outside of their team categories during the in-season competition.
6. The safety score sheet will reflect a 10 point deduction for unnecessary delay to the team that is not in the on-deck area when called. Rationale: Judges are rushed when doing safety checks and it prolongs and stalls the competition.
7. Uniforms – All team members must be dressed in the school issued, administrative approved, uniform that complies with the National Federation uniform guidelines. Uniforms must be like in color, but do not need to be identical. 5 points will be deducted per uniform violation.
8. Glitter hairspray is prohibited. Rationale: Safety issue-falls on floor and makes competitive/performance area slippery.
9. Only performing members of the dance team and their coach will be allowed in the on-deck area for competition. Others in the area will result in a 10 point deduction.
10. For a team to be disqualified, the judges must all agree that the offense is serious enough for disqualification. Any judge, safety or performance, may make a ruling for disqualification. Upon judges ruling for disqualification, they will inform the hosting Athletic Director and coaches prior to the awards ceremony to explain the disqualification. That school will not be allowed to compete the remainder of the day.

GENERAL INFORMATION

A. State Championship Sites and Dates

2009 Brandon All Classes November 14
2010 Yankton All Classes November 13

B. On-line Schedules and Rosters Due

Competition schedules and team rosters must be completed on the SDHSAA website form no later than September 1. These forms may be updated as the season progresses.

C. Classification and Alignments

NOTE: Classification for the 2009-2010 school year is according to the Average Daily Membership from the 2008-09 school year, grades 9-11.

The member schools of the South Dakota High School Activities Association are divided into three classes in the sport of basketball.

These shall be known as Class "B", "A" and "AA" as follows

Class AA	450.000 and above
Class A	449.999-90.000
Class B	89.999 and below

The Board of Directors will grant permission to any school to participate in a higher classification than their ADM (9-11) places them. If a school requests and is granted permission, they will remain in the higher classification for a two-year alignment period. At the end of the two years, they could exercise their option again if they so desire. If a school requests to move up in one activity they must move up one classification in all other activities that use the same classification formula. The SDHSAA must be notified by July 1.

When a coop is formed or if through consolidation, a current class “B” school moves up to Class “A”, the newly created Class “A” school will be immediately aligned into the nearest Class “A” district and region. There will be no movement in the Class “B” district(s)/region(s) until the next alignment period.

D. Contracts

According to Article VIII, Section 2 of the SDHSAA Constitution, all contests must be sanctioned by the Athletic director, Principal, or Superintendent of the schools involved. It is recommended that contest contracts, as furnished by the SDHSAA (located under the General Sport Information tab, forms GENERAL - #4 and GENERAL-#5), be used for all levels of competition including regular season contests, as well as tournaments, invitational, and double-headers, etc.

E. Eligibility

All participants shall be eligible under the constitution and By-laws of the SDHSAA. Eligibility lists must be submitted to the Association Office.

F. Coaching Requirements

2009-10 Competitive Season

The requirements for competitive cheer coaches are as follows:

- View on-line rules meeting (Annually)
- Take and pass on-line open book test (Annually)
- Successfully complete the AACCA (American Association for Cheerleading/Dance Coaches and Advisors) safety certification course in cheerleading/dance. (Certification good for 4 years)
- Spirit Program Management or Fundamentals of Coaching
- First Aid for Coaches (can be obtained on-line at www.nfhslearn.com)

Recommended courses:

- Condition and Stretching for Dance
- Dance Technique I

Schools must monitor the requirements of their dance coach the same as for other sports.

All head coaches must view the on-line rules meeting in their sport and pass the on-line open book test.

The Board of Directors has adopted the following penalty code for non-compliance of this policy:

A fine of \$50.00 will be assessed against the member school if the head coach fails to submit and pass the on-line open book test, or view the on-line rules meeting. If both the test and rules meeting are missed, the fine is \$75.00.

The above is being done in an attempt to improve knowledge of the rules among the high school coaches. Notification of testing dates and procedures will be sent to Athletic Directors of each school.

G. Judges

There is only one level for judges – registered.

Types of Judges Used During Dance Competitions

- Safety judges will be responsible to detect, record, and report rules violations committed during a team’s performance
- Performance judges will be responsible for evaluating and scoring the elements listed on the judging ballot.

Note: Both types of judges will be required at each competition.

Regular Season:

Note: See Judges’ Qualifications for registration and licensing guidelines

Judge Requirements:	Performance Judge	Safety Judge
Required Minimum (2 – 7 teams)	2	1
Required Minimum (8 or more teams)	3	1

H. Judge Qualifications

1. The following requirements must be met to be eligible for sub-state and/or state competition: View on-line the rules meeting for credit, take and pass the on-line open book test, complete a jamboree requirement every other year, (on years when jamboree is not offered, complete SDHSAA judges’ training and practice judge at two practice sessions with two other judges).
2. A judge not meeting the requirements will be placed on probation.
3. A judge placed on probation will not be eligible to judge at the state competition.
4. A judge must work a minimum of 2 competitions to be eligible to work the state competition.
5. All judges (safety and performance) will be registered with the SDHSAA.
6. Registration fee for judges will be the same as for all other state officials.

Three performance and 2 safety judges will evaluate performances at the state finals.

I. Rules Book

The National Federation Spirit Rule Book and SDHSAA Competitive Cheer Guidelines will be used for all SDHSAA competitions.

J. Divisions

Hip Hop

Jazz

Kick

Pom

Each school may enter one team per division.

An athlete may compete on more than one team.

All members of a competition team must be female.

K. Team Size

The number of participating teams members are as follows:

Small – 6-12

Large – 13-30

L. Competition Area

A wood or dance floor is required. Minimum floor space is 45' x 45'. The performance area at state competition is 45' x 45'. Two-inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45' x 45'.

Only coaches, performing members of the dance team, and officials are permitted in the competitive area.

M. Uniforms

All team members must be dressed in the school issued, administration approved, uniform that complies with the National Federation uniform guidelines. Uniforms must be like in color, but do not need to be identical. 5 points will be deducted per uniform violation. For further clarification, see the addendum at the end of this competitive dance section.

N. Injury

The host school is responsible for the availability of medical services in the same manner as at any other SDHSAA-sponsored activity hosted by the school. First aid and medical supplies should be made available in case of injury. The tournament director is responsible for emergency medical telephone numbers.

In an extreme instance when a dancer is injured or unable to continue the competition, a judge may make the decision to terminate the music and the competition by raising a red flag or card. The team will then immediately exit the floor. The next team in order of competition will be called to the floor. No scores will be recorded for the unfinished performance. The team with the terminated performance will be placed in the last competitive position of that class and must compete without the injured dancer.

When a participant is rendered unconscious or apparently unconscious, the participant must not be permitted to resume participation without written authorization from a physician (MD/DO).

When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment.

O. Performance Procedures

Teams will be called to the competitive area by the announcer prior to their performance. Three teams will be announced each time—"Performing", "On-Deck", and "In the Hole".

A 10 point "unnecessary delay" deduction will be taken if a team is not in the on-deck area when called. Once a team is called to the on-deck area, points will be deducted for various violations, such as, jewelry, hair, nails, glitter, etc.

ONLY PERFORMING MEMBERS OF THE DANCE TEAM AND THEIR COACH MAY BE IN THE "ON-DECK AREA" FOR COMPETITION OR 10 POINTS WILL BE DEDUCTED.

A practice/warm-up area should be made available. Schools should furnish their own equipment and music for use in the practice/warm-up area.

P. Performance Requirements:

Time

The length of the routine shall be a maximum of two minutes-thirty seconds (2:30). Teams may begin from any position on the floor and the time of the routine will begin with the first word, musical sound, or movement of any team member and will stop with the last word or movement of any team member.

Music

Cassette tapes/CD's of the music must be furnished by the participating schools, be production-quality, be well labeled, and be presented to the sound technician at the competition. Schools must have backup music available. Working with the sound technician, the coach or representative for the team is responsible for starting and stopping the music during the routine.

Time Infractions

Time infractions occur for overtime of competition and violation of length of music.

- 1-3 seconds over time warning
- 4-8 seconds over time 10 pts
- 9 or more seconds over time 20 pts

Coaches' Seating

A "VIP coaching section" will be provided during a team's performance. There must be coaching seats available for the team's designated coaches. Coaches will need to be seated in the VIP section or standing by the music sound system during competition (if they choose to put in music). Designated coaches must be wearing name badges to be in the VIP seating. Competitive teams not performing will need to be seated in the bleachers. There will be a 10 point team deduction for not being in the designated areas during the team's performance.

Routine Requirements

There will be four categories:

1. Hip Hop – Emphasis on execution, synchronization, body control, and rhythm. Jazzy style movements should be kept to a minimum. No props. No partner stunts. A tumbling skill that does not have flight will be allowed in Hip Hop only. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.
2. Jazz – Emphasis on jazz dance movements, flexibility, and technique. No more than 50% of the routine may be kick or kicklines. No props. No partner stunts.
3. Kick – Emphasis on extension, synchronization, precision, and technique. Must utilize kicks for at least 60% of the routine. A kick is defined as waist high or above. No props. No partner stunts.
4. Pom – Emphasis on synchronization and visual effect. Pom Poms must be used 80% of the routine. No props. No partner stunts. Poms are not to be thrown, tossed to another person or stepped on. Handoffs remain acceptable.

Definitions:

1. Props – a prop is defined as anything that you dance with that is not attached to your costume (gloves will be considered a prop). Hats are not considered a prop unless they are taken off and danced with.
2. Partner stunts – any position where the weight of a person is completely supported by another person.
3. Tumbling – executing more than one tumbling skill consecutively, or the same skill repetitively.

Q. Scoring

All competitions must use the SDHSAA Scoresheets.

- Hip Hop Performance Scoresheet
- Jazz Performance Scoresheet
- Kick Performance Scoresheet
- Pom Performance Scoresheet
- Technical/Safety Scoresheet

(Included at the end of this Athletic Handbook section.)

R. Disqualification procedure

For a team to be disqualified, the judges must all agree that the offense is serious enough for disqualification. Any judge, safety or performance, may make a ruling for disqualification. Upon judges ruling for disqualification, they will inform the hosting Athletic Director and coaches prior to the awards ceremony to explain the disqualification. That school will not be allowed to compete the remainder of the day.

S. School Approval Form

1. Schools are required to use the SDHSAA School Approval Form for entry into the state championship, as well as for regular season competitions.. (Included at the end of this Athletic Handbook section)
2. All facets of a performance or routine, including choreography, music selection, and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading and dance performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants, and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration of the school which the team represents.
3. Deductions or possible disqualification will be given for vulgar or suggestive choreography, which includes but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts, and positioning one another.
4. Deductions or possible disqualification will be given for music or word unsuitable for family listening, which includes but is not limited to, swear words and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions or disqualification will be made accordingly.

STATE CHAMPIONSHIP

A. Qualifying Regulations

Must compete in a minimum of 2 competitions during the regular season in order to qualify for the state tournament.

Sub-state competition will be determined by the number of participating schools.

B. Order of Competition

The SDHSAA will determine the order of competition for those teams that qualify.

C. Teams

Each school may enter one team per division. The performing dancers may be anyone on the SDHSAA eligibility report.

D. Judges

State Finals: Three performance and two safety judges will evaluate performances at the state finals. All judges must be registered and meet all requirements.

The SDHSAA will be responsible for securing judges for the state finals.

All decisions of the judges are final.

E. Awards

1. Plaques – 1st and 2nd place team plaques will be awarded in each division in the state finals.

- A team will compete against itself if it is the only team entered in a particular division. In order to receive the first place plaque, the team must earn 65% or better.

2. Medals – Individual medals will be awarded to the 1st and 2nd place team members and coach in each division.

3. Trophy – An overall champion in each class will receive a trophy.

- For the purpose of determining a state champion in each class, a school must compete in three of the four divisions. Three scores will be averaged to determine the state champion. If a team competes in four divisions, the lowest score is dropped.

F. Performance Requirements:

Time

The length of the routine shall be a maximum of two minutes-thirty seconds (2:30). Teams may begin from any position on the floor and the time of the routine will begin with the first word, musical sound, or movement of any team member and will stop with the last word or movement of any team member.

Music

Cassette tapes/CD's of the music must be furnished by the participating schools, be production-quality, be well labeled, and be presented to the sound technician at the competition. Schools must have backup music available. Working with the sound technician, the coach or representative for the team is responsible for starting and stopping the music during the routine.

Time Infractions

Time infractions occur for overtime of competition and violation of length of music.

- 1-3 seconds over time warning
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Coaches' Seating

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There will be four categories:

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2. Partner stunts – any position where the weight of a person is completely supported by another person.
3. Tumbling definition – executing more than one tumbling skill consecutively, or the same skill repetitively.

G. Scoring

All competitions must use the SDHSAA Scoresheets.

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- Jazz Performance Scoresheet
- Kick Performance Scoresheet
- Pom Performance Scoresheet
- Technical/Safety Scoresheet

(Included at the end of this Athletic Handbook section.)

H. Disqualification procedure

For a team to be disqualified, the judges must all agree that the offense is serious enough for disqualification. Any judge, safety or performance, may make a ruling for disqualification. Upon judges ruling for disqualification, they will inform the hosting Athletic Director and coaches prior to the awards ceremony to explain the disqualification. That team will not be allowed to compete the remainder of the day.

I. School Approval Form

1. Schools are required to use the SDHSAA School Approval Form for entry into the state championship. (Included at the end of this Athletic Handbook section)
2. All facets of a performance or routine, including choreography, music selection, and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading and dance performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants, and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration of the school which the team represents.
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4. Deductions or possible disqualification will be given for music or word unsuitable for family listening, which includes but is not limited to, swear words and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions or disqualification will be made accordingly.

J. State Championship Ticket Prices

Adult tickets: \$8.00
Student tickets: \$5.00

Proper student identification must be shown.

Tickets are for high school, junior high, middle school, and elementary students. (Grades 1-12)

Kindergarten and younger are admitted free.

There will be no refunds.

K. State Championship Passes

1. Passes will be issued for participants, student managers, and coaches as listed on the Team Roster and School Information Form on the SDHSAA website.
2. One bus driver pass and one trainer pass, if applicable (must be listed on Team Roster form)
3. Complimentary: 4 per school (mailed to school)
(for school personnel)
 - Participant, coach, student manager, bus driver, and trainer (if applicable) passes will be found in the coach packet at the State Championship.
 - Four complimentary passes will be sent directly to the school administration for distribution.

L. Expenses

Each school shall pay the entire expenses of the contestants at the State Championship per their local school policy. Schools will receive partial reimbursement by the SDHSAA. Please refer to the general section of the athletic handbook for an explanation for the amount to be reimbursed.

M. Recommended Dance Coach Uniform Rule

The SDHSAA reminds all coaches of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the importance of the game. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride, and respect. **Coaches are asked to dress**

appropriately (comfortable, but not sloppy; **NO hats, t-shirts, denim jeans or sweat pants**). Coaches are in the spotlight, not a fan in the stands. BOD action: April 2008.

N. Practice Time for State Tourney

Practice times will be on Friday evening. Call Randy Marso at Brandon Valley High School to set up a practice time. Schedule for competition will be posted on-line.

No warm-up on competitive mat on Saturday. Teams will rotate from practice gym to competitive area on announcer cues of "In the Hole," "On-Deck," and "Now-Performing."

O. Order of Competition for 2009-10

Nov. 14 – at Brandon Valley High School

9:00 a.m. start

Class A & B – Cheer and Dance

Afternoon

Class AA – Cheer and Dance

SUGGESTED GUIDELINES FOR HOSTING A TOURNAMENT

FACILITY

1. Cheer: must have mat (42' x 42' minimum) mat strips are vertical
2. Dance: must have wood or dance floor (45' x 45' minimum). Two inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45' X 45'.
3. Separate seating areas for fans vs. teams
4. Separate seating area for judges away from the crowd.
5. Provide monitors for in-the-hole and on-deck areas.
6. Don't host a competition if you can't provide adequate seating.
7. Microphone for MC.
8. Sound system that can play CD's and tapes.
9. If possible, provide a separate warm-up area.
10. A "VIP coaching section" will be provided during a team's performance. There must be coaching seats available for the team's designated coaches. Coaches will need to be seated in the VIP section or standing by the music sound system during competition (if they choose to put in music). Designated coaches must be wearing name badges to be in the VIP seating. Competitive teams not performing will need to be seated in the bleachers. There will be a 10 point team deduction for not being in the designated areas during the team's performance.

PERSONNEL (All working personnel should be high school graduates)

A. Tournament Director

1. Secure your facility.
2. Send out registration/info forms.
3. Send confirmation to teams upon receiving their registration.
4. Receipt any monies received.
5. Hold a coaches meeting prior to the competition.
6. If you have a safety judge, s/he should attend this meeting. All judges should attend this meeting.
7. Cover all pertinent information specific to your competition.
8. If a copier is available, hand out final standings listing scores of all participating teams. A separate column should reflect the total number of points deducted for safety violations.
9. Mail all score sheets out in a timely fashion after having made copies of all score sheets and tabulation sheets.
10. Keep all judge scratch sheets.
11. If possible, provide a 'light' hospitality area for coaches and for judges.
12. Arrange for national anthem to be played prior to competition. The Lakota Flag Song may be played as well.
13. Provide all scoresheets.

B. MC

1. Role – Welcome to the event and announce teams and results. Can make announcements between routines.
2. All comments made should be neutral.

C. Music Operator (provided at the discretion of hosting team)

1. Role is to show coaches how to operate the equipment.
2. Cheer: Music operator **is not** to play a team's music.
Dance: Music operator may play a team's music.
3. Music operator is allowed to play music between routines.

D. Timers

1. Cheer: Separate routine timer.
Separate music timer
Dance: May utilize safety judge as routine timer.

2. Host should supply timer sheets and stopwatches for timers.
3. Record all times, collect sheets and save.

E. Tabulators

1. Need one person (or more, pending size of competition)
2. Sit with judges.
3. Collect score sheets as soon as a team is judged.
4. Start tabulating as soon as you received score sheets.
5. All safety violations must be recorded and deducted on master score sheet.
6. Record individual judge's score on the master score sheet.
7. Record any time or mat deductions on the master score sheet.
8. List all teams and scores on a Final Results Sheet, along with a separate column tabulating total points deducted for safety violations.
 - Do not give score sheets back to judges once you put the total score on the master score sheet.
 - Recalculate all math before releasing final standings.

JUDGES

A. Securing judges

1. Must provide performance judges as per SDHSAA policy.
2. Must provide safety judge(s) as per SDHSAA policy.

B. Seating

1. Must seat judges away from fans (rope off the area, provide security to do what is necessary to keep fans away from judges)
2. To discourage conversation and provide privacy, please provide adequate spacing between judges.

C. Tabulations

1. Performance and safety judges are to submit their individual score sheets to the tabulator as soon as they complete scoring for each team.
2. Safety judges should hand their deduction sheets to the tabulator once each division has completed their competition.
3. Once the score sheet has been submitted to the tabulator, the judge will not see the score sheet again. (If the score sheet is incomplete, the tabulator may return the sheet for completion.) Judges must initial the scoresheets.
4. Judges are not to have any contact with the tabulator once the competition ends.

D. Responsibilities

1. Judges should not interact with team, coaches, or fans at any time, with the exception of the coaches' meeting.
2. Judges should not leave the facility until final tabulations are complete.

AACCA Addendum for Competitive Dance

South Dakota Dancer Readiness and Appearance

Uniforms

All team members must be dressed in the school-issued, administration approved uniform that complies with the National Federation uniform guidelines. Uniforms must be like in color, but do not need to be identical.

Apparel must be appropriate for the activity to minimize risk to the participants.

When standing at attention, apparel must cover the midriff.

Undergarments are recommended as follows:

- When wearing skirts and dresses, tights should be worn that either match the uniform or are flesh colored.
- Leotards that either match the uniform or are flesh colored should be worn under all uniforms

Wearing tights and a leotard provides modesty, support, helps with fast uniform changes, ensures the uniform presents a continuous line and will cover the midriff.

Shoes

Dance teams must wear appropriate dance shoes that cover the toes and entire sole of the foot. Exception: Pedini style dance shoes and others with heels of sufficient height to raise the bottom of the foot off floor.

Hair and Nails

Hair must be worn in a manner to minimize risk for participants. All hair must be pulled up so it does not touch the neck and face at all during any part of the routine. This includes bangs being pulled back from the face. Pony tails are not acceptable. Hair devices must be secure and appropriate for the activity. No glitter hairspray (SD rule 09-10).

Fingernails, including artificial nails, must be kept short, near the end of the fingers to minimize risk for participants.

Jewelry

Wearing “hard” jewelry is illegal except when such items are securely affixed to a costume or the hair. Religious or medical medals that are taped to the body under the apparel without a chain are permitted. Body piercings are considered “hard” jewelry and must be removed.

Performance Safety

Competition Area

A wood or dance floor is required. Minimum floor space is 45’ x 45’. The performance area at state competition is 45’ x 45.’ Two-inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45’ x 45’.

Spacing and Formations

To avoid injury or contact with another dancer, it is crucial that the spacing and formations be uniform throughout a routine. It is recommended that dancers use their peripheral vision to be aware of the space around them.

Gum and Candy

Participants are not permitted to chew gum or have candy in their mouths during any practice or performance. Dancers should guard against having gum anywhere near the performance floor.

Dance Technique

Basic Jazz Technique

Jazz style is represented with technical skills and flexibility. A team may choose their overall stylistic preferences. Examples may include: lyrical, contemporary or Broadway styles. Proper technique is always important.

- A jazz routine includes a showcase of flexibility through the use of splits, leaps, heel stretches and extensions
- A jazz routine includes appropriate use of the performance floor space.
- The technique in the routine should be displayed uniformly by the entire team rather than a select few.
- Level changes, transitions and creative combinations are extremely important.
- Expressive musical interpretation is the backbone of a good jazz routine.

Basic Hip Hop Technique

Hip hop style utilizes a low, wide center of gravity. An example would be the use of a wide second parallel position. A deep plié allows the dancer to drop their weight into the floor to aid in the low center of gravity. Tricks and stalls should be incorporated into the routine. One example of a stall is a scorpion. Care should be taken to ensure that music and movements selected for the hip hop routine are appropriate for family audiences.

Basic High Kick Technique

The following should be followed in High Kick Routines:

- Hands should be in “blades” - avoid thumbs sticking out.
- Hook Up – Right hand rests on top of shoulder; left hand underneath shoulder blades.
- Support your own body weight – avoid leaning or pushing down on your neighbor.
- Prep with feet together in plié.
- Point toes and extend the line of the leg.
- Keep knee and toe in alignment – shoelaces pointed upward.
- Keep legs straight – kick at least 90° or higher to increase flexibility.
- Chin (not just eyes) up, shoulders back and relaxed.
- Back straight.
- Abdominals lifted.

Basic Pom Technique

The following should be followed in Pom Routines:

- Thumbs are wrapped on the outside of each fist – no thumbs sticking out.
- Squeeze the fist as tightly as possible for power and strength.
- Elbows locked and straight, but not over-extended.
- Do not hyperextend motions.
- Focus and precision and sharpness of each motion.
- Deep fists in line with the wrists and elbows – do not break them.

Conditioning and Stretching

The benefits of stretching

- It improves posture
- It reduces the chance of injury
- It aids with extension and the range of motion
- It accelerates the team through the dance progression levels
- It can increase physical and mental relaxation.

Proper Stretching

The most effective stretching results are obtained through sustained holding and breathing through stretches. Avoid ballistic pulsing, bouncing or jerking.

Partner Stretches

Partner stretches are a good example of ways dancers can make improving their flexibility both fun and enjoyable. During a partner stretch, it is important to communicate between partners about how the stretch is feeling

Flexibility

Good flexibility is crucial to minimize injury and maximize optimal performance level. A good way to monitor your team's flexibility is by noting how completely they can execute the splits.

The Benefits of Strengthening the Body

- Improving turn technique
- Improving leap/jump technique
- Improving your pom technique
- Aids in muscular strength, muscular endurance and cardiovascular endurance
- Can turn a good team into a versatile team

Strengthening the Upper Body

- Helps with overall pom technique
- Helps with placement, strength, power and punch
- Aids in control of arm movements

Strengthening the Core

All movement initiates from the center of the body. Sit-ups are one of the most effective ways to strengthen the body without the use of free weights or machines. To execute a proper sit up, a dancer should:

- Exhale during the crunch
- Contract the abdominal muscles
- Resist going down after the crunch
- AVOID pulling on the neck and head

The plank position is another great example of an exercise you can do to increase muscle endurance and strength of the abdominal muscles.

Foot and Ankle Strengthening

You can target foot and ankle strength by doing the following exercises:

- Ankle rolls
- Using a towel and curling the toes
- Releve exercises

Strengthening your team

The following are ways to monitor your dancers' conditioning strengths and weaknesses

- Keeping a conditioning log of your dance team members
- Setting measurable goals
- Assessing individual dancer's strengths and weaknesses

As always, listening to the body is important. If a dancer tells you something hurts, they should stop.

Dance Progressions

Turns

Beginning Turns

- Chaîné
- Pencil
- Single Piqué
- Single Pirouette (look for high, attached, pointed foot with clean start and finish)

Intermediate Turns

- Soutenous
- Any double rotation
 - Double pirouette
 - Double piqué
- Tour en l'air
- Détourné

Advanced Turns

- Changing spot with any turn
- Fouetté turns
- À la seconde turns
- Attitude turns
-

- Illusion
- Any triple or greater rotation

Jumps

Beginning Jumps

- Star, Eagle
- Tuck

Intermediate Jumps

- Toe Touch/Russian
- Pitch Jump
- Split Jump
- C Jump
- Firebird
- Sissone
- Double Attitude Jump

Advanced Jumps

- Any turning jump

Leaps

Beginning Leaps

- Grande Jeté (split leap)

Intermediate Leaps

- Side leap (in seconde)
- Front Switch leap
- Attitude leap (back or double)
- Stag Leap (thru passé)
- Axle turn
- Tour Jeté

Advanced Leaps

- Switch Side
- Switch Open
- Turning Switch
- Opposition Leap (Battement through)
- Calypso (back attitude with arch)

Kicks (Grand Battement)

Types of Kicks

- Snap/Flick Kick
- Can-can Kick (knee lift first)
- Hitch Kick
- Fan Kick
- Around the World

Kicks vary in height

- Hip
- Waist
- Chin
- Forehead
- 90°

Directionality

- Front
- Back
- Side
- Diagonal

QUESTION & ANSWERS FOR CHEER AND DANCE

Question: If a team is participating in the high school competitive cheer and/or dance program, can they compete against teams that are not part of the program (those that are still high school teams but did not choose to participate in the HS competitive season)?

Answer: No.

Question: Can a competitive cheer or dance team participate in a high school pep assembly after the season is over?

Answer: Yes

Question: What is the difference between competitive cheer and sideline cheer?

Answer: *Competitive Cheer* is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 19.

Sideline Cheer is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA. The competitive cheer coach may coach/advise a sideline cheer squad/team; however, the squad/team may NOT compete at any level.

Question: What is the difference between competitive dance and performance dance?

Answer: *Competitive Dance* is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 19.

Performance Dance is not an SDHSAA recognized sport. It is a support activity that typically provides entertainment during breaks at competitive sports contests. Its main function is performance. The competitive dance coach/advisor may supervise the performance dance squad/team; however, the squad/team may NOT compete at any level. There is no restriction as to the number of performances.

Question: When the competitive cheer season is over, may the competitive cheer coach also be the sideline coach and the competitive dance coach also be the performance dance coach?

Answer: Yes.

Question: What restrictions are placed on the coaches during the sideline cheer season and the performance dance season?

Answer: The competitive cheer and competitive dance coach may work with the girls in sideline cheer and performance dance only. There are no restrictions as to the number of contacts however there can be no competition for the sideline cheerleaders or the performance dancers.

Question: What restrictions are placed on the cheerleaders and dancers during the sideline cheer season and the performance dance season?

Answer: The cheerleaders may only cheer at athletic contests and the performance dancers may only perform at a school athletic contest or perform at some event with SDHSAA approval. Absolutely no competition representing the school following the competitive school season.

Question: Could a cheerleader or dancer compete for an outside entity such as a spirit club?

Answer: Yes, a cheerleader or dancer could be a member of an outside spirit group and compete representing the club and NOT the school following the high school competitive cheer or high school competitive dance season. The club team would be limited to 3 members from the same school for cheer, and 5 members from the same school for dance. Competitive cheerleaders and dancers may compete ONLY for the high school team during the high school season. During the high school season, they may take lessons with a studio or spirit club. Following the high school competitive cheer or competitive dance season, cheerleaders or dancers may then, and only then, compete for a studio or club team with the limited numbers from the squad. During this out of season time, all high school competitive members must follow the SDHSAA out of season rules.

Question: Can a coach of a competitive cheer or dance team take their team to a competition during the months of December through May?

Answer: No. There can be no team competition after the season is completed during the school year. A coach is limited to that 4 contacts during the months of June and July with their cheer or dance squads.

10. **Question:** Can a coach who manages an outside entity or club, coach his/her athletes at the club during the school year "out of season" time period?

Answer: Yes, however, the manager of the club would have to follow the club guidelines as to only being able to work with 3 members of his/her competitive squad for cheer and limited to 5 members of his/her competitive squad for dance at a time.

2009 SDHSAA SCHOOL APPROVAL FORM

Uniforms-Choreography-Music

Uniforms, choreography, and music for each competitive cheer and/or competitive dance team must be school approved. **This form must be completed and each school must have it on file prior to the team's first competition.** If any questions arise at any competition regarding uniforms, choreography, or music, the school should use this form to satisfy those questions.

School _____ Class _____

Competitive Cheer

- Stunting/Tumbling
- Stunting/Non-tumbling
- Non-stunting

Competitive Dance

- Pom
- Jazz
- Kick
- Hip Hop

We, the coach and school administration representative, (principal, athletic director or superintendent) have reviewed the cheer and/or dance routine and approve the uniforms, choreography and music which will be used during competition.

It is suitable for family viewing and meets our community standards.

Coach _____
(signature)

Administrative Representative _____
(signature & title)

Date _____

This form must be on file at the school prior to the team's first competition.

**This form must also be submitted to the SDHSAA
along with the State Entry Form by October 5, 2009.**

SDHSAA Notification of Entry for Competitive Dance State Championship

(Due on or before October 5, 2009)

School _____ Class _____

Please indicate below whether or not you will be competing for the State Competitive Dance Championship, as well as division and team size.

We will compete for the State Competitive Dance Championship.

Small Team Size

- Pom
- Jazz
- Kick
- Hip Hop

Large Team Size

- Pom
- Jazz
- Kick
- Hip Hop

Name of Dance Coach: _____

Dance Coach Email: _____

Person completing this report: _____

Date: _____

SDHSAA Cheer/Dance Competition Technical/Safety Score Sheet

School: _____

AA A B
Circle One

Division: _____

Small Large
Circle One

Infractions	Points	Location of Violation (stage left)	Explanation/ Rule Ref.	Deductions
Unnecessary Delay Team is expected to be in the On-Deck Area when announced	10 points			
Fingernails/jewelry, hair; glitter, etc. NO GLITTER HAIRSPRAY	15 points each occurrence			
Improper uniforms Illegal bracers/supports/casts/undergarments	5 points each occurrence			
Boundary violation	5 points each occurrence	____ Left ____ Right ____ Front ____ Back		
Illegal use of signs, poms, etc. Thrown or stepped on	10 points each occurrence	____ L ____ C ____ R		
Safety violations				
– Incorrect/Illegal skill performed	10 points each occurrence	____ L ____ C ____ R		
– Incorrect/Illegal/Inattentive spotting				
– Illegal braces/supports/posts				
Major falls to the floor:				
From a stunt:	5 points	____ L ____ C ____ R		
Tumbling:				
Fall/Land on knees or any other body part	5 points	____ L ____ C ____ R		
Touching hands down after skill execution	3 points	____ L ____ C ____ R		
Obvious recovery, hop, major step to recover	1 point	____ L ____ C ____ R		
Motion/Transitions:				
Tripping or colliding with other team members	1 point	____ L ____ C ____ R		
Time infractions for music (allowed 1:15)				
1-3 seconds over time	WARNING 10 points 20 points			
4-8 seconds over time				
9 or more seconds over time				
Time infractions for entire routine (allowed 2:30)				
1-3 seconds over time	WARNING 10 points 20 points			
4-8 seconds over time				
9 or more seconds over time				
Deliberate disruptive behavior – including taunting	5 points minimum	____ L ____ C ____ R		
Unacceptable conduct – being disrespectful (profanity not directed towards someone, etc.)	Team DQ from day of competition			
Unsportsmanlike conduct; vulgar or suggestive choreography, unsuitable music or outfitting, using profanity – must be suitable for family viewing and listening	Team DQ from day of competition			
Total Deductions:				

SDHSAA COMPETITIVE DANCE TEAM HIP HOP PERFORMANCE SCORESHEET

School: _____

AA A B
Circle One

Division: _____

Small Large
Circle One

CATEGORY SPECIFIC CRITERIA:	25 Points
Hip Hop style is dominant throughout routine	5
Tricks & stalls are incorporated in the routine	5
Team utilizes a low center of gravity	5
Overall Impression of Hip Hop Routine	10

CHOREOGRAPHY:	20 Points
Variety of Creative Combinations	5
No Errors in Judgment: Appropriate, Safe	5
Level Changes, Floor Space, & Transitions	5
Musical Interpretation	5

DEGREE OF DIFFICULTY/TECHNIQUE:	20 Points
Level of Difficulty in Choreography	5
Formations & Transitions Require Skill	5
Variety, # & Distribution of Technical Skills	5
Technique displayed by Entire Team	5

EXECUTION:	20 Points
Placement, Precision & Control of Movements	5
Uniform Style Displayed by Entire Team	5
Correct Spacing in Formations	5
Execution of Technical Skills	5

PRESENTATION:	15 Points
Energy: All dancers are at performance level	5
Stamina: Routine appears effortless	5
Projection, Poise & Confidence	5

TOTAL POINTS (100 Possible)	
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COMMENTS: Category Specific Criteria
COMMENTS: Choreography
COMMENTS: Degree of Difficulty/Technique
COMMENTS: Execution
COMMENTS: Presentation

SDHSAA COMPETITIVE DANCE TEAM JAZZ PERFORMANCE SCORESHEET

School: _____

AA A B
Circle One

Division: _____ Small Large
Circle One

CATEGORY SPECIFIC CRITERIA:	25 Points
Jazz style is dominant throughout routine	5
Broad utilization of technical skills at appropriate level of difficulty	5
Flexibility moves are utilized within the routine	5
Overall Impression of Jazz Routine	10

CHOREOGRAPHY:	20 Points
Variety of Creative Combinations	5
No Errors in Judgment: Appropriate, Safe	5
Level Changes, Floor Space, & Transitions	5
Musical Interpretation	5

DEGREE OF DIFFICULTY/TECHNIQUE:	20 Points
Level of Difficulty in Choreography	5
Formations & Transitions Require Skill	5
Variety, # & Distribution of Technical Skills	5
Technique displayed by Entire Team	5

EXECUTION:	20 Points
Placement, Precision & Control of Movements	5
Uniform Style Displayed by Entire Team	5
Correct Spacing in Formations	5
Execution of Technical Skills	5

PRESENTATION:	15 Points
Energy: All dancers are at performance level	5
Stamina: Routine appears effortless	5
Projection, Poise & Confidence	5

TOTAL POINTS (100 Possible)	
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COMMENTS: Category Specific Criteria
COMMENTS: Choreography
COMMENTS: Degree of Difficulty/Technique
COMMENTS: Execution
COMMENTS: Presentation

SDHSAA COMPETITIVE DANCE TEAM KICK PERFORMANCE SCORESHEET

School: _____

AA A B
Circle One

Division: _____ Small Large
Circle One

CATEGORY SPECIFIC CRITERIA:	25 Points
Kicks require skill and effort	5
Upper Body (back straight, arms controlled and consistent)	5
Lower Body (toes pointed, feet together on preps, legs are straight)	5
Overall Impression of Kick Routine	10

CHOREOGRAPHY:	20 Points
Variety of Creative Combinations	5
No Errors in Judgment: Appropriate, Safe	5
Level Changes, Floor Space, & Transitions	5
Musical Interpretation	5

DEGREE OF DIFFICULTY/TECHNIQUE:	20 Points
Level of Difficulty in Choreography	5
Formations & Transitions Require Skill	5
Variety, # & Distribution of Technical Skills	5
Technique displayed by Entire Team	5

EXECUTION:	20 Points
Placement, Precision & Control of Movements	5
Uniform Style Displayed by Entire Team	5
Correct Spacing in Formations	5
Execution of Technical Skills	5

PRESENTATION:	15 Points
Energy: All dancers are at performance level	5
Stamina: Routine appears effortless	5
Projection, Poise & Confidence	5

TOTAL POINTS (100 Possible)	
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COMMENTS: Category Specific Criteria
COMMENTS: Choreography
COMMENTS: Degree of Difficulty/Technique
COMMENTS: Execution
COMMENTS: Presentation

SDHSAA COMPETITIVE DANCE TEAM POM PERFORMANCE SCORESHEET

School: _____

AA A B
Circle One

Division: _____ Small Large
Circle One

CATEGORY SPECIFIC CRITERIA:	25 Points
Poms are the focal point of the dance	5
Poms are utilized for full visual effect, more than an extension of the arm	5
Poms are used consistently throughout the team	5
Overall Impression of Pom Routine	10

CHOREOGRAPHY:	20 Points
Variety of Creative Combinations	5
No Errors in Judgment: Appropriate, Safe	5
Level Changes, Floor Space, & Transitions	5
Musical Interpretation	5

DEGREE OF DIFFICULTY/TECHNIQUE:	20 Points
Level of Difficulty in Choreography	5
Formations & Transitions Require Skill	5
Variety, # & Distribution of Technical Skills	5
Technique displayed by Entire Team	5

EXECUTION:	20 Points
Placement, Precision & Control of Movements	5
Uniform Style Displayed by Entire Team	5
Correct Spacing in Formations	5
Execution of Technical Skills	5

PRESENTATION:	15 Points
Energy: All dancers are at performance level	5
Stamina: Routine appears effortless	5
Projection, Poise & Confidence	5

TOTAL POINTS (100 Possible)	
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COMMENTS: Category Specific Criteria
COMMENTS: Choreography
COMMENTS: Degree of Difficulty/Technique
COMMENTS: Execution
COMMENTS: Presentation