

COMPETITIVE DANCE

Table of Contents

(click on an item to jump directly to that section)

IMPORTANT DATES AND DEADLINES	2
NFHS Competitive Dance Rules Changes	3
South Dakota Rules Changes	3
South Dakota Modifications	3
GENERAL INFORMATION	
State Championship Sites and Dates	4
On-line Schedules and Rosters Due	4
Classification and Alignments	4
Contracts	4
Eligibility	4
Coaching Requirements	4
Coaches Must Meet SDHSAA Educational Requirements	4
Judges	4,5
Judge Qualifications	5
Rules Book	5
Categories	5
Team Size	5
Competition Area	5
Uniforms	5,6
Injury	6
Performance Procedures & Performance Ready	6
Performance Requirements	6,7
Scoring	7
Disqualification Procedure	7
School Approval Form	7
Inquiry Process	7
ORDER OF COMPETITION FOR COMPETITIVE CHEER AND DANCE COMPETITIONS	8
STATE CHAMPIONSHIP	
Qualifying Regulations	8
Entry Form	8
Order of Competition	8
Teams	8
Determining a Champion	8
Tie-Breaking Procedure	8
Awards	8
Judges	8
State Championship Ticket Prices	8,9
State Championship Passes	9
Expenses	9
Recommended Dance Coach Uniform Rule	9
Practice Time for State Tourney	9
Order of Competition for 2024-2025	9
SUGGESTED GUIDELINES FOR HOSTING A COMPETITION	9,10,11
ADDENDUM FOR COMPETITIVE DANCE	11,12
QUESTIONS & ANSWERS FOR CHEER AND DANCE	12,13
SDHSAA School Approval Form	SDHSAA website under forms
Disqualification Procedure	SDHSAA website under forms
SDHSAA Entry for Competitive Dance State Championship	Bound website
FORMS (all forms can be found on the Competitive Dance page of the SDHSAA website)	
SDHSAA Cheer and Dance Competition Technical/Safety Scoresheet	
SDHSAA Competitive Dance Team Performance Scoresheets (Hip Hop, Jazz, Pom)	
SDHSAA Dance Rubric	

COMPETITIVE DANCE

IMPORTANT DATES AND DEADLINES

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

	Day/Week	2024-2025 (Roll Back Year)	2025-2026	2026-2027
First Date Early Team Selection (5 days total- does not need to be consecutive)	Monday, Wk. 38	March 18, 2024	March 24, 2025	March 23, 2026
Last Date Early Team Selection		July 31	July 31	July 31
First Practice	Monday, Wk. 5	August 5	August 4	August 3
First Competition	Monday, Wk. 8	August 26	August 25	August 24
Sub-state competition completed (when implemented)	Saturday, Wk. 15	October 19	October 18	October 17
State Championship Class A	Friday, Wk. 16	October 25 Rapid City	October 24 Watertown	October 23 Rapid City
State Championship Class AA	Saturday, Wk. 16	October 26 Rapid City	October 25 Watertown	October 24 Rapid City
**Season Ends	Saturday, Wk. 16	October 26	October 25	October 24
Summer Moratorium		July 1-7	July 1-7	July 1-7
Winter Moratorium		December 23-26	December 23-26	December 23-26

Practice

- In season rules apply – Monday, Week 5 through Saturday, Week 16.
- All out-of-season rules apply when not in season.
- **Out-of season is defined as that period of time after a team or individual has been eliminated from further competition during the championship series of region-state tournaments/meets and continues until the first allowable date that the next regular season may begin
- Practice period runs from Monday of Week 5 through Saturday of Week 7.
- Minimum number of team practices prior to first competition is 5 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 16.
- 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)

2024-2025 Spirit Rules Changes

Rule 1	The definition of jewelry was added for clarification.
3-2-10	New language added to Rule 3 to permit a top person in a T-lift to move over a participant in a nugget position.
3-3-5c/d	New language added to clarify a bracer may release the top person or move to a load position during a flip inversion when the top is descending and goes to a cradle.
3-3-6c3	Permits an inverted top person to be moved to the performing surface.
3-5-5	Separates and clarifies braced and non-braced releases to make it easier to locate.
3-5-6	New language added to permit stunts to be released to or from a vertical piked/seated position to a stunt at any level.
3-7-2	Removed requirement of a spotter on dismounts to the performing surface from prep level or above.
3-8-2	New language added to permit soft props to be held during airborne tumbling.
3-10	Several items have been moved from 2-1, 3-1, and 4-1 to align prop rules and provide clarity on the use of props.
4-1-3	Expanded the exceptions for footwear during airborne tumbling to allow for kip ups and headsprings.
4-4-8	Deleted rules that were redundant.
4-4-10	Deleted rules that were redundant.
4-4-11	Deleted rules that were redundant.
4-5-3	Prohibits non-braced release skills.
4-10	Several items have been moved from 2-1, 3-1, and 4-1 to align prop rules and provide clarity on the use of props.

2024-25 South Dakota Changes/Clarifications/Reminders

- Change to safety score sheet.**
- Uniform must cover midriff and anything below bra line while standing at attention before dance starts. Body tights cannot be a substitute for the sheer material. If wearing sheer material across the front of the midriff, there must be two layers, one of which is not a nude color. A nude leo may be used to cover areas below the bra line on the back of the midriff. Wearing tights and a leotard provides modesty, support, helps with fast uniform changes, and ensures the uniform presents a continuous line and will cover the midriff.
The front of the midriff and the back of the midriff are divided by the arms when the arms are directly by the dancer's side.
- Reduce the penalty for an illegal dance move on the safety score sheet from ten points to one point.
- Safety Scoresheet adjustments for Improper Uniform/Accessory deductions. This will now be a one point deduction instead of five points per occurrence for uniforms.
- The following tumbling skills will be allowed: cartwheels, round offs, aerials (front and side with bent or straight legs), front and back handsprings as long as the feet or hands land first. Any flipping movement that takes off or lands on two feet are illegal with the exception of round offs, front and back handsprings. Front and back tucks are illegal. Tumbling passes that connect different or same skills remain illegal. A tumbling series is defined as executing more than one tumbling skill repetitively and is not allowed. Illegal examples include, but are not limited to a cartwheel followed by a round-off or two cartwheels.
- Limit the Number of Dance Routines: Limit the number of dance routines to any two styles of routines for all competitions. The two routine scores will be averaged to determine the Grand Champion for Dance. (Pom does not have to be one of the routines performed)
- Bases of a t-lift may walk only. Must have two bases for each (one) person lifted.
- Inquiry Process: Upon completion of each routine, the safety judge will meet with a designated coach in front of the judges table to inform coach of any safety violations. A brief explanation will be shared with the coach. If conference becomes confrontational, an unsporting deduction may be assessed.

South Dakota Modifications

- No glitter hairspray is allowed.
- A head judge will be designated for both cheer and dance. Judges scores for low to high shall be no more than 10 points.

GENERAL INFORMATION

A. State Championship Sites and Dates

2024	Rapid City	Class A	October 25
2024	Rapid City	Class AA	October 26
2025	Watertown	Class A	October 24
2025	Watertown	Class AA	October 25
2026	Rapid City	Class A	October 23
2026	Rapid City	Class AA	October 24

NOTE: CLASS A AND AA CHAMPIONSHIPS LIVE ON SDPB.

B. On-line Schedules and Rosters Due

Competition schedules and team rosters must be completed in Bound no later than September 1. These forms may be updated as the season progresses.

Online Schedule Due	Online Roster Due
September 1	September 1

C. Classification and Alignments

Schools will be classified according to Average Daily Membership figures from the most recent classification cycle. Squads with an ADM of 450 and above shall participate in Class 'AA' dance, while squads whose ADM's are below 450 will participate in Class 'A' dance.

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.

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 on its website (under Forms – Athletic Forms – Officials & Game Contracts) 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

The requirements for competitive dance coaches are as follows:

- View on-line rules meeting (Annually)
- Take and pass on-line open book test (Annually)

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. Coaches Must Meet SDHSAA Educational Requirements

All the athletic coaches in member schools, head or assistant, paid or volunteer, must meet the education requirements set forth by the SDHSAA prior to starting any coaching assignment.

NOTE: See Coaches Education Program on website under the Athletics tab for SDHSAA Coaches Education Program.

H. 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:

During the regular season, judges will be determined by the host management based on the size of the meet.

Note: See Judges' Qualifications for registration and licensing guidelines.

Judge Requirements:	Performance Judge	Safety Judge
Cheer Performance minimum -2	2-3	2
Dance Performance minimum- 2	2-3 (Recommend 3 for larger meets)	1-2

I. 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 when offered. In years when a jamboree is not offered, complete SDHSAA judges' training and practice judge at one practice session 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) must be registered with the SDHSAA.
- Four performance judges and 1 safety judge will evaluate performances at the state finals.

J. Rules Book

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

See USA Cheer Safety & Risk Management Course Addendum located at the end of this competitive dance section.

K. Categories

Hip Hop
Jazz
Pom

Levels of Competition:

Varsity

- Each school may enter one team per category during a varsity competition.
- All teams will be scored and placed in their level of competition. (JV or varsity)
- An athlete may compete in more than one category.

JV Competition

- A host school MAY offer a JV division during regular season competition.
- If a JV division is offered at the varsity competition, schools may have one team in each category and in each level (varsity and JV), however, team members may only compete at one level per category.
- All teams will be scored and placed in their level of competition. (JV or varsity)
- An athlete is limited to competing three times per day regardless of the level of competition.

L. Team Size

The number of participating teams members are as follows:

Class A and AA squad size: one size squad 6-26

If the number of competitors falls below the number required to compete in that division **due to injury or illness**, the team will be allowed to compete in the division they have entered without penalty. Written documentation needs to be supplied to the meet manager.

M. 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.

N. 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.
- Length of skirt shall be no longer than mid-calf.
- 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
- Any uniform worn in competition where the midriff and skin is showing below the bra-line, a leo or body tight must be worn to cover the exposed area.
- Uniform must cover midriff and anything below bra line while standing at attention before dance starts. Body tights cannot be a substitute for the sheer material. If wearing sheer material across the front of the midriff, there must be two layers, one of which is not a nude color.
- A nude leo may be used to cover areas below the bra line on the back of the midriff.

- Wearing tights and a leotard provides modesty, support, helps with fast uniform changes, and ensures the uniform presents a continuous line and will cover the midriff.
- The front of the midriff and the back of the midriff are divided by the arms when the arms are directly by the dancer's side.
- Glitter hairspray is prohibited.
- 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 or complimentary in color, but do not need to be identical. 1 point will be deducted per uniform violation. For further clarification, see the addendum at the end of this competitive dance section, particularly the midriff section.

O. Injury

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.

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion in the Spirit Rules Book).

COMMENT: Clarification from NFHS Sports Medicine Advisory Committee for all NFHS rules books.

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.

P. Performance Procedures & Performance Ready

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". Teams must be performance ready once they step onto the competitive floor to avoid deductions. 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.

During regular season, it is recommended that a warm-up area be provided and equipped with an adequate hardwood floor. Schools should furnish their own equipment and music for use in the practice/warm-up area.

Q. Performance Requirements

Time

The length of the dance routines shall be a minimum of one minute-thirty seconds (1:30) to 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

I-pods and auxiliary cords are the general means of music to be used at competitions. Coaches need to record music at a high level. 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. If there is a music issue, the meet director/sound technician should report to the judges the music issue, no deduction would be taken for a technical issue.

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 5 pts
- 9 or more seconds over time 10 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. Only coaches listed on each specific team roster are allowed in the VIP seating. Said 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.

Categories of Dance

There are three categories:

1. Jazz – Emphasis on jazz dance movements, flexibility, and technique. No more than 50% of the routine may be kick or kicklines. No props.

2. Pom – Emphasis on synchronization and visual effect. Pom Poms must be used 80% of the routine. No props.
3. Hip Hop – Emphasis on execution, synchronization, body control, and rhythm. Jazzy style movements should be kept to a minimum. No props.

In all categories of dance:

- Basic t-lifts may be used, with leg variations allowed as long as top person remains vertical. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted. No other partner stunts are allowed.
- The following tumbling skills will be allowed: cartwheels, round offs, aerials (front and side with bent or straight legs), front and back handsprings as long as the feet or hands land first. Any flipping movement that takes off or lands on two feet are illegal with the exception of round offs, front and back handsprings. Front and back tucks are illegal. Tumbling passes that connect different or same skills remain illegal.
- A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples include but are not limited to a cartwheel followed by a round-off or two cartwheels.

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 series – executing more than one tumbling skill consecutively, or the same skill repetitively.
4. Collision: The unintended contact with another dancer that causes their balance to be compromised and disrupts the intended choreography.

R. Scoring (Score sheets can be found on the Competitive Dance page of the SDHSAA website)

All competitions must use the SDHSAA Scoresheets.

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

S. Disqualification procedure

For a team to be disqualified, all judges must agree that the offense is serious enough for disqualification. Any judge, safety or performance, may make a ruling for disqualification. Upon judge's ruling for disqualification, judges will inform the hosting Athletic Director and coaches prior to the awards ceremony to explain the disqualification. Judges must fill out the disqualification form and send it to the SDHSAA office explaining the circumstances surrounding the disqualification. SDHSAA will then contact the school to ensure knowledge and reason for the disqualification. That school will not be allowed to compete the remainder of the day

T. School Approval Form

1. Schools are required to have on file the School Approval form prior to the team's first competition. This form does not need to be sent to the SDHSAA, the form simply needs to be on file at your school. The approval form can be found under Forms – Athletics – Competitive Dance on the SDHSAA website.
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, 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.

U. Inquiry Process

Upon completion of each routine, the safety judges will meet with the designated coach, in an area off to side of performance judges, to inform the coach of any major safety violations. A brief explanation will be shared with the coach. If the conference becomes confrontational, an unsporting deduction may be assessed.

ORDER OF COMPETITION FOR COMPETITIVE CHEER AND DANCE COMPETITIONS

All levels of competition during the regular season and State Competition will utilize the following order of competition.

Class A:

<u>Cheer</u>	<u>Dance</u>
Small Stunting/Tumbling	Hip Hop
Large Stunting/Tumbling	Jazz
	Pom

Class AA:

<u>Cheer</u>	<u>Dance</u>
Stunting/Tumbling	Hip Hop
	Jazz
	Pom

Note: Cheer and Dance routines may be alternated, but shall be run in the above order of categories.

STATE CHAMPIONSHIP

A. Qualifying Regulations

Teams must compete in a minimum of 2 competitions during the regular season to be eligible for state competition. Sub-state competition will be determined by the number of participating schools.

B. Entry Form

Entries for the state competition will be completed within Bound. Log in to your dashboard, under Forms – Competitive Dance to submit entries. Entries must be completed no later than noon October 10.

Class A and Class AA teams will compete in two of the three dance styles to be eligible for Grand Champion. Those two scores will be averaged to determine the Grand Champion.

C. Order of Competition

The SDHSAA will utilize the rotation noted previously for the order in which the categories will be performed. The order of competition will be randomly drawn by the SDHSAA for each category.

D. Teams

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

E. Determining a Champion

Class A and Class AA Championship: Teams in each class must compete in two of the three dance styles to be considered for Grand Champion. The two category scores will be averaged to determine the Grand Champion. There will be a Class A Grand Champion and a Class AA Grand Champion.

F. Tie-Breaking Procedure

Should a tie occur for the overall championship placement of teams, the following criteria will be used sequentially to break the tie:

1. The highest score in a routine, regardless of category, will be used to break the tie.
2. Least amount of total safety deductions from the technical safety score sheet.
3. If a tie remains, the two teams tied will be co-champions.

G. Awards

1. Medals - Individual medals will be awarded to 1st place team members and their coach in each category and each class. (Hip Hop, Jazz, Pom)
2. The number of overall team trophies/plaques presented will be based on the number of teams competing in each class of the competition: "AA" and "A".
 - a. Minimum of 4 schools competing- award first place trophy and first place medals.
 - b. 5-8 schools competing- award 1st and 2nd place trophy, and medals for 1st and 2nd.
 - c. 9-12 schools competing-award 1st and 2nd place trophy, 3rd place plaque, and medals to 1st-3rd place.
 - d. 13 or more schools competing-award 1st and 2nd place trophy, 3rd and 4 place plaques, and medals to 1st-4th place.
4. Determining the State Champion will be as indicated in letter E above.

H. Judges

State Finals: Three performance judges and two safety judge 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.

I. State Championship Ticket Prices

Adult tickets: \$15.00 per day*
Student tickets: \$10.00 per day*

*Plus facility fee if applicable.

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.

J. State Championship Passes

1. Passes will be issued for participants, student managers(limit of 2), and coaches as listed on the Team Roster and School Information Form in Bound and will be found in the coaches packet upon arriving at the state site.
2. One trainer pass, if applicable (must be listed on Team Roster form)
3. Complimentary: 4 per school will be mailed directly to the school administration for distribution to school personnel to include bus driver.

K. Expenses

Each school shall pay the entire expense of the contestants at the State Championship per their local school policy.

L. 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.**

M. Practice Time for State Tourney

Practice times will be posted on the SDHSAA website, based on competitive order. Practice times for Class A will be on Friday from 1:30-3:30 p.m. Practice times for Class AA will be on Saturday from 7:30-9:30 a.m. If you are not able to practice at the designated time, your practice time will not be rescheduled. You may exchange times with another team if you can find another team to exchange. Please let host management know of the change.

N. Order of Competition

October 25-26 at Summit Arena at the Monument – Rapid City

October 25	Class A	5:00 p.m. (MT)
October 26	Class AA	11:00 a.m. (MT)

Schedule for practices and competition will be posted on-line. No warm-up on the competitive floor on Friday or Saturday at the conclusion of the practice times. Teams will rotate from practice gym to competitive area on announcer cues of “In the Hole,” “On-Deck,” and “Now-Performing.”

SUGGESTED GUIDELINES FOR HOSTING A COMPETITION
Cheer and Dance Competition Reference

In an attempt to provide consistency amongst Cheer and Dance competitions, we ask that schools hosting any Cheer/Dance competitions try and utilize the information listed below.

1. **Score Program**: Bruce Kleinsasser (Aberdeen Central) is willing to set up the score program and enter the information and send the program to you prior to your competition. It is very user friendly and it would provide consistency of how the coaches receive their final results. Please contact Bruce at Bruce.Kleinsasser@k12.sd.us
2. **Packets** at the end of competition should include:
 - a. The judges score sheets (performance and safety)
 - b. The final score sheet that lists all scores and deduction and the ranking for each school participating (which the score program will do for you).
3. **Awards** should be done at the END of the EVENT and not at any break or intermission.
4. **Order of Competition for Cheer**

This is the preferred order of competition. We do realize that some meets may have Class A and AA schools in the same competition. The host management has the prerogative to host the event with the category being one size squad, however we would like the order of events to stay consistent.

Class A	Stunting/Tumbling	Small Squad
	Stunting/Tumbling	Large squad
	Co-ed Stunting/Tumbling	One size squad
Class AA	Stunting/Tumbling	One size squad
	Co-ed Stunting/Tumbling	One size squad

5. Order of Competition for Dance

Class A	Hip Hop	One size squad
Class AA	Hip Hop	One size squad
Class A	Jazz	One size squad
Class AA	Jazz	One size squad
Class A	Pom	One size squad
Class AA	Pom	One size squad

6. Order of Competition if Combining Cheer and Dance Competition

You may alternate cheer and dance, but would like to see the order of competition stay the same. In other words, stunting/tumbling, then hip hop, then stunting/tumbling, followed by jazz etc. This will provide consistency in the format of all competitions. As we all know there are usually far more dance routines than cheer routines, so it is alright to place the dance routines in between cheer, just remember the order should be hip hop, jazz, pom.

OTHER ITEMS FOR CONSIDERATION

FACILITY

1. Cheer: must have mat (42' x 42' minimum) mat strips are vertical; Large squad mat size: 42' x 54'.
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. I-pods, mp3 player and auxiliary cords are the general means of music to be used at competitions.
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. Only coaches listed on each specific team roster are allowed in the VIP section. 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. Cover all pertinent information specific to your competition.
6. 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.
7. Hand out score sheets at the end of the meet after final tabulations have been made sheets.
8. Keep all judge scratch sheets.
9. If possible, provide a 'light' hospitality area for coaches and for judges.
10. Arrange for national anthem to be played prior to competition. The Lakota Flag Song may be played as well.
11. Provide all scoresheets.
12. Announce awards in the following manner: Beginning with Stunting/Tumbling, then the dance groups of Pom, Hip Hop and Jazz, in that order.

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 receive 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. (3 judges are recommended for larger meets during regular season).
2. Must provide safety judges 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.

**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.
- Length of skirt shall be no longer than mid-calf.
- 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
- Any uniform worn in competition where the midriff and skin is showing below the bra-line, a leo or body tight must be worn to cover the exposed area.
- Uniform must cover midriff and anything below bra line while standing at attention before dance starts. Body tights cannot be a substitute for the sheer material. If wearing sheer material across the front of the midriff, there must be two layers, one of which is not a nude color.
- A nude leo may be used to cover areas below the bra line on the back of the midriff.
- Wearing tights and a leotard provides modesty, support, helps with fast uniform changes, and ensures the uniform presents a continuous line and will cover the midriff.
- The front of the midriff and the back of the midriff are divided by the arms when the arms are directly by the dancer's side.
- Glitter hairspray is prohibited.

Shoes

All performers must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot.

Hair and Nails

Hair must be worn in a manner to minimize risk for participants. Pony tails are acceptable with prior listed restrictions. Hair devices must be secure and appropriate for the activity. No glitter hairspray.

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

Jewelry

All jewelry must be removed, except small secured studs or posts worn above the chin. No jewelry is permitted below the chin including string bracelets, commemorative bracelets and body jewelry. In addition, taping over jewelry is not permitted. A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

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.

QUESTION & ANSWERS FOR CHEER AND DANCE

1. **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 SDHSAA competitive season)?

Answer: No.

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

Answer: Yes.

3. **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 16.

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.

4. **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 16.

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.

5. **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.

6. **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.

7. **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.

8. **Question:** Can a club/high school coach bring club team members into a high school team during the in-season time period?
Answer: No. This would be a violation of the in-season game, scrimmages and practice rule, which states, “Games/practices between high school teams/individuals and independent/club/alumni/college teams/individuals are prohibited. This prohibition is applicable to both individual and teams sports.”
9. **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 4 competitive contacts during the months of June and July with his/her 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 5 members of his/her competitive squad for cheer and competitive squad for dance at a time.

IN-SEASON Participation Clarifications:

- a. Any subdivision of a sport such as freestyle wrestling or 3-on-3 basketball is still considered to be an SDHSAA sponsored sport.
 - i. For competitive cheer, participation in lessons, which teach fundamental techniques, such as tumbling, lifts or jumps shall not be considered sanctioned-sport activity.
 - ii. For competitive dance, participation in dance studio classes or dance lessons (which teach fundamental techniques/skills), community/local performances or recitals that are non-competitive in nature, shall not be considered a sanctioned-sport activity.
- b. Cheer and Dance athletes may attend [up to] two collegiate tryouts during the in-season timeframe without violation of the In-Season Team Membership Rule. A waiver must be submitted through the Athletic Director of the school to the SDHSAA Executive Staff in advance of the event to receive permission to attend the event. Failure to complete the waiver process prior to the date of the event will render the student subject to penalty as listed for a violation of the In-Season Team Membership Rule. This form may be found under the Forms tab, Athletics, then Cheer or Dance.