

SOUTH DAKOTA

HIGH SCHOOL ACTIVITIES ASSOCIATION



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Dr. Daniel Swartos
Executive Director

COMPETITIVE/SIDELINE CHEER AND COMPETITIVE DANCE MINUTES

Meeting: October 28, 2020

SDHSAA Office, Pierre

10:30 a.m. via ZOOM

Competitive/Sideline Cheer and Competitive Dance Advisory Committee Members:

	<u>CHEER</u>		<u>DANCE</u>	
Athletic Director	Naomi Hatfield, Douglas	2023(2)	Jim Altenburg, Harrisburg	2021(1)
Principal	Belinda Miller, Sioux Valley	2021(1)	Jason Uttermark, Ab. Cent.	2023(1)
Class "A" Coach	Val Ewing, Winner	2021(1)	Marla Tegethoff, PG	2023(1)
Class "AA" Coach	Diedra Nissen, SFR	2023(1)	Angela Nieman, SFW	2022(1)
Official	Carrie Wieman, Madison	2022(2)	Kelsey Freidel-Nelson, Yank.	2023(1)
Native American Rep.	Tricia Tyon-Brewer, Pine Ridge	2021(1)		

1. Call Meeting to Order- Auch called the meeting to order at 10:32 a.m. via zoom, with all committee members present except Altenburg (excused AD meeting) and Tyon-Brewer. Several cheer and dance coaches joined the meeting via zoom.
2. Select Recording Secretary- Auch asked Ewing and Tegethoff to record notes from the meeting.
3. Approval of Agenda- Motion by Freidel-Nelson, second by Ewing to approve the agenda. Passed unanimously.
4. Review Duties/Responsibilities- Auch reviewed duties and responsibilities of committee members. Jim Altenburg, Belinda Miller, Val Ewing all agreed to serve a second term.
5. Review Rule Changes for 2020-21
 1. SDHSAA Rule Changes – Cheer: Auch reviewed the rule changes this committee put into place last year.
 - i. If a team has two or less male competitors, the team will compete in the St/Tumbling Category. If a team is composed of three or more male competitors, they must compete in the Co-ed Division of St/Tumbling bringing cheer to two categories: St/Tumbling and Co-ed St/Tumbling. The category of Co-ed will be one class only. For the category of Co-ed St/Tumbling to compete for the Overall Co-ed Grand Champion, there must be a minimum of four Co-ed teams entered. Awards for the Co-ed Division would be awarded based on the number of teams competing as listed in the SDHSAA handbook on pg. 10. (revisit)
Note: St/Tumbling teams during the regular season (both St/Tumbling and Co-ed St/Tumbling) will compete in one category with the team placements in one category.

- ii. Minor changes to safety score sheet for both cheer and dance.
 - iii. Revised Rubric Scoresheet on website.
 - 2. SDHSAA Rule Changes – Dance
 - i. Number of dances for Class A will be two of the four dance styles.
 - ii. Dance will have 4 performance judges and one safety judge. (revisit)
6. Report on State Event: Many positive comments about the state event. Special thanks to Jared Vasquez and RC Stevens staff for their efforts in making the State Cheer and Dance Competition at the Rushmore Plaza a success.
7. Report from Committee Members; Proposal of recommendations for submission to the Athletic Directors/Board of Directors for further consideration
- 1. A and AA Cheer Coaches Representatives:
 - i. Pods- most seemed to like the idea of pods although coaches missed seeing other performances. The general consensus of the committee was to let schools decide how they will run their events next year, understanding that if we stay with pods teams need time to recover and change for the next routines. Auch stated that pods would look much different if we could have a larger number in pods but because of Covid we had to keep the number of teams at a minimum, thus less turnaround time for teams to change/warmup etc. If staying with pods, we need to have adequate warmup and stretching areas for teams to prepare for the event.
 - ii. Possibility of going back to adding Class B back in to Cheer with 20 teams now participating in cheer and eliminate the large and small stunt/tumbling categories and allow for awards for each class.
Motion by Nissen, second by Wieman to **add Class B into the alignment for Cheer, eliminate Large and Small Stunt/Tumbling, and give awards based on number of teams to each class.** Motion passed unanimously.
 - iii. Much discussion on interpretations and clarification on specifics of the Rubric. There is still confusion on areas that need clarification. A committee of judges and coaches will be formed to work out the clarifications of difficulty. Nissen suggested having a drop box for coaches to check with judges on routines for legality of stunts etc. Auch stated that ultimately it is the coaches' responsibility to be sure the stunts are legal.
 - iv. Several suggestions for judges training. Some suggested an emphasis on judges not talking when scoring. It was explained that judges discuss difficulty and then score. It was noted that judges could have a 10-point variation of scores and still be in range. Also discussed the perception of erases scores. Freidel-Nelson stated that many times erased scores are an increase in your score to help with other pod routines.
 - v. Suggestion to include video training and practice scoring.
 - vi. Suggested that safety judges need to look for serious safety violations not little things to deduct but only deduct for things that are of a serious safety issue. It was noted that coaches can control many of those issues and a rule is a rule, but stated that we would discuss at judges training.
 - vii. Discussion about hiring out of state judges to judge competitions. Auch stated that out of state judges are welcome to register with the association and would have to meet the requirements in South Dakota just like any other judge to be eligible.

Swartos warned that the perception of that would be damaging to in-state officials and wondered why any judge would want to judge in South Dakota if we are going to hire out of state judges? The fear would be of the limited judging pool we have (30 judges), we would lose a majority of judges. The committee agreed this is not a path we wanted to continue. If out of state judges wish to license with the SDHSAA we would be happy to expand the pool.

- viii. Discussion about video replay. Auch stated that Basketball and Football presently have video replay based on the NFHS rules allowing for it, but only in certain circumstances. Auch stated that until the NFHS approved that in Spirit that would not be an option for cheer or dance.
 - ix. Discussion on allowing for separate scoresheets for judges to take a specific area and judge that area. Example: one would judge the cheer section, one would judge tumbling, and the other would judge only the jumps and dance. They are going to continue to explore this possibility and see what it would look like and bring back a report to this committee next year.
 - x. Change the hair rule. Very difficult for teams to have crossover athletes in cheer and dance and keep their hair in a manner that is consistent with the SDHSAA rule which is more restrictive than the NFHS rulebook. NFHS rulebook states that Hair must be worn in the manner that is appropriate for the activity involved.
Motion by Ewing, second by Miller to **follow the NFHS rule on hair, which is: Hair must be worn in the manner that is appropriate for the activity involved.** Motion passed unanimously. Coaches will need to be sure hair is worn appropriately for the event they are performing.
2. A and AA Dance Coaches Representatives
- i. With only one team competing in Kick category this year, is it time to eliminate that category? Motion by Freidel-Nelson, second by Nieman to **eliminate Kick category as a style of dance.** Motion passed unanimously.
 - ii. Discussion on having 2 or 3 dance styles for competition. Many liked the idea of having 2 styles of dance to prepare for this season. In a survey sent out to coaches 81% stated they would like to see two categories but wanted to be able to choose which two categories they would compete. Motion by Nieman, second by Uttermark to **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.** Motion passed unanimously.
 - iii. Discussion on whether we should have cheer competition on one day and dance the next day. There was no support for this idea from the committee.
 - iv. Discussion as to whether we should continue to crown a Grand Champion or crown Individual Category Champions. The committee decided they liked exactly how were crowning an overall Grand Champion and wanted to stay with the same format.
 - v. There was a discussion over the proposed Rubric changes and score sheet changes for next year. Coaches liked the proposed changes. Motion by Freidel-Nelson, Second by Neiman to **approve the proposed Rubric and Scoresheet for next year.** Motion passed unanimously. (See attachment at the end of this document.)
3. Cheer and Dance Principal Representatives- only reports received were about judges and Miller wondered why judges would want to do this- if year after year they continue to be criticized for the work they do? Both felt we need to support our judges and feel that coaches need to support judges also.

4. Cheer and Dance Athletic Directors Representatives- Hatfield noted the same concern with judges and had a concern that we are alienating judges by constantly criticizing the work they do. She appreciates their work.
5. Cheer and Dance Official Representatives
 - i. If we are going to continue in pods, it would be beneficial for host schools to try and group the dance routines if possible. Sometimes easier than others based on the number of teams in the pod.
 - ii. Discussion on number of performance judges vs. safety judges for dance. Freidel-Nelson mentioned that judges felt that there were things that the safety judge was having a hard time catching due to only one judge. If something happened on the opposite side, it was hard for them to see it. Motion by Neiman, second by Freidel-Nelson to **use 3 performance judges and 2 safety judges for Dance.**
6. Native American Rep. - no report.
7. SDHSAA Rep. for both cheer and dance.
 - i. Auch reviewed the out-of-season rules for both Cheer and Dance coaches now that the season is completed.
 - ii. Auch also discussed the choreography rules stating that while in-season, choreographers are not allowed to be a part of a schools practice sessions once practice begins for the season, whether that be in person or virtually. Coaches noted how nice it was to be able to have the extra time this year with the choreographer for the extended two weeks this year due to Covid. Auch stated that we could bring this to the out-of-season committee and get their thoughts. Auch could possibly buy into extending that time two weeks into the practice season, but not at all once we hit the first allowable contest date.
 - iii. Auch stated that some AD's had expressed a concern in the Co-ed language adopted last year. They feel that there is definite advantage having a male on the squad. Committee discussed having the language revised to state:
If a team has one or less male competitors on the squad, they will compete in the St/Tumbling category. If a team has more than one male competitor, they must compete in the Co-ed Division of St/Tumbling. Cheer would then have two categories: St/Tumbling and Co-ed St/Tumbling. For the category of Co-ed St/Tumbling to compete for the Overall Co-ed Grand Champion, there must a minimum of four Co-ed teams entered. Awards would be based on the number of teams competing in that category. The Co-ed category will be one class only. Motion by Ewing, second by Hatfield. Motion passed unanimously.
 - iv. Dance: Tiebreaker for Dance needs to change if we are going to two styles of dance to be averaged. Motion by Uttermark, second by Tegethoff to use the following language as the tiebreaker for Dance with the motion passing unanimously.
Should a tie occur for the overall championship placement of teams, the following criteria would 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 still remains, the two teams tied will be co-champions**
8. Proposals brought forth for the group:

Cheer Proposals:

1. **Add Class B back to alignment:** Add an additional class back to the Cheer alignment: Class B and eliminate Large and Small Stunt/Tumbling and give awards based on number of teams to each class.
2. **Hair rule:** Follow the NFHS rule on hair and eliminate the SD deviation for hair: Hair must be worn in the manner that is appropriate for the activity involved.
3. **Co-ed Revision:** If a team has **one or less** male competitors on the squad, they will compete in the St/Tumbling category. If a team has more than one male competitor, they must compete in the Co-ed Division of St/Tumbling. Cheer would then have two categories: St/Tumbling and Co-ed St/Tumbling. For the category of Co-ed St/Tumbling to compete for the Overall Co-ed Grand Champion, there must a minimum of four Co-ed teams entered. Awards will be based on the number of teams competing in that category. The Co-ed category will be one class only.

Dance Proposals:

4. **Eliminate Kick category** as a style of dance.
5. **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.
6. **Rubric and Scoresheet:** Approve the proposed Rubric and Scoresheet for next year. (See attachment)
7. **Number of Judges:** Use 3 performance judges and 2 safety judges for Dance
8. **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.

This dance proposal came about through an email vote to match what cheer had opted to do pertaining to the hair rule to keep the rules the same for both cheer and dance. Motion by Neiman, second by Freidel-Nelson **to follow the NFHS hair rule and eliminate the SD deviation for hair: Hair must be worn in the manner that is appropriate for the activity involved. On roll call vote: Neiman, Freidel-Nelson, Tegethoff, Uttermark and Altenburg voting yes. Motion passed unanimously.**

9. Motion by Uttermark, second by Neiman to adjourn at 2:35 p.m.

PROPOSED: SDHSAA Dance Rubric (ALL EDITS)

Teams will earn the high point value based on the number of athletes who complete the skills. Below are examples, and are not meant to be all inclusive outline of skills.

JUMPS Degree of Difficulty: 10 points	LEAPS Degree of Difficulty: 10 points	TURNS Degree of Difficulty: 10 points	KICKS Degree of Difficulty: 10 points	TRICKS & STALLS Degree of Difficulty: 10 points
Beginning Level: 1-3 points	Beginning Level: 1-3 points	Beginning Level: 1-3 points	Beginning Level: 1-3 points	Beginning Level: 1-3 points
<ul style="list-style-type: none"> • Star • Tuck • Eagle • Arabesque • Sissone 	<ul style="list-style-type: none"> • Stag • Grande Jeté/Front split • Split Leap 	<ul style="list-style-type: none"> • Any Single Rotation • Pencil • Coupé • Pirouette • Fouetté/a la secondé • Chaîné • Piqué 	<ul style="list-style-type: none"> • Hip/Waist Height • Straight Leg 	<ul style="list-style-type: none"> • 3 step • Forward Roll • Backward Roll • Round Off • Coffee Grinder
Any Combination of a Beginning and Intermediate Level Skills: 4-5 points				
Intermediate Level: 5-6 points	Intermediate Level: 5-6 points	Intermediate Level: 5-6 points	Intermediate Level: 5-6 points	Intermediate Level: 5-6 points
<ul style="list-style-type: none"> • Herkie • Side Hurdler • Double Attitude/Stag • C Jumps • Toe Touch/Russian • Pitch/Tilt • Front Hurdle • Arabesque • Sissone 	<ul style="list-style-type: none"> • Side/Center • Front Split with Back Attitude • Axle Variation • Tour Jeté • Reverse 	<ul style="list-style-type: none"> • Any Double Rotation • Front or Back Attitude • Tour en l'air • Illusion 	<ul style="list-style-type: none"> • Chin/Chest Height • Flick • Hitch • Pitch/Peek a Boo • Fan (Inside/Outside) 	<ul style="list-style-type: none"> • Freeze variations • Coffee Grinder • K-stand/Colt • Nike • Invert • Headstand variations • Handstand variations • Kip up from knees • Aerial
Any Combination of a Intermediate and Advanced Level Skills: 6-7 points				
Advanced Level: 7-8 points	Advanced Level: 7-8 points	Advanced Level: 7-8 points	Advanced Level: 7-8 points	Advanced Level: 7-8 points
<ul style="list-style-type: none"> • Any Turning Jump (Turning C/ Suicide, Turning Toe Touch/Disc) • Ring • Pike • Double Nine • Around the World • Toe Touch/Russian • Pitch/Tilt 	<ul style="list-style-type: none"> • Any Turning Leap • Turning C/Suicide • Turning Toe Touch/Disc • Any Leap with Switch • Front/Open/Center • Side • Calypso • Reverse • Romversé 	<ul style="list-style-type: none"> • Any Triple or Greater Rotation • Leg Hold Turn/Leg Pirouette • Illusion • Changing spot in a la secondé • Float a la secondé • Leap in combo w/ a la secondé 	<ul style="list-style-type: none"> • Nose/Forehead Height • Tilt • Fan (Inside/Outside) • Hanger 	<ul style="list-style-type: none"> • Headspring • Handstand pirouettes • Hollow back • Kip up from back • Headspins • Threading • Windmill • Invert • Front Semis/Websters • Side Semis • Side or Front Aerials • Baerials (barrel roll aerials)
Any Combination of Advanced Level Skills: 9-10 points				
JUMP EXECUTION KEY POINTS:	LEAP EXECUTION KEY POINTS:	TURN EXECUTION KEY POINTS:	KICK EXECUTION KEY POINTS:	TRICKS & STALLS EXECUTION KEY POINTS:
<ul style="list-style-type: none"> • Synchronization/Uniformity • Technique <ul style="list-style-type: none"> • Body Position/Control • Hand/Arm Placement • Pointed Feet • Height/Extension of Leg(s) • Entry/Landing (feet together) 	<ul style="list-style-type: none"> • Synchronization/Uniformity • Technique <ul style="list-style-type: none"> • Body Position/Control • Hand/Arm Placement • Pointed Feet • Height/Extension of Leg(s) • Preparation/Landing 	<ul style="list-style-type: none"> • Synchronization/Uniformity • Preparation/Landing • Technique <ul style="list-style-type: none"> • Body Position/Control • Hand/Arm Placement • Foot Placement (coupé/passé) • High Relevé • Supporting Leg Locked • Rotation Stability 	<ul style="list-style-type: none"> • Synchronization/Uniformity • Body Control <ul style="list-style-type: none"> • Mid-Section • Technique <ul style="list-style-type: none"> • Hand/Wrist Placement • Shoulders Down/Pressed Back • Hook-up/Arm Placement • Feet/Knees Parallel • Head Precision/Placement • Height • Variety 	<ul style="list-style-type: none"> • Synchronization/Uniformity • Balance/Control <ul style="list-style-type: none"> • Stable Entry/Exit • not falling out or sway • strong landing • Technique <ul style="list-style-type: none"> • Head/Hand/Leg/Foot Placement • Clarity in Each movement as a team • Precision/Uniformity • Creativity (originality)

PROPOSED SDHSAA Dance Rubric

Teams will earn the high point value based on the number of athletes who complete the skills. Below are examples, and are not meant to be all inclusive outline of skills.				
JUMPS Degree of Difficulty: 10 points	LEAPS Degree of Difficulty: 10 points	TURNS Degree of Difficulty: 10 points	KICKS Degree of Difficulty: 10 points	TRICKS & STALLS Degree of Difficulty: 10 points
Beginning Level: 1-3 points				
<ul style="list-style-type: none"> Star Arabesque Sissone 	<ul style="list-style-type: none"> Stag Split Leap 	<ul style="list-style-type: none"> Any Single Rotation <ul style="list-style-type: none"> Pencil Coupé Pirouette Fouetté/a la secondé Chaîné Piqué 	<ul style="list-style-type: none"> Hip/Waist Height Straight Leg 	<ul style="list-style-type: none"> 3 step Forward Roll Backward Roll Round Off Coffee Grinder
Any Combination of a Beginning and Intermediate Level Skills: 4-5 points				
Intermediate Level: 5-6 points				
<ul style="list-style-type: none"> Side Hurdler Double Attitude/Stag C Jumps Front Hurdle 	<ul style="list-style-type: none"> Side/Center Axle Tour Jeté Reverse 	<ul style="list-style-type: none"> Any Double Rotation Front or Back Attitude Tour en l'air Illusion 	<ul style="list-style-type: none"> Chin/Chest Height <ul style="list-style-type: none"> Flick Hitch Pitch/Peeck a Boo Fan (Inside/Outside) 	<ul style="list-style-type: none"> Freeze variations K-stand/Colt Nike Headstand variations Handstand variations Kip up from knees
Any Combination of a Intermediate and Advanced Level Skills: 6-7 points				
Advanced Level: 7-8 points				
<ul style="list-style-type: none"> Ring Pike Around the World Toe Touch/Russian Pitch/Tilt 	<ul style="list-style-type: none"> Any Turning Leap <ul style="list-style-type: none"> Turning C/Suicide Turning Toe Touch/Disc Any Leap with Switch <ul style="list-style-type: none"> Front/Open/Center Side Calypso Romversé 	<ul style="list-style-type: none"> Any Triple or Greater Rotation Leg Hold Turn/Leg Pirouette Changing spot in a la secondé Float a la secondé Leap in combo w/ a la secondé 	<ul style="list-style-type: none"> Nose/Forehead Height <ul style="list-style-type: none"> Tilt Hanger 	<ul style="list-style-type: none"> Headspring Handstand pirouettes Hollow back Kip up from back Invert Front Semis/Websters Side Semis Side or Front Aerials Baerials (barrel roll aerials)
Any Combination of Advanced Level Skills: 9-10 points				
JUMP EXECUTION KEY POINTS:	LEAP EXECUTION KEY POINTS:	TURN EXECUTION KEY POINTS:	KICK EXECUTION KEY POINTS:	TRICKS & STALLS EXECUTION KEY POINTS:
<ul style="list-style-type: none"> Synchronization/Uniformity Technique <ul style="list-style-type: none"> Body Position/Control Hand/Arm Placement Pointed Feet Height/Extension of Leg(s) Entry/Landing (feet together) 	<ul style="list-style-type: none"> Synchronization/Uniformity Technique <ul style="list-style-type: none"> Body Position/Control Hand/Arm Placement Pointed Feet Height/Extension of Leg(s) Preparation/Landing 	<ul style="list-style-type: none"> Synchronization/Uniformity Preparation/Landing Technique <ul style="list-style-type: none"> Body Position/Control Hand/Arm Placement Foot Placement (coupé/passé) High Relevé Supporting Leg Locked Rotation Stability 	<ul style="list-style-type: none"> Synchronization/Uniformity Body Control <ul style="list-style-type: none"> Mid-Section Technique <ul style="list-style-type: none"> Hand/Wrist Placement Shoulders Down/Pressed Back Hook-up/Arm Placement Feet/Knees Parallel Head Precision/Placement Height Variety 	<ul style="list-style-type: none"> Synchronization/Uniformity Balance/Control <ul style="list-style-type: none"> Stable Entry/Exit Technique <ul style="list-style-type: none"> Head/Hand/Leg/Foot Placement Precision/Uniformity

SDHSAA DANCE SCORE SHEET

Choreography		Strong Areas	Needs Improvement
Composition of Movement	/10	Originality Creativity	Originality Creativity
Staging / Visual Effects	/10	Utilizes the Floor Varying Formations	Utilize the Floor Vary Formations
Degree of Difficulty	/10	Seamless Transitions Motion Variety Visually Effective Level Changes	Smoother Transitions More Motion Variety More Visual More Level Changes
Choreography Feedback			
Execution		Movement Timing Skill Timing Formation Spacing Posture Body Placement Strength/Control Extension Stamina High Releve Pointed Toes Connect Passe Preparation/Landing Jump/Leap Height Flexibility	Movement Timing Skill Timing Formation Spacing Posture Body Placement Strength/Control Extension Stamina High Releve Pointed Toes Connect Passe Preparation/Landing Jump/Leap Height Flexibility
Uniformity / Synchronization	/10		
Spacing	/10		
Technique / Allignemnet	/10		
Strength of Movement	/10		
Elements & Skills	/10		
Execution Feedback:			
Presentation		Projection Confidence Emotion	Projection Confidence Emotion
Communication	/10		
Overall Impression/Sutibility	/10		
Presentation Feedback:		Overall Feedback/Areas of Improvement:	

SDHSAA DANCE SCORE SHEET EXPLANATION

Choreography	
Composition of Movement	Movement compliments music. The piece shows originality and creativity as well as displays balanced use of dancers and incorporation of elements that supports and enhances the routine.
Staging / Visual Effects	Choreography utilizes the floor and how the dancers are presented on the floor; the structure of varying formations and seamless transitions . Incorporation of creative surprising visual effects developed through motion variety, floor work, level changes , partner work, group/ground work, opposition, ect.
Degree of Difficulty	Difficulty of the routine considers both movement, elements, skills which does not reflect execution; overall level and intricacy and variety of motions/movement, footwork, and athletic demand. Appropriate use of team's ability level.
Execution	
Uniformity / Synchronization	How well the team dances together. The ability of the team to maintain strong team timing in movement and skills with accuracy and control.
Spacing	Dancers are able to execute spatial awareness to position themselves with correct distances throughout all formations and transitions.
Technique / Alignment	Dancers understand correct posture, body placement, control, strength, and extension . Motions maintain superior placement, pathways and precision.
Strength of Movement	Dancer's endurance and ability to maintain strength, sharpness and stamina throughout the routine.
Elements / Skills	Dancers demonstrate correct approach, execution and completion of selected technical elements and skills according to SD Sanction Dance Rubric.
Presentation	
Communication	Genuine use of projection and confidence through facial and body energy and emotion of intended style.
Overall Impression / Suitability	Overall performance has fulfilled the genre per the category description and is suitable for family viewing.