

# COMPETITIVE DANCE

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## COMPETITIVE DANCE

### IMPORTANT DATES AND DEADLINES

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

	Day/Week	2018-2019	2019-2020	2020-2021
<b>First Date Early Team Selection</b> (5 days total- does not need to be consecutive)	Monday, Wk. 38	March 19, 2018	March 18, 2019	March 23, 2020
<b>Last Date Early Team Selection</b>	Saturday, Wk. 45	May 12, 2018	May 11, 2019	May 16, 2020
<b>*Final Team Selection/First Practice</b>	Monday, Wk. 5	July 30	August 5	August 3
<b>First Competition</b>	Monday, Wk. 8	August 20	August 26	August 24
<b>Sub-state competition completed</b> (when implemented)	Saturday, Wk. 15	October 13	October 19	October 17
<b>State Championship Class A</b>	Friday, Wk. 16	October 19	October 25	October 23
<b>State Championship Class AA</b>	Saturday, Wk. 16	October 20	October 26	October 24
<b>**Season Ends</b>	Saturday, Wk. 16	October 20	October 26	October 24

#### 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 district-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 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 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)

## 2018-2019 Spirit Rules Changes

1-Definitions (NEW)	<u>Head Spin - A skill in which a person balances on their head while rotating on the performing surface.</u>
1-Definitions (NEW)	<u>Headstand - A skill in which a person balances on their head on the performing surface.</u>
1-Definitions	Non-release Stunt – A stunt in which contact is maintained between a top person <del>and base(s)</del> a person on the performing surface.
1-Definitions	Swedish Fall – <del>An extended</del> stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulders of a base while her lower body is supported by another base's extended arms.
1-Definitions	Suspended Roll: A stunt in which <del>upright</del> base(s) or post(s) hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.
1-Definitions	<del>Assisted Inverted Floor Skill – An inverted participant on the performing surface that is partially supported by non inverted participant(s) who is/are also on the performing surface.</del>
1-Definitions	<del>Tension Drop – A partner stunt (e.g. shoulder stand) in which the base leans forward until the top person dismounts to the performing surface without assistance. 3.7.11 Tension drops are not permitted.</del>
1-Definitions (NEW)	Shoulder stand - A top person stands on a base's shoulders.
1-Definitions	Release Transition/Release Pyramid Transition – A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact <del>with his/her base(s).</del> <u>all personnel on the performing surface.</u>
3-1-11 (NEW); 4-1-11 (NEW)	Apparel / Accessories: <u>ART. 11 ... For religious reasons, in the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other participant and which is attached in such a way it is unlikely to come off during performance.</u>
3-2-8 and 4-2-8	Stunting Personnel: (p)ART. 8 ... A spotter is required for tosses to single base shoulder stands and single base prep-level stunts in which the foot/feet of the top person are in the hands of the base.
3-3-5b(NEW); 3-3-5g(NEW)	ART. 5... Braced flips in a pyramid are permitted provided all the following conditions are met: ... b. <del>The top person shall have at least three people involved who were the original bases or spotters. There must be three people involved in the toss and catch of the top person either as a base or spotter.</del> g. When the catchers are not the original bases, the new catchers are in place when the flip is initiated, remain close to the original bases and are not part of any other skill.
3-3-6a	(1) ART. 6... In all other inversions: a. Inversions may release to the following provided there is a spotter: 1. <u>Non-inverted</u> dismounts with no more than a ½ turn.
3-3-6b(1) and 4-3-6b(1)	ART. 6... In all other inversions: ... b. In inversions where the base of support begins and remains below prep level at least one person <del>shall be in a position to protect the head/neck of the top person and</del> shall maintain contact with the top person upper body (waist and above, which may include <del>arms/hands</del> ) until the top person is no longer inverted or his/her hands are on the performing surface. <del>The contact shall be sufficient to stabilize/control the top person's position.</del>
3-3-6c and 4-3-6c; 3-3-6c(2) Exceptions 1,2	ART. 6... In all other inversions: ... c. Inversions where the base of support begins at or passes through prep level: <del>1. Require two bases or a base and a spotter.</del> 2. <u>Requires</u> at least two people on the performing surface must be to be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position. EXCEPTIONS: 1. A foldover that begins at or below prep level and does not stop in an extended position is allowed. <u>When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.</u> <del>2. In a single base suspended roll, there must be continuous hands to hands contact between the base and the top person.</del>
3-5-5f	ART. 5 ... Release transitions are permitted provided all of the following conditions are met throughout the transition: ... f. <del>The top person is caught by original base(s).</del> <u>When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.</u>
3-7-2 and 4-7-2, 3-7-3 and 4-7-3;	<del>ART. 2 ... Dismounts to the performing surface from prep level or above require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. ART. 3 ... Dismounts to the performing surface from prep level or above that involve a skill (e.g., toe touch, twist,</del>

3-7-2 and 4-7-2 (NEW)	etc.) <del>require two bases or a base and a spotter.</del> Assistance is required from at least one base or spotter. <del>This assistance must be sufficient to slow the momentum of the top person.</del> ART. 2 ... Dismounts to the performing surface from prep level or above are permitted provided the following conditions are met: a. Assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person. b. If the dismount involves a skill (e.g., toe touch, twist, etc) two bases or a base and a spotter is required, and the assistance must be sufficient to slow the momentum of the top person.
4-8-2b	(p) ART. 2 ... Tumbling while holding props is not permitted except for the following: ... b. holding <del>pon(s) or</del> props during airborne or non-airborne tumbling skills in which hand(s) are not being used for support. <u>The props shall not be made of hard material, have corners, or sharp edges.</u>

## 2018-2019 South Dakota Changes/Clarifications/Reminders

- The length of the skirts shall be no longer than mid-calf for safety purposes.
- If wearing sheer material, you need two layers, **one of which is not nude color**. (Language in bold will be added to clarify.)
- Eliminate the step-out deduction on the scoresheet.
- Suspend the restriction of requirement that only females may compete in competitive dance for the 2018-19 school year, allow boys and girls to participate alongside one another in competitive dance, and, direct the Dance Advisory committee to study the issue during the intervening year and recommend language specific to the issue that must ultimately be considered and approved by the membership and Board of Directors.
- Require that all coaches, head or assistant, paid or volunteer, for SDHSAA fall sports complete the NFHSLearn.com “Heat Illness Prevention Course” PRIOR to assuming their coaching duties each school year.

### South Dakota Modifications

- No glitter hairspray is allowed.
- Hair devices shall be safe and secure. The hair shall be worn in a manner to ensure safety while performing. **All members of the competitive cheer/dance team shall wear their hair up and away from the face and off their shoulders.**
- 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

2018	Brandon Valley	Class A	October 19
2018	Brandon Valley	Class AA	October 20
2019	Aberdeen	Class A	October 25
2019	Aberdeen	Class AA	October 26

**NOTE: CLASS A AND AA CHAMPIONSHIPS LIVE ON SDPB.**

### 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 2018-2019 school year is according to the Average Daily Membership from the 2016-2017 school year, grades 9-11.

The member schools of the South Dakota High School Activities Association are divided into two classes in the sport of competitive dance.

These shall be known as Class “A” and “AA” as follows

Class AA 450.000 and above

Class A 449.999 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.

### 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 must meet the education requirements set forth by the SDHSAA.

**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.

<b>Judge Requirements:</b>	<b>Performance Judge</b>	<b>Safety Judge</b>
Cheer Performance- minimum of 2 Safety- 2 judges needed	2-3	2
Dance Performance- minimum of 2 Safety- minimum of 1	2-3	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.

Three performance and 2 safety judges 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 AACCA Dance Safety Addendum located at the end of this competitive dance section.

**K. Category**

- Jazz
- Kick
- Pom
- Hip Hop

Teams may compete in 3 of the 4 categories of dance during state competition. To determine a champion, the three category scores will be averaged. It is recommended that this policy be followed throughout the regular season also.

**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.
- When standing at attention, apparel must cover the midriff (bra line to waist, all the way around the body)
- 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, you need two layers, one of which is not nude color.
- 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.
- 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. 5 points will be deducted per uniform violation. For further clarification, see the addendum at the end of this competitive dance section, particularly the midriff section.

Glitter hairspray is prohibited.

### **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                      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. 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.

### **Routine Requirements and South Dakota Changes**

1. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted.
2. Increase jewelry violation from 5 points to 10 points on the Technical Safety Score sheet.
3. Judges range of score from low to high, shall be no more than 10 pts.

There are four categories:

1. **Hip Hop** – Emphasis on execution, synchronization, body control, and rhythm. Jazzy style movements should be kept to a minimum. No props. 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. A tumbling skill that does not have flight will be allowed in all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. 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. 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. Exception: round-offs and aerial cartwheels. 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. **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. 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. Exception: round-offs and aerial cartwheels. 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.

4. **Pom** – Emphasis on synchronization and visual effect. Pom Poms must be used 80% of the routine. No props (except poms). 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. Poms are not to be thrown or tossed to another person or stepped on. Handoffs remain acceptable.

A tumbling skill that does not have flight will be allowed in all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed.

### 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.
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
- Kick Performance Scoresheet
- Pom Performance Scoresheet
- Technical/Safety Scoresheet

**S. 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 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 on the Competitive Dance page of 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.

**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:**

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

**Class AA:**

<i>Cheer</i>	<i>Dance</i>	
Stunting/Tumbling	Jazz	Pom
	Kick	Hip Hop

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 with an online WEBFORM. Log into your school zone and complete WEBFORM to submit entries. Entries must be completed no later than October 5. Teams may compete in 3 of the 4 categories during the state competition.**



### 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**

Teams may compete in 3 of the 4 categories during state competition. For the purpose of determining a State Champion in each class, the 3 category scores will be averaged. The teams will be placed according to their average scores. A school must compete in three categories to be eligible for placement

### 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. The 2<sup>nd</sup> highest score, regardless of category, will be used if a tie remains.
3. The 3<sup>rd</sup> highest score, regardless of category, will be used if a tie remains.

### G. **Awards**

1. Medals- Individual medals will be awarded to 1<sup>st</sup> place team members and their coach in each category and each class. (Jazz, Kick, Pom and Hip Hop)
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 1<sup>st</sup> and 2<sup>nd</sup> place trophy, and medals for 1<sup>st</sup> and 2<sup>nd</sup>.
  - c. 9-12 schools competing-award 1<sup>st</sup> and 2<sup>nd</sup> place trophy, 3<sup>rd</sup> place plaque, and medals to 1st-3<sup>rd</sup> place.
  - d. 13 or more schools competing-award 1<sup>st</sup> and 2<sup>nd</sup> place trophy, 3<sup>rd</sup> and 4 place plaques, and medals to 1<sup>st</sup>-4<sup>th</sup> place.

For the purpose of determining a state champion and place finishers in each class, a school must compete in three of the categories. These three category scores will be averaged, with teams receiving the appropriate number of trophies, plaques, and medals.

### H. **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.

### I. **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 used at competitions. They should 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. Only coaches listed on each specific team roster are allowed in the VIP seating. 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 and South Dakota Changes**

1. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted.
2. Increase jewelry violation from 5 points to 10 points on the Technical Safety Score sheet.
3. Judges range of score from low to high, shall be no more than 10 pts.

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 all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. 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. Basic t-lifts may be used in Jazz and Kick with leg variations allowed as long as top person remains vertical. No other partner stunts are allowed. Exception: round-offs and aerial cartwheels. 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. **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. Basic t-lifts may be used in Jazz and Kick with leg variations allowed as long as top person remains vertical. No other partner stunts are allowed. Exception: round-offs and aerial cartwheels. 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.
4. **Pom** – Emphasis on synchronization and visual effect. Pom Pons must be used 80% of the routine. No props. No partner stunts. Poms are not to be thrown or tossed to another person or stepped on. Handoffs remain acceptable. A tumbling skill that does not have flight will be allowed in all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed.

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 skill that cannot be done unassisted is considered a partner stunt and illegal.
3. Tumbling – 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.

**J. Scoring**

All competitions must use the SDHSAA Scoresheets.

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

(Found on the Competitive Dance page on the SDHSAA website)

**K. 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, 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.

**L. 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 on the Competitive Dance page of the SDHSAA website. For state competition, a statement will be included on your entry form for verification.
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.

**M. State Championship Ticket Prices**

Adult tickets: \$12.00\* per day

Student tickets: \$ 7.00\* per day

\*plus facility fees, 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.

**N. 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 on the SDHSAA website 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.

**O. Expenses**

Each school shall pay the entire expense 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.

**P. 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.**

**Q. 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, October 19, from 1:30-3:30 p.m. Practice times for Class AA will be on Saturday, October 20, 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.

**R. Order of Competition**

October 19-20 at Brandon Valley High School

October 19      Class A                      5:00 p.m. (CT)

October 20      Class AA                      11:00 a.m. (CT)

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 that they 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](mailto: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
Class AA	Stunting/Tumbling	One size squad

#### 5. Order of Competition for Dance

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

#### 6. Order of Competition if Combine Cheer and Dance Competition

Basically you can 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. 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 jazz, kick, pom and hip hop.

### 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 Jazz, Kick, Pom and Hip Hop, 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 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. **Two safety judges are needed for all competitions.**
- 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.
- Length of skirt shall be no longer than mid calf.
- When standing at attention, apparel must cover the midriff (bra line to waist, all the way around the body).
- 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, you need two layers, one of which is not nude color.
- 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.
- 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. 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 acceptable with prior listed restrictions. 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. 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. If you weren’t born with it, you can’t wear it!

## **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 4 members of his/her competitive squad for cheer and limited to 5 members of his/her competitive squad for dance at a time.

## SD SANCTION DANCE RUBRIC

Teams fall into the highest category they attempt. If 50% of a team's skills fall in a category level they should receive the upper end of the point range for difficulty. The below skills are examples and not meant to be all-inclusive.

<b>JUMPS</b> Degree of Difficulty: 5 points	<b>LEAPS</b> Degree of Difficulty: 5 points	<b>TURNS</b> Degree of Difficulty: 5 points	<b>KICKS</b> Degree of Difficulty: 5 points	<b>TRICKS AND STALLS</b> Degree of difficulty: 5 points
<b>Beginning Level: 1-2 points</b>  <ul style="list-style-type: none"> <li>• Star</li> <li>• Tuck</li> <li>• Eagle</li> <li>• Split</li> </ul>	<b>Beginning Level: 1-2 points</b>  <ul style="list-style-type: none"> <li>• Stag</li> <li>• Grande Jeté / Front Split</li> </ul>	<b>Beginning Level: 1-2 points</b>  <ul style="list-style-type: none"> <li>• Any Single Rotation                             <ul style="list-style-type: none"> <li>- Pencil</li> <li>- Coupe'</li> <li>- Pique'</li> <li>- Pirouette</li> <li>- Fouette' / a la seconde'</li> </ul> </li> <li>• Chaîne'</li> </ul>	<b>Beginning Level: 1-2 points</b>  <ul style="list-style-type: none"> <li>• Hip / Waist Height                             <ul style="list-style-type: none"> <li>- Straight Leg</li> </ul> </li> </ul>	<b>Beginning Level: 1-2 points</b>  <ul style="list-style-type: none"> <li>• 3 step</li> <li>• Forward Roll</li> <li>• Backward Roll</li> <li>• Round-off</li> </ul>
<b>Intermediate Level: 2.5-3.5 pts</b>  <ul style="list-style-type: none"> <li>• Herkie</li> <li>• Side Hurdler</li> <li>• Double Attitude</li> <li>• C</li> <li>• Single Toe Touch / Russian</li> <li>• Pitch / Tilt</li> <li>• Front Hurdle</li> <li>• Arabesque</li> <li>• Sissone</li> </ul>	<b>Intermediate Level: 2.5-3.5 pts</b>  <ul style="list-style-type: none"> <li>• Side / Center</li> <li>• Front Split with Back Attitude</li> <li>• Axle variation</li> <li>• Tour Jeté</li> </ul>	<b>Intermediate Level: 2.5-3.5 pts</b>  <ul style="list-style-type: none"> <li>• Any Double Rotation</li> <li>• Attitude (Front or Back)</li> <li>• Tour en l'air</li> </ul>	<b>Intermediate Level: 2.5-3.5 pts</b>  <ul style="list-style-type: none"> <li>• Chin / Chest Height                             <ul style="list-style-type: none"> <li>- Flick</li> <li>- Hitch</li> <li>- Pitch / Peek a Boo</li> </ul> </li> </ul>	<b>Intermediate Level: 2.5-3.5 pts</b>  <ul style="list-style-type: none"> <li>• Freeze variations</li> <li>• Coffee Grinder</li> <li>• K-stand / Colt</li> <li>• Nike</li> <li>• Invert</li> <li>• Headstand variations</li> <li>• Handstand variations</li> <li>• Kip up from knees</li> <li>• Aerial</li> </ul>
<b>Advanced Level: 4-5 points</b>  <ul style="list-style-type: none"> <li>• Any Turning Jump (Turning C / Suicide, Turning Toe Touch / Disc)</li> <li>• Ring</li> <li>• Pike</li> <li>• Double Nine</li> <li>• Around the World</li> <li>• Double connected Jump</li> </ul>	<b>Advanced Level: 4-5 points</b>  <ul style="list-style-type: none"> <li>• Any Leap with Switch (Front, Side, Open / Center, Turning)</li> <li>• Calypso</li> <li>• Firebird</li> <li>• Reverse</li> <li>• Romberse'</li> </ul>	<b>Advanced Level: 4-5 points</b>  <ul style="list-style-type: none"> <li>• Any Triple or Greater Rotation</li> <li>• Leg Hold Turn / Leg Pirouette</li> <li>• Illusion</li> <li>• Changing spot of any turn combo in a la seconde'</li> </ul>	<b>Advanced Level: 4-5 points</b>  <ul style="list-style-type: none"> <li>• Nose / Forehead Height                             <ul style="list-style-type: none"> <li>- Tilt</li> <li>- Fan (Inside / Outside)</li> <li>- Hanger</li> </ul> </li> </ul>	<b>Advanced Level: 4-5 points</b>  <ul style="list-style-type: none"> <li>• Headspring</li> <li>• Handstand pirouettes</li> <li>• Hollow back</li> <li>• Kip up from back- variations</li> <li>• Headspins</li> <li>• Threading</li> <li>• Windmill</li> </ul>
<b>JUMP EXECUTION KEY POINTS:</b>  <ul style="list-style-type: none"> <li>• Synchronization</li> <li>• Technique                             <ul style="list-style-type: none"> <li>- Body Position / Control</li> <li>- Arm Placement</li> <li>- Pointed Feet</li> <li>- Landing (feet together)</li> </ul> </li> <li>• Height</li> <li>• Double Jump (any two jumps that are connected without stopping)</li> </ul>	<b>LEAP EXECUTION KEY POINTS:</b>  <ul style="list-style-type: none"> <li>• Preparation &amp; Landing</li> <li>• Technique                             <ul style="list-style-type: none"> <li>- Body Position / Control</li> <li>- Arm Placement</li> <li>- Straight Knees (if applicable)</li> <li>- Pointed feet</li> </ul> </li> <li>• Height</li> </ul>	<b>TURN EXECUTION KEY POINTS:</b>  <ul style="list-style-type: none"> <li>• Preparation</li> <li>• Technique                             <ul style="list-style-type: none"> <li>- Body Position / Control</li> <li>- Hand / Arm Placement</li> <li>- Foot Placement (Coupe'/Passe')</li> <li>- Releve' (Higher/Knee locked)</li> </ul> </li> <li>• Rotation Stability</li> </ul>	<b>KICK EXECUTION KEY POINTS:</b>  <ul style="list-style-type: none"> <li>• Body Control                             <ul style="list-style-type: none"> <li>- Mid-Section</li> </ul> </li> <li>• Technique                             <ul style="list-style-type: none"> <li>- Hand/Wrist Placement</li> <li>- Shoulders pressed</li> <li>- Hook-up / Arm Placement</li> <li>- Feet/Knees Parallel</li> </ul> </li> <li>• Head Precision / Placement</li> <li>• Height</li> <li>• Variety</li> </ul>	<b>HIP HOP EXECUTION KEY POINTS:</b>  <ul style="list-style-type: none"> <li>• Balance and Control                             <ul style="list-style-type: none"> <li>- not falling out or swaying</li> <li>- strong landing</li> </ul> </li> <li>• Technique                             <ul style="list-style-type: none"> <li>- head, hand, leg &amp; foot placement</li> </ul> </li> <li>• Clarity in each movement and as a team</li> <li>• Creativity (originality)</li> </ul>