



2023 GAME DAY SPIRIT SHOWCASE RULES & GUIDELINES—DANCE

SECTION I: SCHOOL REPRESENTATION

A. TEAM PARTICIPATION

The total number of participants for a school team is determined by counting all spirit-leading participants. If mascots are utilized, they must complete the entire performance and must adhere to NFHS safety rules. The use of live band and/or drum line to supplement the Game Day environment is not permitted. No twirlers permitted. Schools are responsible for registering their squad in the appropriate division based on classification.

Each school team will be allowed to enter one (1) school team division. The following divisions have been identified in which schools must participate in their appropriate division.

<u>TEAM DIVISIONS*:</u>	<u>TEAM FEE:</u>
1A—Maximum of 12 participants, 2 coaches	\$300
2A—Maximum of 12 participants, 2 coaches	\$300
3A—Maximum of 20 participants, 3 coaches	\$400
4A—Maximum of 20 participants, 3 coaches	\$400
5A—Maximum of 30 participants, 4 coaches	\$500
6A—Maximum of 30 participants, 4 coaches	\$500

*KSHSAA reserves the right to alter divisions based on the total number of registered teams per classification.

**Additional participants, alternates, or coaches over the max number allowed by classification must pay the admission fee and purchase a ticket for admittance.

Alternates must be dressed in matching school uniform or team warm-up. Alternates dressed in clothes other than school uniform/team warmup will need to purchase a spectator ticket and enter as spectator.

The school team will consist of students that meet the requirements according to the KSHSAA Rules and Guidelines.

1. One team per school will be allowed to enter the KSHSAA Game Day Spirit Showcase Competition.
2. All participants must be academically eligible students at the school in which they represent and must be designated by school officials as spirit representatives for participation purposes.
3. All participants must be eligible rostered squad members (from the 2023-2024 football and/or basketball seasons) and must be a member of the squad for the majority of the scheduled varsity contests to be eligible for the KSHSAA Game Day Spirit Showcase Competition.
4. The individual students representing a school team may vary in the Qualifying Round elements provided each performance does not exceed the maximum number of participants.
5. For teams advancing to the Final Round, participants that enter the floor must remain the entire length of the Final Round performance. Substituting individuals on and off the floor for the different sections of the Final Round is not permitted.
6. It is the responsibility of the school coach that each team member, coaches, parents, and other persons affiliated with the school conduct themselves in the appropriate manner.
7. School teams must refrain from taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.



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B. ROUTINE GUIDELINES AND SKILL RESTRICTIONS

WEIGHT BEARING SKILLS

Weight bearing skills with hip over head rotation while holding poms in the supporting hand is not allowed. (Exception: forward rolls and backward rolls are allowed). The use of hands-free poms for hip over-head skills is allowed.

PROPS

For the purposes of the Game Day Spirit Showcase in the nature of the Game Day format, **POMS** are the only crowd-leading tool permitted in all three routines. **NEW as of 2022** – teams will also be permitted to use **SIGNS** in the Fight Song and Band Dance routines only. Any other props are not allowed. A prop is defined as anything that is danced with but not attached to your costume. Articles of clothing may be taken off; however, they may not be danced with. If taken off and danced with, it becomes a prop.

TUMBLING AND TRICKS (Executed by Individuals)

ALLOWED

Aerial Cartwheels	Forward/Backward Rolls	Shoulder Rolls	Cartwheels	Headstands
Handstands	Front/Back Walkovers	Round Off	Stalls/Freezes	Head spins
Windmills		Backbends	Headsprings (with hand support)	Kip up

NOT ALLOWED

Front Aerials	Front/Back Handsprings	Headsprings (without hand support)
Shushunova	Front/Back Tucks	Dive Rolls (In any position)
Side Somi	Toe Pitch Back Tucks	Continuous double (partner) cartwheels
Layouts		

- Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support are allowed. Aerial cartwheels not connected to any other tumbling skill are allowed).
- Aerial cartwheels are not allowed while holding poms. They must be placed in one hand or be executed with hands free poms. There are no exceptions to this rule.
- Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
- Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
- Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
- Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band” / “bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).



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DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer-based stunts are not allowed.
3. Swinging lifts and tricks are allowed provided the Executing Dancer's body does not make a complete circular rotation and is always in a supine (face up) position. Swinging in a prone (face down) position is not allowed (backwards and forwards or a complete circular rotation).
4. Hip over-head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.
5. Vertical Inversions are allowed if:
 - a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
 - a. The highest point of the released skill does not elevate the Executing Dancer's feet above head level of the Supporting Dancer, and the Executing Dancer lands on his/her feet.
 - b. The Executing Dancer does not pass through the prone or inverted position after the release.
 - c. Toe pitch back tucks are not allowed.
2. A Supporting Dancer may release/toss an Executing Dancer if:
 - a. The highest point of the release/toss does not elevate the Executing Dancer's hips above Head level of the Supporting Dancer.
 - b. The Executing Dancer is not supine or inverted when released.
 - c. The Executing Dancer does not pass through a prone or inverted position after release.
 - d. Toe Pitch back tucks are not allowed.

C. UNIFORM AND EQUIPMENT GUIDELINES

1. UNIFORMS

- a. Traditional game day uniform is required.
 - b. When standing at attention, the midriff area must be completely covered with a non-see-through material. Covered midriff does not include flesh or nude colored body suits and liners and fringe would not count as a cover.
 - c. Any team in violation of the uniform guidelines will be assessed a five (5) point deduction.
 - d. All National Federation of State High Schools (NFHS) and KSHSAA uniform rules apply.
2. School teams must display an overall appearance conducive to serving as public representatives and ambassadors of their school regarding grooming, traditional and appropriate attire, conservative make-up, and uniformity.

3. JEWELRY & HAIR

- a. Jewelry of any kind is prohibited (if you weren't born with it, you can't wear it, tape over it or conceal it) except for the following: 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.
- b. Alligator clips are illegal.



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- c. Hair control devices, accessories, and other adornments in the hair that are securely fastened, appropriate for the activity, and do not present an increased risk to the participants are allowed.

4. GLITTER

- a. Glitter that does not readily adhere on the hair, face, body, uniform, or costume is illegal. Glitter may be used on signs, props, or backdrops only if laminated or sealed. Spraying glitter on any hair, body or clothing inside a school building is illegal.

D. COMPETITION PERFORMANCE AREA

1. Either a basketball floor or marley strips (10) will serve as the performance floor.
2. The KSHSAA Game Day Spirit Showcase Competition will comply with the NFHS competition surface rule.

E. MUSIC

1. Schools must use recorded marching band music for the Fight Song and Band Dance elements.
2. All use of music must be compliant with U.S. Copyright Laws.
3. *Neither the KSHSAA nor Varsity Spirit is responsible for obtaining any necessary permission or licensing of the recorded music used by a school team during the KSHSAA Game Day Spirit Showcase Competition.*
4. Fight Song / Band Music
 - a. If a high school marching band records their school's **original** fight song, they will need to get the school's permission to use the song and recording.
 - b. If a team legally acquires a recording of a band playing a popular recording from an authorized provider (iTunes, Amazon, etc.), the song can be used if no edits are made to the music (other than for timing purposes).
 - c. Music from streaming sites (YouTube, Apple Music Subscription) does NOT meet licensing requirement and cannot be used for the purposes of this competition.
 - d. A team cannot use a recording of their band playing a popular song (a cover) or other music without the proper permissions or the band becoming a preferred provider.
 - e. If a team would like to perform to a recording of your band playing a SINGLE musical composition, you will need to provide documentation that confirms the following:
 - i. The team has secured a compulsory license to make copies of the recording made by the band.
 - ii. The band or orchestra recorded the song for and in conjunction with the cheer/dance team.
 - iii. The school principal or dean was aware of and approve this recording.
 - iv. That no other musical compositions are embodied in the recording to be used by the authorized cheer/dance squad.
5. Coaches will be **required** to provide **proof of licensing**, in the form of a printed copy, during team registration check-in at the event. Examples include:
 - a. **Clementune** – provide team's invoice from camp.
 - b. **Authorized Provider (iTunes, Amazon, etc.)** – provide screenshot of the song you are using from your purchased playlist.
 - c. **Music Provider** – provide a printed copy of proof of licensing.
 - d. **Recording of your school's original fight song** – A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor.
 - e. **Recorded Band Music playing a SINGLE Musical Composition** –
 - i. If your school band has recorded a song for your cheer or dance team to utilize during competition or performance, you will need to show a Compulsory License or Mechanical License that allows you to use the recording of the song.



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- ii. If your Band Director cannot provide this for you, please follow the instructions on the Quick and Easy Licensing document.
 - f. If a team does not have the required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (provided by Varsity Spirit).
 - g. If a team does not have the required paperwork and chooses not to count the routine verbally or perform to the approved track of music or a track with counts, the team will be disqualified from the competition and not be allowed to perform.
6. ***A coach or team representative MUST remain at the music table to push play and manage the music.*** This representative is responsible for pressing “play”. Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
7. All coaches must bring their own DONGLE adaptor to connect it to the aux chord attached to the sound systems provided in the practice room.

F. HEALTH, SAFETY, & VENUE REGULATIONS

1. KSHSAA rules require spirit performances shall be in accordance with safety standards prescribed by the [National Federation High School Spirit Rules](#) and [KSHSAA Spirit Safety rules](#).
2. The [KSHSAA Handbook Rule 10](#) requires annual education and training for all spirit head coaches.
3. School participants must comply with all KSHSAA Handbook Rules for Spirit Activities.
4. Any student participating in a KSHSAA member school spirit program, suspected of having a concussion, must be evaluated by his or her treating physician. The participant’s treating physician must provide a written statement that in his or her professional judgment it is safe for the student to return-to-play before the participant may begin the school districts RTP return-to-play designated protocol.
5. **All individuals must adhere to [Stormont Vail Events Center Rules and Regulations](#):**
 - a. No Helium filled balloons or confetti is permitted in the facility.
 - b. For security reasons there is a CLEAR BAG POLICY in place. All persons entering the facility must have a clear, clutch type bag that will be searched by security. Totes that are made of clear plastic and do not exceed 12” X 6” X 12”, OR one-gallon clear resealable plastic storage bags, or small clutch bags or purses (which are not required to be clear) that do not exceed 4.5” X 6.5”. Purses and backpacks are not allowed for spectators. Cameras and any camera bags (for media) will also be searched (please show media credential). No tripods are allowed. Please plan to arrive early as there will be some delay in entering.
 - c. No artificial noisemakers are allowed in the facility.
 - d. Weapons: knives, pepper spray, guns or anything that is deemed dangerous is not allowed.
 - e. No spirit props, balls, t-shirts, or any other item may be thrown out to the crowd by spirit groups.
 - f. All fans are to abide by Rule 52 and display good Sportsmanship.
 - g. Fans must stay off the court after the conclusion of all sessions.
 - h. No coolers or outside food or drink are allowed in the facility, except for participating squads may bring a cooler into the designated warm up area with healthy food and drink.
 - i. Tickets may be purchased on site. Ticket pre-sales will be available through Ticketmaster.
 - j. On-site tickets must be purchased at the box office located on the northeast corner of the facility. Arrive early to avoid lines, bags will be checked.



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SECTION II: PERFORMANCE CRITERIA

A. GAME DAY FORMAT

The competition will consist of three elements. While spirited entrances are allowed, there should be no choreographed or “organized” entrances when taking the floor for any of the performances. Teams will be announced, take the floor and timing will begin with the first beat of music or organized movement. Teams will be evaluated and scored on each section of the Competition. Within each section, performances will be scored on synchronization, execution of motions/skills and overall effect. In addition, other components that pertain specifically to each section will be judged.

1- Fight Song:

- a. One-minute time LIMIT
- b. Must be performed to recorded marching band music
- c. Skills and choreography should represent a traditional Fight Song your team performs at games
- d. Poms and signs are the only props permitted
- e. Game Day uniforms are required

2- Band Dance:

- a. One-minute time LIMIT
- b. Must be performed to recorded marching band music
- c. Band Dance should be designed for maximum crowd appeal
- d. Poms and signs are the only props permitted
- e. Game Day uniforms are required

3- Performance Routine:

- a. One-minute time LIMIT
- b. Any properly licensed music may be used
- c. Any style of dance (pom, kick, jazz, or hip hop) designed for crowd entertainment
- d. Poms are the only props permitted
- e. Performance should showcase energy and connection to the crowd
- f. Game Day uniforms are required

QUALIFYING ROUND: Each performance will consist of one of the each of the three identified elements above. Each Qualifying Round performance will have a time limit of one (1) minute. Each of the performances will be preceded by a designated warm-up session.

FINAL ROUND: Up to six (6) teams per classification or combined classifications with the highest cumulative scores from the three Qualifying Round performances will advance to Finals. The Final Round performance will be preceded by a designated warm-up session.

Each FINAL ROUND performance will have an overall maximum performance time limit of three (3) minutes and will be performed in the following order:

1. Fight Song
2. Band Dance
3. Performance Routine

The entire performance will be executed in a continuous order. To continue the feel of a Game Day environment, **spirited crowd-leading interaction between each section is expected.**



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B. SCORES AND RANKINGS

1. In the Qualifying Round, each team will be scored by multiple judges in each of the three elements. The cumulative scores from the three elements will determine which teams advance to Finals. In the event of a tie when comparing cumulative scores, the Band Dance score from the Qualifying Round will be utilized to break the tie.
2. The official RESULTS and team placements will be determined by the cumulative scores from the FINAL ROUND only. Qualifying Round scores will NOT carry over to determine final team standings. However, if a tie occurs in the Final Round, the cumulative total of the Qualifying Round scores will be utilized to break any ties. To further break the tie, if the cumulative totals from the Qualifying Round are the same, the Band Dance score from the Qualifying Round will be utilized.
3. A Time and Deduction sheet will be given to the coach following each performance. Coaches should wait on the exit side of the performance floor closest to the judges table following each performance to receive the Time and Deduction sheet.
4. Any deductions or violations will be taken off the final score.
5. Scores and rankings will be available only to coaches as follows:
 - Qualifying Round - score sheets will be made available to all teams following the Qualifying Round.
 - Final Round - score sheets will be made available to all teams following the Final Round.
 - Comprehensive scores and rankings will be posted on the KSHSAA website following the conclusion of the competition.
6. The judges will score teams using the criteria listed on the KSHSAA Game Day Spirit Showcase score sheet.
7. **All scores and judges' decisions are considered final. There is no process for protest.**

C. TIME LIMITATIONS

1. Timing will begin with the first group movement, voice, or beat of music, whichever comes first. Timing will not include the team spiring, rallying, or unchoreographed individual skills performed during rally.
2. Acknowledging the potential variance in sound system and timing devices, judges will not issue a deduction until their stopwatches show a time of three (3) seconds over the time limit.
 - a. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
3. It is recommended that all teams practice and time performances prior to competition to allow for variations in sound equipment.
4. Introductions and exits:
 - a. All team breaks, rituals, and traditions need to take place backstage before a team is in the "on deck" or next to perform position.
 - b. Teams should take the floor immediately **with spirit and enthusiasm**, but without excessive gestures i.e., teams must refrain from chest bumps, hugs, and handshakes.
 - c. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE-point deduction.
 - d. There should not be any organized exits or other activities after the official ending of the routine.



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SECTION III: INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected will be directed to **STOP** the routine.
2. If directed to stop a routine, the team will perform the routine again in its entirety but will be evaluated only from the point where the interruption occurred.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform later. If decided by officials, the team will perform the routine again in its entirety but will be evaluated only from the point where the interruption occurred.

C. INJURY

1. All participants must follow the KSHSAA safety regulations. The only persons that may stop a routine for injury are **a)** competition officials, or **b)** the school coach from the team performing.
2. The competition officials will determine if the team will be allowed to perform later. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated only from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless the competition officials receive clearance from the on-site medical personnel and the school head coach of the competing team.
4. Any injured participant suspected of a concussion is required to follow the [KSHSAA Concussion Policy](#) regarding the treatment of concussions and must be removed immediately from the competition.

SECTION IV: INTERPRETATIONS AND RULINGS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the school coach of the team and will be directed to the Competition Director. **Such questions should be made prior to the team's competition performance.**

The KSHSAA Game Day Spirit Showcase Competition Rules Committee will consist of a designated Competition Director, Head Judge, and KSHSAA staff. The school team and school coach must abide by all decisions made by the judges and Rules Committee. Any interpretation of the KSHSAA Game Day Spirit Showcase Competition rules and regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee.



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B. AWARDS

Each classification or combined classification will receive the following:

1. The top three teams will be awarded and designated with a 3rd place trophy, a runner-up trophy, and 1st place with a Championship trophy.
2. Each classification or combined classification will receive medals for the top six teams and trophies for the top three winners.

C. JUDGING PANELS

Judges will be provided by the KSHSAA, and they will be responsible for scoring each school performance according to the KSHSAA competition score sheets.

1. **Panel Head Judge** - A Panel Head Judge is responsible for overseeing a designated panel of judges. The Panel Head Judge will also fill out his/her own score sheet for each performance.
2. **Panel Judge** - Panel Judges are responsible for scoring each team's performance based on the KSHSAA score sheets. Each Panel Judge will fill out a score sheet for each performance.
3. **Safety Judge** - The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
4. **Quality Judge** - The Quality Judge is responsible for overseeing the entire Judging Panel that consists of Head Panel Judges, Panel Judges, and Safety Judge.

D. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of the KSHSAA Spirit Showcase rules and regulations defined in this document will be subject to disqualification from the competition and will automatically forfeit any award presented by the competition.

E. DEDUCTIONS (Chart on Next Page)

Deduction points will be subtracted from the final score. The following is a **sample** of potential rule infractions and point deductions. Teams should refer to the Time and Deduction Sheet for each performance on any deductions given.



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Area	Specific	Deduction Points
Participant allowance (Section I, A)	Exceed maximum participants	Disqualification from contest
Music licensing (Section I, E)	Failure to meet licensing requirement	Disqualification from contest
Safety Violation	Utilization of skill or stunt not permitted by rule	5 points per rule violation
Time limit *3 second window to allow for variance in Qualifying Round, 5 seconds in Final Round	Each violation	3 points for 1-5 seconds over limit* 5 points for 6-10 seconds over limit* 7 points for 11 seconds or more over limit*
Time limit	Excessive celebration or organized entrance or exit	1 point
Procedure or General Rule Violation (not a safety violation)		3 points per rule violation