



2020 GAME DAY SPIRIT SHOWCASE RULES & GUIDELINES—DANCE

SECTION I:

A. PARTICIPATION

All teams must be the official school dance team. All participants must be eligible rostered dance squad members (from the 2020-21 football and/or basketball seasons). A student who is enrolled at the start of the spirit season (the beginning of the school year) must be a member of the squad for the majority of the scheduled varsity contests, in order to be eligible for the KSHSAA Game Day Spirit Showcase Competition.

DANCE GAME DAY DIVISIONS:

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|------------------|------------|----------------------------|
| a. Division I: | 1A, 2A, 3A | Maximum of 20 participants |
| b. Division II: | 4A, 5A | Maximum of 30 participants |
| c. Division III: | 6A | Maximum of 30 participants |

B. ROUTINE GUIDELINES AND SKILL RESTRICTIONS

WEIGHT BEARING SKILLS

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (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 allowed as the crowd leading tool in all elements. 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
Backbends
Front/Back Walkovers
Stalls/Freezes
Head spins
Windmills
Kip up
Round Off
Headsprings (with hand support)

NOT ALLOWED

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

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support are allowed. Aerial cartwheels not connected to any tumbling skill are allowed).



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2. 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.
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. 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.
6. 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.
7. 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).

C. MUSIC

1. Schools must use recorded marching band music for the fight song and band dance categories.
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.*
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. 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.
See Varsity.com/music for more information about preferred providers.
 - d. 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 or orchestra
 - 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.

D. HEALTH AND SAFETY REGULATIONS and ADDITIONAL COVID PRECAUTIONS FOR ROUTINES AND CHOREOGRAPHY:

1. KSHSAA rules require cheer and spirit performances shall be in accordance with safety standards prescribed by the National Federation High School Spirit Rules.
2. School participants must comply with the KSHSAA Contest Rules.
3. Masks are allowed, but not required
4. No physical contact between participants are allowed at any time. (Violation of this precaution will result in disqualification from contest).



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5. Social distancing is required at all times
6. There will be no out of bounds to allow for social distancing
7. Performances may be recorded indoors or outdoors. A game day sideline (staggered lines) formation is recommended for all cheer and dance performances with the exception of the performance routine element.

SECTION II. PERFORMANCE CRITERIA

A. ROUTINE

Each 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.**

There should be no “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.

DANCE GAME DAY FORMAT

Fight Song

- a. Must be performed to marching band music
- b. Skills and choreography should represent a traditional Fight Song your team performs at games
- c. Poms are the only props permitted
- d. Traditional school uniform required

Band Dance

- a. Must be performed to recorded marching band music
- b. Band Dance should be designed for maximum crowd appeal
- c. Poms are the only props permitted
- d. Traditional school uniform required

Performance Routine

- a. Any properly licensed music may be used
- b. Any style of dance (pom, kick, jazz or hip hop) designed for crowd entertainment.
- c. Performance should showcase energy and connection to the crowd.
- d. Traditional school uniform required

1. 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.
2. The judges will score teams using the criteria listed on the Game Day Championship score sheet.
3. See section on skill restrictions. Any deductions or violations will be taken off the final score.



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B. SCORES AND RANKINGS

1. The official RESULTS and team placements will be determined by the cumulative scores from the FINALS round only.
2. Scores and rankings will be emailed to all coaches following the conclusion of the virtual event.
3. The judges will score teams using the criteria listed on the KSHSAA Game Day State Championship score sheet.
4. All scores and judges' decisions are considered final.

C. TIME LIMITATIONS

1. 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 for the preliminary round and five (5) seconds over the time limit for the final round.
2. It is recommended that all teams practice and time performances prior to competition to allow for variations in sound equipment.

IV. INTERPRETATIONS AND RULINGS

A. 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. Head Judge - The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Point Deduction Judge, and Safety Judge. The 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. ALL JUDGES' DECISIONS ARE FINAL. NO PROTESTS – One of the calculated risks that a coach must accept is that he/she, his/her players, or the judges may make mistakes during the competition. The KSHSAA Board of Directors has established a policy of NOT HONORING A PROTEST based upon a rule situation nor a situation, which involved judgments on the part of the judges. The decision of the judges will be final. The KSHSAA will not review tapes of the competition for the purpose of changing the judges' decisions.

B. 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.



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C. DEDUCTIONS

Deduction points will be subtracted from the final score.

Area	Specific	Deduction Points
Participant allowance (Section I, A)	Exceed maximum participants	Disqualification from contest
Music licensing (Section I, C)	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 Preliminary 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