



2021 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 2021-22 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, to be eligible for the KSHSAA Game Day Spirit Showcase Competition.

DANCE GAME DAY DIVISIONS:

- | | | |
|---------------------|------------|----------------------------|
| a. Classifications: | 1A, 2A, 3A | Maximum of 20 participants |
| b. Classifications: | 4A, 5A | Maximum of 30 participants |
| c. Classifications: | 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 the only crowd-leading tool permitted. Any other props (including signs) 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).

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.



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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, SAFETY AND VENUE REGULATIONS

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. **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. Purses and backpacks are not allowed for spectators. Cameras and any camera bags (for media) will also be searched. 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. No spirit props, balls, t-shirts, or any other item may be thrown out to the crowd by spirit groups.
 - e. All fans are to abide by Rule 52 and display good Sportsmanship.
 - f. Fans must stay off the court after the conclusion of all sessions.
 - g. 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.
 - h. Tickets may be purchased on site. Ticket pre-sales will be available through Ticketmaster.
 - i. 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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E. ADDITIONAL SAFETY PROCEDURES

To ensure that the safety of participants is not compromised due to limited number spotters available to travel with a school team, and to promote a higher level of safety for competing participants, the KSHSAA will provide additional spotters only on the performance floor at the state competition. Schools may also provide additional spotters in warm up areas only.

Definition of Additional Spotter: Individuals on the competition floor provided as a safety precaution to spot specific elements of a routine. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

KSHSAA competition will provide additional spotters that follow the listed guidelines:

1. Additional spotters are present for added safety and will stand at the back of the floor when not spotting those sections.
2. Will not touch, assist, or save skills being performed. Additional spotters will only be used to prevent a fall to the competition floor.
3. Will be dressed so that they are presentable, professional, and distinguishable from the performing athletes.
4. Will be identified by experience and be familiar with spotting.

SECTION II: PERFORMANCE CRITERIA

A. ROUTINES

The competition will consist of three categories. 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

QUALIFYING ROUND: Each element will be warmed up and performed separately:

Fight Song

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

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 are the only props permitted
- e. Game Day uniforms are required

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. Performance should showcase energy and connection to the crowd.
- e. Game Day uniforms are required



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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.
4. The cumulative score from each of the individual qualifying categories will determine the finalist.
5. Scores will not carry over to Final Round.

FINAL ROUND: Up to six (6) teams per classification or combined classifications with the highest cumulative scores from the three qualifying categories will advance to Final Round. The final performance round 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.**

Either a basketball floor or marley strips (10) will serve as the performance floor.

B. SCORES AND RANKINGS

1. In the qualifying rounds, each team will be scored by multiple judges in each of the three categories.
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 qualifying scores will be utilized to break any ties.
3. 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 scores and rankings will be posted on the KSHSAA website following the conclusion of the competition.
4. The judges will score teams using the criteria listed on the KSHSAA Game Day State Championship score sheet.
5. All scores and judges' decisions are considered final. There is no process for protest.

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 qualifying 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.
3. 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.



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- 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.
- d. There should not be any organized exits or other activities after the official ending of the routine.

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. If a routine is interrupted by an injury to one of the participants, the coach may choose to finish the routine from the point of interruption or choose to take the score earned to that point. 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.

IV. INTERPRETATIONS AND RULINGS

A. 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. Medals for the top six teams.



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B. 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 scoring 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.

C. 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.

D. 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 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