

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT, INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

To: CIAC Member Schools
From: Connecticut Interscholastic Athletic Conference
Re: CAS-CIAC/CSAC Dance Team Championships

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the fourth time conduct an Association Dance Team championship. In order to more accurately estimate the number of schools competing, CAS/CSAC requests that you complete the enclosed Entry Form if you intend to enter.

Please submit the Entry Form to CAS, via the password-protected online eligibility center by **January 29, 2010**. Your promptness is appreciated.

The competition that is planned will be as follows:

- A. **State Championship** – Saturday, February 27, 2010
Site - Hamden High School
Hamden, CT
- Snow date – Sunday, February 28, 2010
- B. **Entry fee** of \$85 per team will be charged.
- C. Each squad will **PERFORM A ROUTINE NOT TO EXCEED 2:15 (two minutes and 15 seconds)**.
- D. 2009-10 National Federation Rules will be followed. It is the responsibility of each Advisor/Coach to become familiar with the National Federation guidelines for High School Spirit groups (dance teams). **BE ADVISED OF THE FOLLOWING RULES FOR THIS CHAMPIONSHIP: NO JEWELRY, NO GLITTER, NO BARE FEET OR SPIKED HEELS, AND NO STUNTING . SEE 2010 SPECIFIC ROUTINE RULES AND GUIDELINES SECTION OF THIS TOURNAMENT PACKET FOR MORE INFORMATION ON THIS YEAR'S RULES.** Coaches/Advisors – keep in mind that we are still High School Dance Teams and that we will be judged as such. Emphasis should be made as to the appropriateness of routine moves, music and costume/uniforms. When putting together costumes/uniforms, keep in mind the 3 B's – bellies, behinds and busts. Penalties will be assigned to all teams not following the regulations set forth by this committee. We cannot make our guidelines less strict than National Federation rules, but we can make them stricter.
- E. The number of divisions, such as Pom, Jazz, Hip Hop, etc., will be determined based upon the number of schools that enter the competition. If teams are divided into Large and Small in any category, the division will be as follows: Large Team will consist of teams with 13 or more dancers and Small teams will consist of teams with 12 or less dancers. For the 2010 State Competition a new category of Kick Line will be added to the competition.
- F. Teams entering may compete in more than one division, but a separate entry fee of \$85.00 must accompany their registration. A maximum of 2 routines per team will be allowed this year.
- G. Appropriate awards similar to CIAC awards will be presented to the Champion (1st place), and First Runner-up (2nd place) teams in each division.

Questions or concerns may be addressed to the CAS office – telephone (203)250-1111 or Fax (203)250-1345

Please share this information with your Dance Team coach/advisor.

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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

TO: CAS/CSAC Member Secondary School Dance Team Advisor/ Coaches
FROM: CAS/CSAC Dance Committee
RE: 4th Annual CAS/CSAC Dance Team Championships

The information in this packet covers in detail the 2010 CAS/CSAC DANCE TEAM Championships.

Your school is encouraged to participate in this activity, which has been well received in the last three years. If you intend to enter, please do the following:

Complete the **Entry Form** and submit it via the password-protected online eligibility center by **Friday, January 29, 2010**. Mail the \$85 entry fee, payable to CAS, to the CAS-CIAC office, 30 Realty Drive, Cheshire, CT 06410.

NOTE: Place all of the dancers in your Varsity Dance Team program on the entry form (including alternates). There is no limit to the number of dancers who may compete, but they must be certified by your school's principal as being "students in good standing."

The CAS/CSAC Dance Committee encourages you to participate and support this program. These championships are a worthwhile activity for all high school youth

ALERT

- Please be advised that all members on the entry form have been medically cleared by the appropriate school personnel.
- The CAS Dance Committee is pleased to offer an **information night for dance/spirit coaches on November 17, 2009** at the CAS-CIAC office, 30 Realty Drive, Cheshire, CT from 6:30 – 8:00 p.m.
- NEW UPDATE: There are **four** (4) divisions for the 2010 competition – Pom, Jazz, Hip Hop and Kick.

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4th ANNUAL CAS/CSAC DANCE TEAM CHAMPIONSHIP 2010

1. **AUTHORITY**

The decisions of the CAS/CSAC Dance Team Committee and/or Meet Directors relative to the operation of the competition shall be final.

2. **AWARDS**

In each division, a plaque and individual medals will be awarded to each of the champion, (1st place) and runner-up (2nd place) teams.

3. **DATE OF COMPETITION / SITE /STARTING TIMES**

DATE: State Championship – Saturday, February 27, 2010
Snow Date -- Sunday, February 28, 2010

TIME: To be announced with a follow-up communication

SITE: Hamden High School

The CAS/CSAC dance committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **DIVISIONS**

The 2010 Dance Team Championship divisions will be determined when the entry forms are returned to the CAS Office. The divisions of dance will be: Pom, Jazz, Hip Hop and new this year, Kick.

5. **ENTRY FEE /ENTRY FORM**

Each dance team entering the Championships will be assessed an entry fee of \$85, which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. Entry form and fee must be in the CAS office not later than January 29, 2010. Entry forms are to be submitted via the CAS website.

6. **LATE ENTRY POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to the seeding/pairing data published on the web site will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

7. **MEET REGULATIONS**

- A. Only member schools of CAS/CSAC may enter these championships.

- B. EACH DANCE TEAM MUST PERFORM A ROUTINE **THAT LASTS NO LONGER THAN TWO MINUTES AND FIFTEEN SECONDS (2:15)**. Teams that perform for more than the allotted time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. **TIME OF PERFORMANCE FOR EACH TEAM WILL START WHEN THE MUSIC BEGINS OR AT THE FIRST MOVEMENT (after taking the floor) AND WILL STOP WHEN THE MUSIC ENDS.** Formal entrances and exits are not allowed.
- C. A disc jockey equipped with a tape and CD player will be provided at the site, however a team may use their own tape player if they so choose. *IT IS HIGHLY RECOMMENDED THAT EACH SQUAD BRING A BACK UP OF THEIR MUSIC.*
- D. Three or four performance judges and a safety judge will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges.

Kathy Swillinger, Hamden High School, is the Tournament Official Coordinator - Cell Phone (203) 675-6237/email: kscoach@comcast.net . Kathy will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Dance Committee.

- E. The 2009-10 National Federation Rules for Spirit squads must be followed. Actions judged to be illegal by the National Federation Rules will result in penalty points assessed. **NO JEWELRY. NO GLITTER, NO BARE FEET OR SPIKED HEELS, NO STUNTING.** ** SEE ATTACHED SHEET FOR SPECIFIC ROUTINE RULES AND GUIDELINES ** -- These will all be assessed penalty points.
- F. **NO “Props” are permitted in this competition other than “poms” for teams entering the Pom Division only.**
- G. Judges decisions on scoring will be final and binding on entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Dance Committee will determine the “order of performance” for the championship prior to the competition and will mail this order to those member schools entered.
- I. Only one squad per member school may enter the competition.
- J. All competitors must be grade 9, 10, 11 or 12 and must be a member of your Varsity Dance Team.
- K. Each team will receive five complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, NOT parents.

There will be no presale of tickets. Ticket prices will be: Children five (5) and under are free; Senior Citizens (age 65 and older) \$5.00; Students (Grades 1- 12) \$5.00; Adults (All others not in any of the above categories) \$8.00.
- L. Dance team advisor/ coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for the actions of their competitors, which may include, but is not limited to, property damage or assault. **LEAVE ALL VALUABLES AT HOME.** The host school is not responsible for any lost items. Coaches should carry a bag to hold any needed items such as cell phones, etc.
- M. Competitors will not be permitted to compete without the presence of their dance coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.
- N. Coaches are to bring a large plastic bag so that what their team “packs in” may be packed out.

- O. Score sheets will be presented to each coach/advisor at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
- P. Scoring will be done in accordance with the score sheet. A detailed score sheet will be mailed to those entered in February, 2010.

8. TEAM COMPOSITION

Each team must be a Varsity level High School Dance Team and its members must be certified by their school's principal as being a "student in good standing" at the time of the Championship.

9. TRAVELING EXPENSES

Competing schools must provide their own transportation at their expense.

10. WARM-UP AREA

A warm-up area will be provided at the competition site for use by teams prior to the start of the competition. Each team will be allowed four (4) minutes for warm-ups.

11. DRESSING FACILITIES

Facilities will be available at the site.

12. PERFORMANCE AREA

See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court.

13. MEDICAL SERVICE

Medical personnel will be on site at the competition to attend to any emergency needs of competitors.

2010 STATE OF CONNECTICUT SPECIFIC ROUTINE RULES AND GUIDELINES

In addition to the rules set forth in the 2009-10 National Federation High School Rules Book for Spirit Groups (dance teams), the following specific guidelines will be in place for this year's tournament.

A. TUMBLING AND TRICKS

Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performing surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip over head rotation occurs.

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head Spins
Windmills
Kip Up

NOT ALLOWED

Dive Rolls
Round-offs
Aerials
Front Handsprings
Back Handsprings
Front Tucks
Back Tucks
Side Somi
Layouts
Head Springs

Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. You may do a hurdler position (jazz split) as long as you slide into that position. Dropping to a hurdler position from a jump is NOT ALLOWED.

B. DANCE LIFTS AND PARTNERING

General Guidelines:

1. Jumping or tossing from one dancer to another is not allowed.
2. Jumping or tossing from one dancer to or from the performing surface is not allowed.
3. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch.)
4. All tosses including toe-pitches are prohibited.

Dance Lifts:

1. Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performing surface and set down.
2. A lifting dancer must maintain direct contact with the performance surface at all times.
3. A lifting dancer must have hand/arm to body contact of the lifted dancer(s) at all times.
4. A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s).
5. Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.
6. Hip over head rotation of the lifted dancer may occur as long as his/her hips maintain a level at or below the shoulders of a standing dancer. (Exception: chorus line flips and assisted back tucks are NOT ALLOWED.)

Partnering:

1. Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another, but are not elevated.
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performing surface.

C. CHOREOGRAPHY AND COSTUMING

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges overall impression of the routine. Make sure that all choreography is age appropriate. All costuming and make-up should be age appropriate and acceptable for family viewing. **ALL COSTUME MALFUNCTIONS RESULTING IN TEAM MEMBERS BEING EXPOSED ARE GROUNDS FOR PENALTY.** Please make sure you have several dress rehearsals prior to competition to work out any costume problems. **SHOES MUST BE WORN DURING THE COMPETITION.** Wearing socks and/or footed tights only is prohibited. Dance paws are prohibited. Spiked heels are prohibited. **JEWELRY IS PROHIBITED** (see Federation Rule Book). When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down all the way around the body. Nude bodyliners are acceptable. All male dancers costumes must include a shirt that is fastened, however it can be sleeveless.

D. PROPS

Props are **NOT ALLOWED** except for poms which must be used by teams in the Pom Division. A prop is defined as anything that you dance with that is not attached to your costume. Articles of clothing or anything in pockets or your hair, which you remove and dance with or throw on the performing surface becomes a prop and is therefore illegal.

2010 CONNECTICUT HIGH SCHOOL DANCE TEAM CHAMPIONSHIPS
Sponsored by CAS/CSAC

2010 Dance Team Entry Form

**Form to be submitted via the password-protected online eligibility center
For the Attention of the Principal as well as the Athletic Director**

This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 29, 2010. The \$85 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 29, 2010.

There is no limit to the number of dancers who compete. Submit the names of all of the dancers in your Varsity Dance Program (even if you are not sure if they will be competing at this time).

If schools require a P.O. for fee payment, indicate that payment of the entry form will be forthcoming.

Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 29, 2010.

LIST ALL THE MEMBERS OF YOUR DANCE TEAM ON THIS ENTRY FORM (varsity members only).

REMINDER: All of the dancers, whose names appear on the entry form, must be certified as being students "in good standing" from the school that they are competing with.

THE PRINCIPAL CERTIFIES THAT THE INDIVIDUALS LISTED ON THIS OFFICIAL ENTRY FORM ARE STUDENTS IN "GOOD STANDING" AT THEIR HIGH SCHOOL AND HAVE SATISFIED THE STATE HEALTH STATUTES AND LOCAL REGULATION REGARDING PHYSICAL EXAMINATION AND ARE PHYSICALLY FIT TO PARTICIPATE IN THIS COMPETITION.

School _____ City/Town _____

Principal _____ Principal's School Phone () _____

Athletic Director _____ Principal's Home Phone () _____

AD's School Phone _____ AD's Home Phone () _____

AD's Email _____

Coach/Advisor _____

Coach/Advisor Home Address _____

City _____ State _____ Zip _____

Coach/Advisor School Phone () _____ Coach/Advisor Home Phone () _____

Coach/Advisor Email _____ Coach/Advisor Cell () _____

INDICATE THE DIVISION YOU WILL BE COMPETING IN AND THE NUMBER OF DANCERS WHO WILL BE COMPETING:

POM -- # _____

JAZZ -- # _____

HIP HOP -- # _____

KICK -- # _____

Last Name	First Name	Grade	Last Name	First Name	Grade
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2.			52.		
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