

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

To: CAS/CSAC Member School Dance Team Advisors/Coaches

11TH ANNUAL CAS / CSAC DANCE TEAM CHAMPIONSHIPS

Please share this information with your dance team coach/advisor.

The Connecticut Student Activities Conference, under the authority of the Connecticut Association of Schools, will for the 111th 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** via the password-protected online eligibility center by **Friday, January 13, 2017**.

ALERT

- **Please be advised that all members on the entry form have been medically cleared by the appropriate school personnel.**
- There are four (4) divisions for the 2017 dance team competition – Pom, Jazz, Hip Hop and Kick. The number of divisions, such as Pom, Jazz, Hip Hop and Kickline, will be determined based upon the number of schools that enter the competition.
- **Teams entering may compete in more than one division, but a separate entry fee of \$85 must accompany their registration. A MAXIMUM OF TWO (2) ROUTINES PER TEAM WILL BE ALLOWED.**
- **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." **Make sure you indicate the exact numbers of dancers who will be competing in each division you are entering – for example – you might have a varsity team of 25 dancers with 20 competing in Jazz and 15 competing in Hip Hop. Indicate that number on the entry form, but include all of your varsity dancer's (plus alternates) names.**
- If you have a JV team, they may travel to the event with you, but they must pay to watch the event as spectators.
- Be advised of the following rules for this tournament – **NO jewelry (see exceptions), NO BARE FEET OR SPIKED HEELS. SEE 2017 SPECIFIC ROUTINE RULES AND GUIDELINES SECTION OF THIS TOURNAMENT PACKET FOR MORE INFORMATION ON THIS YEAR'S RULES.**

Exception: For the High School State Dance Tournament, standard jewelry rules apply with the **exception of stud earrings only**. The heads of the studs not to exceed a diameter of 18mm (the size of a dime). Hoop earrings or earrings that dangle **are not permitted**. If a team should choose to wear the stud earrings, **every member must be wearing the exact same pair**.

- 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.
- **The New England Interscholastic Dance Team Championships will be held on Saturday, March 4, 2017 (NO SNOW DATE) in Enfield, CT. If your team is invited to participate in that event, based on their placement standings at States, you must commit to going by Monday, February 27, 2017.**

PLEASE NOTE: Due to the new Music Guidelines set forth through the National High School Federation for Spirit Groups, all music must be sent in by January 13, 2017 for verification that it has been legitimately purchased and that original (popular) songs have not been mixed with other original songs, and that there has been no alteration made to the recordings such as tempo changes, sound effects, etc. Any mixed music must be from one of the approved sites that can be found at varsity.com/music. All music that you intend to use at this year's state tournament must be sent to Megan Palluzzi at megan.palluzzi@gmail.com by the January 13, 2017 registration date. It is recommended that teams send a copy of their music to Megan as soon as it is cut, so as to avoid any penalties. She can answer any questions that you have before getting your final cuts made. For a complete explanation of this year's guidelines go to the USA Cheer Music Copyrights Educational Initiative which can be found at varsity.com/music.

- **NEW MUSIC GUIDELINES**

The NFHS guidelines are effective as of June 16, 2016.

- For the most up-to-date music information, visit <http://varsity.com/music>.
- Be sure to fill out the music form at the end of this document and turn it in with your entry form by January 13, 2017.
- If you have any questions about your music, please email Megan Palluzzi directly: megan.palluzzi@gmail.com

I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owner(s) of the sound recordings.

Teams must be able to provide proof of licensing.

If there are complaints or concerns about a certain team's use of music, proof of licensing should be provided by the coach. Examples of receipts from each preferred provider will be provided by January 13, 2017.

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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** -- 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 – Dave Maloney, Director of Student Activities or Anna Simeonidis, Program Manager; telephone (203) 250-1111 / Fax (203) 250-1345.

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

Date: State Championship – Saturday, February 25, 2017
Snow Date – Sunday, February 26, 2017

Site: Shelton High School, 120 Meadow Street, Shelton, CT

Time: Registration will begin at 9:00 a.m.
Doors open for spectators at 10:30 a.m.
Event begins at 11:00 a.m.

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 2017 Dance Team Championship divisions will be determined based upon the number of schools that enter the competition when entry forms are returned to the CAS office. The divisions of dance will be: Pom, Jazz, Hip Hop and Kickline. Determination of any split in divisions into large or small will be made once all teams have registered by the deadline given.
5. **ENTRY FEE / ENTRY FORM** -- Each dance team entering the Championships will be assessed an **entry fee of \$85 per routine** which must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410 by January 13, 2017. Teams entering may compete in more than one division, but a separate entry fee of \$85 is due per routine. **A MAXIMUM OF TWO (2) ROUTINES PER TEAM WILL BE ALLOWED. Entry form and fee must be in the CAS office no later than January 13, 2017. Entry forms are to be submitted via the CAS web site.**

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/pairings data being 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. All competitors must be grade 9, 10, 11 or 12 and must be a member of your varsity dance team.

- b. EACH DANCE TEAM MUST PERFORM A ROUTINE NOT TO EXCEED 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 five (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 all the necessary equipment will be provided at the site. All music must be submitted in advance to be verified for legitimacy and will be added to a computer program to be used the day of the event. Bring back-up music copy just in case.
- 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. The safety judge for our tournament will be available for teams to send videos with any questionable moves prior to the event. **Name and email address of our Safety Judge will be forthcoming.**
- e. Kathy Swillinger, Hamden High School, is the Tournament Director – Cell (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.
- f. NO JEWELRY (see exception), NO BARE FEET OR SPIKED HEELS. ** See attached sheet for specific routine rules and guidelines. ** These will all be assessed penalty points.

Exception – Dance paws and Pedini-style dance shoes that have heels of sufficient height to raise the bottom of the foot off the floor.

Exception – For the high school state dance team competition, standard jewelry rules apply with the exception of stud earrings only. The heads of the studs are not to exceed a diameter of 18mm (the size of a dime). Hoop earrings or earrings that dangle are not permitted. If a team should choose to wear the stud earrings, every member must be wearing the exact same pair.

- g. **NO “PROPS” are permitted in this competition other than “poms” for teams entering the Pom Division ONLY. See Prop Guidelines for clarification.**
- h. Judges decisions on scoring will be final and binding on entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- i. 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.
- j. Only one squad per member school may enter the competition.
- k. Each team will receive five complimentary tickets (**only if entry fee is paid**). These complimentary tickets are to be used for school personnel and spouses, NOT parents. There will be no pre sale of tickets.

Tickets prices will be: Children five (5) and under are free
 Senior Citizens (age 65 and older) and Students (grades 1-12) -- \$5.00
 Adults (all others not in any of the above categories) -- \$10.00

- 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, 2017.
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. Teams will do a four-minute warm-up in the auxiliary gym and then enter the main gym to do their actual performance. Once all teams are registered in January, you will be sent a complete information packet explaining the sign-in process.
11. **DRESSING FACILITIES** – Dressing facilities will be available at the site.
12. **MEDICAL SERVICE** -- **Medical trainer will be on site at the competition to attend to medical needs of competitors.**

2017 STATE OF CONNECTICUT SPECIFIC ROUTINE RULES AND GUIDELINES

The following specific guidelines will be in place for this year's tournament.

A. TUMBLING AND TRICKS

Weight Bearing Skills – Hip overhead rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception – forward and backward rolls are allowed.) The use of hands-free poms for hip overhead skills is allowed.

Allowed

Forward / Backward Rolls
Shoulder Rolls
Headstands
Handstands
Backbends
Front / Back Walkovers
Stalls / Freezes
Head Spins
Windmills
Kip Up
Cartwheels
Round-offs
Headsprings (with hand support)
Aerial Cartwheels

Not Allowed

Dive Rolls (of any kind or in any position)
Front Aerials
Front Handsprings
Back Handsprings
Front Tucks
Back Tucks
Side Somi
Layouts
Head Springs (without hand support)
Shushunova
Continuous Double Partner Cartwheels
Toe Pitches

Airborne skills without hand support are not allowed. (Exception – Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed.) Aerial cartwheels are not allowed while holding poms – they must be placed in one hand. (Exception – aerial cartwheels may be done with hands free poms.) Simultaneous tumbling over or under another dancer that includes hip overhead rotation by both dancers is not allowed.

Drops to the knee, thigh, seat, front, back, head, shoulder, or seat onto the performance 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. Airborne skills without hip overhead 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.

B. DANCE LIFTS AND PARTNERING (executed in pairs or groups)

The executing (lifted) dancer must receive support from the supporting dancer who is in direct contact with the performance surface through the entire skill. (Exception – kick line leaps.) Elevators, thigh stands, shoulder sits and chair sits are allowed. Extensions and all other cheer based stunts (show and go's – libs, etc.) are not allowed. Swinging lifts and tricks are allowed provided the executing dancer's body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation). Hip over head rotation of the executing dancer may occur as long as a supporting dancer maintains contact until the executing dancer returns to the performance surface or is returning to the upright position. Vertical inversions are allowed as long as:

- 1) The supporting dancer(s) maintain contact until the executing dancer returns to the performance surface or returns to the upright position.
- 2) When the height of the executing dancer's shoulders exceeds shoulder level of the supporting dancer, there is at least one additional dancer to spot who does not bear weight.

C. RELEASE MOVES (Unassisted Dismounts to the performing 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 hips above head level.
 - (b) The executing dancer may not pass through the prone or inverted position after the release.
 - (c) Toe pitch back tucks are not allowed.

Please Note: A participant must not jump unassisted onto the back of a base who is in a horizontal position.

- 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.
 - (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 the release.
 - (d) Toe pitch back tucks are not allowed.

D. 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. Spiked heels are prohibited. **JEWELRY IS PROHIBITED** with the exception of study earrings (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. *NOTE – the use of powder, glitter, or any other airborne substance that lingers in the competition area shall be strictly prohibited.

E. 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. **NOTE – If you remove an article of clothing such as a hat or jacket, etc., and throw it onto the performing surface it is NOT considered to be a prop and is therefore allowed.** Make sure that any item that is removed and is on the floor is placed in a position where it cannot be “stepped” on, which would then cause penalty points to be awarded. **NOTE: This year you will be allowed to dance with an article of clothing in your hand(s) such as a jacket, hoodie, hat.** You can remove it completely and place it on the performance surface where it cannot be stepped on, or you may remove it, dance with it, and return it back onto your body/head. **This ruling only applies to articles of clothing – not to objects.**

2017 CONNECTICUT HIGH SCHOOL DANCE TEAM CHAMPIONSHIPS

Sponsored by CAS/ CSAC

2017 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 13, 2017. The \$85 per routine entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410.

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 fee 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 13, 2017. 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 regulations regarding physical examinations and are physically fit to participate in this competition.

School _____ City / Town _____

Principal _____ Principal's School Phone () _____

Principal's Home Phone () _____

Athletic Director _____ Athletic Director's School Phone () _____

Athletic Director's Home Phone () _____ Athletic Director's Email _____

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

Coach/Advisor Home Address _____ City / Town _____

State _____ Zip Code _____

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

Coach/Advisor Email _____

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
1.			51.		
2.			52.		
3.			53.		
4.			54.		
5.			55.		
6.			56.		
7.			57.		
8.			58.		
9.			59.		
10.			60.		
11.			61.		
12.			62.		
13.			63.		
14.			64.		
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43.			93.		
44.			94.		
45.			95.		
46.			96.		
47.			97.		
48.			98.		
49.			99.		
50.			100.		

2017 CIAC State Music Approval

Team Name _____ City/Town _____

Coach's Name _____ Coach's Signature _____

Division: (HH, Jazz, Pom, Kick) _____

If you are participating in the 2017 CT State Dance Championship, please select one of the options below. Please note this form and a copy of your music is due back no later than January 13 with your registration packet. If your team is competing in more than one division, please fill out this sheet twice and send at the same time to megan.palluzzi@gmail.com. The music you submit (once approved) will automatically be sent to the DJ for use at the tournament on February 25. (A backup is always recommended.)

1. *Using one popular song from a music provider like iTunes, Google Play, etc. Please attach copy of receipt of this purchase.*

Name of Song _____

Artist Name _____

2. *Used a preferred provider listed on varsity.com/music. Please provide the licensing sheet sent by your provider with you mix.*

Music Provider _____

3. *Using an original song, that was created by someone who owns the rights to the song and gave you these rights to the song. Please attach the rights.*
4. *Received permission to edit a popular song with another popular song. Please attach permissions.*

**** You need to get permission from all owners of the recording (the record label) and the music composition (the music publishers) before you edit a recording with another recording. ****

5. *Use cover version of popular recordings from past varsity spirit summer camp music CDs that you already own. These songs CANNOT be edited together and have to be used as is.*

Name of Song _____

CD Year / Number _____