

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

13th ANNUAL CAS/CSAC DANCE TEAM CHAMPIONSHIP 2019

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 23, 2019
Snow Date -- Sunday, February 24, 2019

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.

SITE: Hamden High School, 2040 Dixwell Avenue, Hamden, CT 06514

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

4. **DIVISIONS**

The 2019 Dance Team tournament divisions will be determined once the entry forms are returned to the CAS Office. The divisions of dance will be: Pom, Jazz, Hip Hop and Kickline. Determination of any splits 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 tournament 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 11, 2019. Teams entering may compete in more than one division, but a separate entry fee of \$85 is due per routine. **Entry fee must be in the CAS office no later than January 11, 2019. Entry forms are to be submitted via the CAS website by 4:00 p.m. on January 11, 2019.**

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 **NOT TO EXCEED TWO MINUTES AND FIFTEEN SECONDS (2:15)**. Teams that perform for more than the allotted time will be assessed penalty points. Two points will be deducted for each 5-second violation or any part thereof. **TIMING 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 DJ, with all of 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. Time will be allotted (and it is highly recommended) for coaches to listen to their music before the tournament begins.
- d. Three performance judges and a safety judge will score each team. There will be two sets of judges so that teams can alternate. Technical difficulties will be adjudicated by the judges. The safety judge will be available for our teams to send videos with any questionable moves prior to the event. The name of our safety judge is Kerry Sullivan – email address is Kerry.sullivan58@yahoo.com .

Kathy Swillinger is the Tournament Director – cell phone is (203) 675-6237 and email address – kscoach32@gmail.com

- e. **NO JEWELRY** (see exception), **NO BARE FEET OR SPIKED HEELS**, (See exceptions). **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 raise the bottom of the foot off the floor are allowed.

Exception: For the high school state dance team tournament, all jewelry rules apply with the exception of stud earrings only. The heads of the studs cannot exceed a diameter of 18mm (the size of a dime). Hoop earrings and 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.

- f. **NO “Props” are permitted other than poms for teams entering the Pom Division only.** All dancers in the Pom Division (male and female) must use poms. See Props Guidelines for verification.
- g. Judges decisions on scoring will be final and binding on score sheets.. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- h. The “order of performance” for the tournament will be emailed to participating schools on the Wednesday before the event. Parents should not be contacting the Tournament Director for this information.
- i. Only one squad per member school may enter the competition. All competitors must be in grade 9, 10, 11 or 12 and must be a member of their varsity team.
- j. Each team will receive five complimentary tickets (**as long as the entry fee has been paid**). These tickets are to be used for school personnel and their guests, **NOT** parents. There will be no presale of tickets. Ticket prices will be: Children five (5) and under are free; Military in uniform or with I.D. 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) \$10.00

- k. Dance team advisor/ coaches are expected to maintain discipline among the competitors and make sure 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 big enough to hold any items such as cell phones, etc.
 - l. Coaches are to bring a large plastic bag so that what their team “packs in” may be packed out.
 - m. No team will be permitted to participate without the presence of their dance team Coach/Advisor, or having in writing, a letter from their school’s AD or Principal designating an adult replacement.
 - n. Score sheets will be presented to each coach/advisor at the conclusion of the tournament. Also available to coaches will be an order of finish and point totals for their division. Scoring will be done in accordance with the score sheet.
8. **TEAM COMPOSITION** - Each team must be a Varsity level High School Dance Team and its members must be certified by their school’s AD or principal as being a “student in good standing” at the time of the tournament.
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 tournament site for use by teams shortly before they perform. Each team will be allowed four (4) minutes per routine for warm-ups.
11. **MEDICAL SERVICE** - **Medical personnel (an athletic trainer) will be on site at the tournament to attend to any emergency needs of competitors.**
12. New England Interscholastic Dance Team Championships will be held on Saturday, March 9, 2019.

2019 TOURNAMENT SPECIFIC ROUTINE RULES AND GUIDELINES

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

A. TUMBLING AND TRICKS

Weight Bearing Skills: Hip over head 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 over head skills is allowed. Please reference the hands-free poms section for more details.

ALLOWED:

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

NOT ALLOWED:

Dive Rolls
Front Aerials
Front Handsprings
Back Handsprings
Front Tucks
Back Tucks
Side Somi
Layouts
No handed headsprings
Shushunova
Continuous Double (partner) Cartwheels
Toe Pitch

1. Airborne skills without hand support are not allowed (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand or executed with hands-free poms. There are no exceptions to this rule. If a team chooses to move the poms to one hand, and later touches down with that hand, then a penalty will be issued.
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed – 4 are not.)
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.)

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

1. The Executing dancer must receive support from the Supporting dancer who is in direct contact with the performance surface through the entire skill.
2. Elevators, thigh stands, shoulder sits and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. Swinging in and out of lifts and tricks is allowed in the prone and/or supine position: swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing dancer is in a prone position (body facing the ground).
4. Hip over head rotation of the Executing dancers 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.
5. Vertical Inversions are allowed as long as: **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 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 feet 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.
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

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and 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, costuming, make-up, and/or music may affect the judges overall impressions and/or score of the routine.
2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (examples: roller skates, roller blades, heelys, etc.). Wearing socks or fotted tights only is not allowed.
3. 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 front of body only. Nude bodyliners are acceptable.

4. All male dancer's costumes must include a shirt that is fastened, however it can be sleeveless.

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. **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, dance with it, and return it back onto your body/head. This applies to clothing only – no objects allowed.**

2019 CONNECTICUT HIGH SCHOOL DANCE TEAM TOURNAMENT
Sponsored by CAS/CSAC

2019 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 11, 2019. 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 11, 2019.

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 11, 2019.

LIST ALL OF THE VARSITY MEMBERS OF YOUR DANCE TEAM ON THIS ENTRY FORM .

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

School _____ City/Town _____

Principal _____ Principal's Phone () _____

Athletic Director _____ AD's School Phone _____

AD's Home/Cell () _____ AD's Email _____

Coach/Advisor _____

Coach/Advisor Home Address _____

City _____ State _____ Zip _____

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
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2019 CIAC STATE DANCE MUSIC APPROVAL

Team Name _____

Coach's Name _____ Coach's Signature _____

City/Town _____

Division (HH, Jazz, Pom, Kick) _____

Please select one of the options below to submit your music to be approved. Please note this form, a copy of your music and the appropriate proof of purchase is due back no later than January 11 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 (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 your 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 recording 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 _____