

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

To: CAS/CSAC Member Schools
From: CAS/CSAC Dance Committee
Re: 14th Annual CAS/CSAC Dance Team Tournament

The Championship that is planned will be as follows:

- A. A. State Tournament - **Saturday, February 29, 2020**
Site – Hamden High School
2040 Dixwell Avenue, Hamden, CT 06514
Snow Date – Sunday, March 1, 2020
- B. Entry Fee of \$85 will be charged.
- C. Each team will PERFORM A ROUTINE NOT TO EXCEED 2:15 (two minutes and 15 seconds).
- D. Teams entering may compete in more than one division, but a separate entry fee of \$85 must
- E. Accompany their registration. A maximum of 2 routines per team will be allowed.
- F. Appropriate awards similar to CIAC awards will be presented to the Champion (1st Place) and
- G. Runner-up (2nd Place) in each division. Questions or concerns may be addressed to the CAS Office
- H. Telephone number (203) 250-1111 or Fax (203) 250-1345.

Please share this information with your Dance Team Advisor/Coach

The Connecticut Student Activities Conference, under the authority of the Connecticut Association of Schools, will for the 14th time conduct an Association Dance Team Tournament. In order to more accurately estimate the number of schools competing, CAS/CSAC requests that you complete the enclosed **entry form** via the password protected online eligibility center by **Friday, January 10, 2020**

ALERT

Please be advised that all members on the Entry Form have been medically cleared by the appropriate school personnel.

There will be four (4) divisions for the 2020 Dance Team Tournament – Pom, Jazz, Hip Hop and Kickline. The number of divisions, such as Large or Small, will be determined based upon the number of schools that enter the tournament.

NOTE: Place all dancers on 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 schools AD or Principal as being “students in good standing”

Make sure that 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 the number on the entry form, but include all of your dancer's (plus alternates) names.

If you have a JV team, they may travel to the tournament with you, but they must pay to watch the event as spectators.

Please Note that along with our specific Tournament Guidelines, we follow NFHS rules which are found in the 2019-2020 Spirit Rules Book.

See the Dance Tournament Packet Guidelines below for any exceptions and the Safety Judge information.



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

14th ANNUAL CAS/CSAC DANCE TEAM TOURNAMENT 2020

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/STARTING TIMES

Date: State Championship – **Saturday, February 29, 2020**

Snow Date: Sunday, March 1, 2020

Time: Registration will begin at 9:00 am

Doors open for spectators at 10:30am. Event begins at 11:00am.

Site: Hamden High School, 2040 Dixwell Ave., 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 team indicating the starting time.

4. DIVISIONS

The 2020 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 Dr., Cheshire CT, 06410 by **January 10, 2020**.

Teams entering may compete in more than one division, but a separate entry fee of **\$85** is due per routine. The fee must be in the CAS Office by 4pm on January 10, 2020.

Entry forms are to be submitted via the CAS website by 4pm on January 10, 2020

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 website, will be assessed a fee of \$50 per correction to a maximum of \$250.

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 (2) 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 the necessary equipment, will be provided at the site. All music must be submitted in advance to be verified for its 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 2 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 number is 203-675-6237;
Email address: kscoach32@gmail.com.

- E. NO JEWELRY (see exceptions) NO BARE FEET OR SPIKED HEELS (see exceptions).
SEE ATTACHED SHEET FOR SPECIFIC ROUTINE RULES AND GUIDELINES.
These will 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 our High School State 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 allowed. If a team chooses 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. Judge's 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 your Varsity team.
- J. Each team will receive 5 complimentary tickets (as long as the Entry Fee has been paid). These tickets are to be used by school personnel and their guests. They are NOT for parents. There will be no pre-sale of tickets. Ticket prices are: children ages 3 and under are free; Senior Citizens (age 65 and older) are \$5.00; students (grades K-12) are \$5.00; adults (all not in the above categories) are \$10.
- 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 or stolen items. Coaches should carry a bag big enough to hold onto any items such as cell phones, etc.
- L. 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.
- M. Score sheets will be presented to each Coach/Advisor at the conclusion of the Tournament. Also available will be an order of finish and point totals for their division. Scoring will be 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. 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 allotted 4 minutes per routine for their warm-up.

10. MEDICAL SERVICE

Medical personnel (an Athletic Trainer) will be on site at the Tournament to attend to any emergency needs of the competitors,

2020 TOURNAMENT SPECIFIC ROUTINE RULES AND GUIDELINES

The following specific guidelines will be in place for this year's State Dance Tournament. Please Note that along with these guidelines, we follow NFHS rules which are found in the Spirit Rules Book

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.**

TUMBLING & TRICKS (executed by individuals)

ALLOWED

Aerial Cartwheels
Front/Back Walkovers
Forward/Backward Rolls
Cartwheels
Front Handsprings
Branny
Side Somi
Headstands (with hand support)
Handstands
Backbends
Headsprings (with hands)
Stalls/Freezes
Head Spins
Windmills
Kip Ups
Round Offs
Shoulder Rolls

NOT ALLOWED

Back Handsprings
Front Aerials
Layouts
Dive Rolls
Front Tucks
Back Tucks
No handed headsprings
Toe Pitch
Shushunova

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and Aerial Cartwheels and side somis not connected to any tumbling skill are allowed).
2. If a team chooses to use hands free poms for aerial cartwheels and/or side somis, and later touches down, the poms must be flipped off the hand or a penalty will be assessed. Simply wearing the hands free poms for the aerial cartwheel and/or side somi does not make it legal if they are not used correctly.
3. If a team chooses to use non hands free poms for aerial cartwheels and/or side somis, they **MUST** be moved to one hand. If a dancer later touches down with the hand that holds both poms, a penalty will be assessed. There will be no exceptions to this rule.
4. Tumbling skills with hip over head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
5. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
6. Choreographed 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.
7. Landing in a push up position onto the performing 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.
8. Airborne skills without hip over head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders and/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.
3. **The following Cheer based stunts are not allowed**
 - A. **Extended cheer stunts (the lifted dancer is extended in an upright position over the base(s) who maintain fully extended arms and have the lifted dancers feet in hands).**
 - B. **Pyramids and basket tosses.**
4. Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions: 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).
5. 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 is returning to the upright position.

6. Vertical inversions are allowed if:

- A. The Supporting Dancer(s) maintain contact until 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.**

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.** Exceptions – toe touches off a dancer's back/leap frog jumps will be allowed.
 - 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 of the Supporting Dancer.
 - B. The Executing dancer is not supine or inverted when released.
 - C. The Executing dancer not pass through a prone or inverted position after release.
 - D. Toe pitch back tucks are not allowed.

CHOREOGRAPHY & COSTUMING

1. Routine choreography should be appropriate and suitable for family viewing and listening of all ages. Vulgar or suggestive material, choreography and/or inappropriate 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. Music containing words unsuitable for family listening is not allowed. This includes (but is not limited to) swearwords, connotations of inappropriate behavior, etc. Inappropriate choreography, costuming, make-up, and/or music may affect the judges overall impression 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 footed 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 dancers' costumes must include a shirt that is fastened, however it may be sleeveless.

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 and throw it on the performing surface, it is NOT considered 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.

HANDS FREE POMS

The use of hands free poms will be allowed. Hands free poms are defined as poms with a strap across the palm of the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.

2020 CONNECTICUT HIGH SCHOOL DANCE TEAM TOURNAMENT
Sponsored by CAS/CSAC

2020 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 **4pm on Friday, January 10, 2020.**

The \$85 entry fee must be mailed to the CAS office, 30 Realty Dr., Cheshire, CT 06410.

***A late fee of \$50 will be charged if the entry form is not in the CAS office by:
4pm on January 10, 2020.***

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 that they will be competing at this time), If schools require a P.O., 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 10, 2020.

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

School _____ City/Town _____

Principal _____ Principal's Phone _____

Athletic Director _____ AD's School Phone _____

AD's Home/cell phone _____

AD's Email _____

Coach/Advisor _____ 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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2020 CIAC States Music Approval

Team Name: _____

Coach's Name: _____

City/Town: _____

Coach's Signature: _____

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 17th 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. Please send one email with all items to Megan and please label your music with your team name and style. 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 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: _____