

**CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2010 DANCE TEAM STATE CHAMPIONSHIPS**

ALERT PAGE

TO: Dance Team Advisor/Coach
FROM: Dance Team Committee
DATE: February 16, 2010
RE: 2010 Dance Team Championships

**PLEASE BE SURE YOUR DANCE TEAM ADVISOR/COACH RECEIVES
THIS INFORMATION**

Your school has filed a Dance Team Entry Form and has been scheduled to perform in the Championship on Saturday, February 27, 2010 (snow date Sunday, February 28, 2010). This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW. IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING, THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.

IF YOU MUST WITHDRAW AFTER 2:00 PM ON FRIDAY, FEBRUARY 26, 2010, PLEASE NOTIFY KATHY SWILLINGER AT (203) 675-6237.

Six divisions of competition have been formed. Your team has been placed in one of these divisions based on the size of your team.

1. Pom
2. Large Hip Hop
3. Small Hip Hop
4. Large Jazz
5. Small Jazz
6. Kick Line

NOTE: On the day of the competition, if you are missing dancers due to illness, accidents, etc., you will still compete in the division that you were assigned as of February 1, 2010. (Remember – the judges do not judge your team based on the number of dancers, but rather on your team's performance.).

The State Dance Team Championships will be held at:

HAMDEN HIGH SCHOOL
Hamden, CT
Saturday, February 27, 2010
(Snow Date – Sunday, February 28, 2010)

In the event of inclement weather, local radio and TV stations will be notified. A decision will be made very early on the morning of February 27, 2010. In addition, you can check the CAS website www.casciac.org for any changes to the schedule.

SPECIFIC RULES RELATIVE TO THIS COMPETITION

1. Schools will perform according to the order of performance. Please note: “bumping up” by division will occur in each and every case for “no shows.” For example – if your school is slated to perform in Pom, in the fifth position and the Pom team ahead of you doesn’t show up, then your team will perform in the spot ahead and all schools in the Pom division will “bump up” one position. Divisions will alternate with “exhibition teams” filling in the gaps.
2. Registration will begin at 1:30 pm. Warm-ups will begin at 2:00 pm. Doors will open for spectators at 3:30 pm and the competition should begin by approximately 4 pm. Each team will be allotted four (4) minutes to warm-up. **WARM-UPS WILL BE HELD IN THE ORDER OF PERFORMANCE. PLEASE BE ON TIME SO AS NOT TO MISS YOUR ASSIGNED WARM-UP.** Bring a CD player or tape player as you will be responsible for the music during your warm-up. The DJ will not be available during this time. A safety judge **WILL BE** present at the warm-ups. If your routine contains any penalties, the safety judge will inform you of this information during your warm-up. Penalty points will be deducted for any infraction that occurs during the actual competition. (See enclosed Penalty Sheet). **COACHES – REMEMBER – WE FOLLOW NATIONAL HIGH SCHOOL FEDERATION RULES** as outlined in their rule book. This is **NOT** the same as many “national” competitions that you may see on TV or online. **IT IS YOUR RESPONSIBILITY AS A COACH TO KNOW FEDERATION RULES WHEN PUTTING YOUR ROUTINES TOGETHER.** We do not spell out each and every rule in our guidelines but rather we give you an overview of some of the rules plus our competition guidelines. **REMEMBER THAT OUR MAXIMUM ROUTINE TIME IS 2:15** (two minutes and fifteen seconds).
3. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
4. When your team arrives at Hamden High School, the Coach/Advisor must enter with the team and with a copy of your team roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the Entry

Form that has been submitted. **A DANCER WILL NOT BE ALLOWED TO PERFORM IF HER OR HIS NAME DOES NOT APPEAR ON THE ENTRY FORM THAT YOUR SCHOOL'S ATHLETIC DIRECTOR HAS SUBMITTED. The entrance, for Coaches and Dancers only, will be on the Chili's side of Hamden High (facing the front of the school go to your right and then take a left thru the parking lot to the second entrance for the building.) No one else will be admitted through this entrance. Have your bus drop your team off at this entrance and then park where directed.** Please remind all spectators that Hamden High School is a smoke free facility. Smoking is not allowed inside or outside the building. There is absolutely NO SMOKING.

5. No food or drinks are permitted in the Hamden High school gym. Only dancers will be allowed to have plastic water bottles inside the gym.
6. **CONDUCT AND GOOD SPORTSMANSHIP** – we have been exceedingly proud of our high school dance teams and the goodwill and sportsmanship that they have shown each other over the past 3 years that we have conducted this Championship. We ask that all Advisor/Coaches continue to remind their dancers that they are representing their school at this event and as representatives they are expected (along with their fans) to exemplify the image of a high school dance team.
7. T- shirts and a professional video tape of the competition will be available for purchase on the day of the event.
8. Admission prices for the competition are as follows: \$8.00 for adults, \$5.00 for students (grades 1-12), \$5.00 for senior citizens (age 65 and older), Free for children 5 and under.

**** RULE REMINDERS** - Remember that NO PROPS are allowed other than poms which can only be used by teams in the Pom Division. A “prop” is defined as an article that you dance with or on. An example would be removing a piece of your uniform or costume (such as a hat) or any other item that is either attached to your costume or in a pocket, etc. These would be considered “props” and are NOT ALLOWED at our State Championships.

Under Tumbling – Tumbling over or under a person is illegal
Any tumbling move that does not include hand or foot to floor contact is illegal (see competition guidelines)

Under Dance Lifts & Partnering – Jumping or tossing from one dancer to or from the performance surface is not allowed.
A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer.

2010 DANCE TEAM ROSTER

COACHES: You MUST bring this form with you to the competition
(please print or type names in alphabetical order)

TEAM NAME: _____

TOWN: _____

Members of the team:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____

COACHES: 1. _____

2. _____

**CONNECTICUT HIGH SCHOOL
STATE DANCE TEAM CHAMPIONSHIPS
PENALTY SHEET**

SCHOOL _____

DIVISION _____

JUDGE'S INITIALS _____

TIMING VIOLATION

PENALTY POINTS

Entire Routine Time: _____

**All Dance Team Divisions: No minimum time; maximum time is 2:15 minutes
(135 seconds)**

1 – 5 seconds over deduct 2 points

6 – 10 seconds over deduct 4 points

11 – 15 seconds over deduct 6 points

16 – 20 seconds over deduct 8 points

21 – 25 seconds over deduct 10 points

TOTAL POINTS DEDUCTED: _____

**CONNECTICUT HIGH SCHOOL
STATE DANCE TEAM CHAMPIONSHIPS
PENALTY SHEET**

SCHOOL _____

DIVISION _____

JUDGE'S INITIALS _____

VIOLATION PENALTY POINTS

- 1. Apparel** – wearing jewelry, long fingernails, glitter, bare feet or improper shoes (including paws) unsafe hair devices, stepping on pant hems, costume malfunctions that result in exposed body parts, improperly covered braces, bare mid-riff ,etc. (10 points per violation) _____

- 2. Specific Championship Violations** – no stunting. The following tumbling moves are NOT ALLOWED: dive rolls, round-offs, aerials, front/back handsprings and front/back tucks, side somi, layouts, head springs. No Props. See specific Championship Guidelines as pertains to partnering and lifts (10 points per violation) _____

3. Safety Violations

Rule Infraction	Page #	Category	Rule #	
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TOTAL PENALTY POINTS _____

Dance Team State Championships Schedule
Hamden High School
February 27, 2010

Team Warm Up		Perf Time	Team	Division
GYM	Café			
	2:00	4:00	Enfield High School	Pom
2:00		4:04	Wethersfield High School	Pom
2:04		4:08	Bacon Academy	Large Hip Hop
	2:04	4:12	Fairfield Ludlowe High School	Pom
	2:08	4:16	Masuk High School	Large Hip Hop
2:08		4:20	East Haven High School	Pom
2:12		4:24	Middletown High School	Large Hip Hop
	2:12	4:28	Shelton High School	Pom
2:16		4:32	Torrington High School	Large Hip Hop
	2:16	4:36	Hamden High School	Pom
	2:20	4:40	Greenwich High School	Large Hip Hop
2:20		4:44	RHAM High School	Pom
		4:48	open	exhibition
2:24		4:52	Bunnell High School	Small jazz/lyrical
	2:24	4:56	Brookfield High School	Large Hip Hop
2:28		5:00	Woodland High School	Small jazz/lyrical
	2:28	5:04	Stratford High School	Large Hip Hop
2:32		5:08	New Milford High School	Small jazz/lyrical
	2:32	5:12	Wethersfield High School	Large hip hop
2:36		5:16	North Branford High School	Small jazz/lyrical
	2:36	5:20	Cromwell High School	Small hip hop
2:40		5:24	Branford High School	Small jazz/lyrical
	2:40	5:28	Fairfield Warde High School	Small hip hop
	2:44	5:32	Seymour High School	Large jazz/lyrical
2:44		5:36	Bassick High School	Small hip hop
2:48		5:40	Daniel Hand High School	Small jazz/lyrical
	2:48	5:44	RHAM High School	Small hip hop
		5:48	open	exhibition
	2:52	5:52	Bunnell High School	Small hip hop
2:52		5:56	Ellington High School	Large jazz/lyrical
	2:56	6:00	Oxford High School	Small hip hop
2:56		6:04	Fairfield Ludlowe High School	Small jazz/lyrical
	3:00	6:08	Oliver Wolcott Technical High School	Small hip hop
3:00		6:12	Greenwich High School	Large jazz/lyrical
	3:04	6:16	Ridgefield High School	Small hip hop
		6:20	open	exhibition
	3:08	6:24	North Branford High School	Small hip hop
3:04		6:28	Fairfield Warde High School	Small jazz/lyrical
	3:12	6:32	Branford High School	Small hip hop

Dance Team State Championships Schedule
Hamden High School
February 27, 2010

Team Warm Up		Perf Time	Team	Division
GYM	Café			
3:08		6:36	Shelton High School	Large jazz/lyrical
	3:16	6:40	Danbury High School	Small hip hop
3:12		6:44	Brookfield High School	Large Jazz/lyrical
	3:20	6:48	Immaculate High School	Small hip hop
3:16		6:52	Masuk High School	Large jazz/lyrical
	3:24	6:56	Hamden High School	Kickline
	3:28	7:00	New Milford High School	Small hip hop
3:20		7:04	Seymour High School	Kickline
3:24		7:08	Somers High School	Small hip hop
	3:32	7:12	Woodland Regional High School	Kickline
3:28	3:36	7:16	New London High School	Small hip hop
3:32		7:20	Oxford High School	Kickline
		7:30	<i>awards</i>	