

2017-18 Dance

Dance Teams

Dance teams are divided into two distinct groups for governance, season and competition purposes. 1) Winter season competitive and performance dance teams must follow all IHSAA and NFHS Spirit rules and regulations. 2) Marching band auxiliaries (Color Guards) are governed by marching band regulations.

Purpose

The primary role of dance teams is to provide entertainment at halftimes of athletic contests and perform at school/community events. Dance teams should work to enhance the educational objectives of the total interscholastic program.

Classification — based on grades 9-12

5A	1,280 and over	3A	639-and under
4A	1,279-640		

Eligibility

1. **Competitive Dance:** Members of dance teams that compete are subject to IHSAA eligibility rules 8-1 through 8-15, except Rule 8-4, Amateur Status, Rule 8-5, Awards, and Rule 8-11, Outside Competition. Non-traditional students must comply with Rule 8-16.
2. **Performance Dance:** Members of dance teams that do not compete must be regularly enrolled students of the school at the time of participation. Non traditional students must comply with Rule 8-16.
3. **All** dance participants must have a physical examination on file with the school prior to the first team practice of the season. (See IHSAA Rule 13—Physical Exams)

Governance

1. NFHS Spirit Safety Rules must be followed during any competitive or non-competitive dance activity, including practices, performances, and competitions.
2. IHSAA rules and regulations must be followed at all Idaho dance competitions.

Dance Summer Limitations

Dance teams must comply with IHSAA Rule 17-2-4 (No Contact Aug 1 – 6) and 17-2-5 (summer practices/camps cannot be mandatory).

Dance Competitive Season

The dance competitive season begins November 1 and ends with the completion of the state tournament. Any competition after the state tournament requires permission of the principal or superintendent and the IHSAA. No school or individual shall participate in more than four (4) competitions during the season. Exceptions: a district-qualifying competition and the state championships do not count towards the allowed number of competitions.

General Competition Rules

1. Official IHSAA score sheets must be used.
2. Two certified technical judges are required.
3. Sweepstakes awards and/or event finals are not permitted.

4. Tournaments may elect to declare overall team champions by classification. Procedure: Combine the cumulative ordinal score of each school's top three team events. If tied, use raw score totals. If still tied, use execution score totals.
5. Contiguous classifications may be combined at the tournament manager's discretion if fewer than three schools enter a division. Combining schools that are not in contiguous classifications requires approval from those schools.
6. High school dance teams (9-12) shall not compete with or against non-high school teams (i.e. 8th graders, studios).
7. Teams shall not significantly change choreography or music for any routine between district and state without written permission of the IHSAA.

Scoring

The ordinal (ranking) system of scoring shall be used.

1. Each routine judge's raw score is ranked (1-2-3, etc.) after first deducting any penalties from technical score sheets.
2. If a judge's adjusted scores are tied, first add then divide the total of the tied scores' ordinal placements. Both teams will receive the same ordinal rank.
3. Ordinal ranks are added together - lowest score wins.
4. Placement ties shall be broken by first using raw score totals and then, if still tied, execution scores.

Required Divisions of Competition

The following events must be offered at all in-state competitions:

Dance Time limit: 2 - 3 minutes. Routine emphasis: technique, style, interpretation. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops.

Kick Time limit: 2-3 minutes. Kicks must be performed for at least 75% of routine length and include all performing team members. Routine emphasis is on technique, style, variety of kicks, presentation. Permitted: hand props. Not permitted: stage props or backdrops.

Military Time limit: 2-3 minutes. Routine emphasis is on precision, maneuvering, and formations. Costumes must be military style or generic school costumes. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops.

Prop Time limit: 2-3 minutes. Props must be used for at least 80% of routine length and include all performing team members. Routine emphasis is on skill & creativity in utilization and manipulation of props and staging. Permitted: stage props as bases only. Not permitted: backdrops.

Hip Hop Time limit: 2-3 minutes. Routine emphasis: synchronization, technique, style, musicality. All aspects of the routine, including music, choreography, costuming and concept must be appropriate for public performance at the high school level. Permitted: hand props. Not permitted: stage props or backdrops.

Specialty Divisions

Specialty divisions may be offered at all invitational competitions. Tournaments should specify, in the initial invitation, which specialty divisions will be offered and provide guidelines for those events. Specialty divisions:

1. May include events such as Solo, Lyrical, Pom, Novelty, etc.
2. May be offered as “open” classifications.
3. Must follow all NFHS and IHSAA general rules.

Specialty Division Guidelines

The following specialty division guidelines are provided to ensure consistency from competition to competition:

1. Solo Division: a) Time limits 1:30-2:00; b) A maximum of two tumbling elements or passes; c) hand props/stage props permitted but not encouraged
2. Novelty: a) hand props, stage props, backdrops allowed; b) emphasis on theme, storylines, character development
3. Team Divisions: Time limits 2-3 minutes
4. Team Sizes: Small Dance – maximum of 9, all others – no set number defined
5. Score Sheets: a) Solo, novelty, lyrical shall use designated IHSAA score sheets; b) Others: use appropriate IHSAA score sheets with adjustments as necessary, but maintain categories and point values

Definitions

Performance Area	The area within the side and end boundary lines of a basketball court. Also called “the floor”.
Backdrops	Stationary objects located <u>behind</u> performance area used for visual enhancement only. Backdrop limitations: Maximum of two, not to exceed 8’ high or combined length of 20’.
Hand Props	Items manipulated on or off the performance area for the purpose of routine enhancement. Note: Costumes are considered hand props if manipulated by the performer. Costume changes that occur behind a backdrop, stage prop or off the performance area will not be considered as use of a hand prop.
Kick	The rhythmic opening and closing of the leg to at least 45 degrees.
Stage Props	Objects located <u>within</u> the performance area used for visual enhancement, as bases, or in other ways such as entrances/exits.
Character Development	Creating a specific character where performers “act out” behaviors of that character within the choreography. Personality and intent of the character will be evident.
Storyline	Conveying a specific message, idea, or event with choreography. The routine progresses through various stages within the story.

Timing Regulations

1. **Entrance/exit timing** includes set-up and take-down of props as well as getting the team to ready position and also off the floor (with or without music). Timing begins when the first person or prop enters the performance area and ends when the last person or prop leaves the performance area. Exception: In Prop, timing shall begin if prop assembly / preparation starts off the floor with no indication that the entrance is imminent.

Entrance/Exit time limits:

- a. Dance / Military / Kick / Hip Hop: 1 min. total combined time
 - b. Prop: 2 min. total combined time
2. **Routine timing** begins with the first beat of the music or when performance begins if music has not started. Timing ends with the last beat of the music or when the final position is hit if music has already stopped. Routine timing does not include entrances or exits unless exit is part of routine and no end pose is hit.
 3. **Grace periods** A five second grace period is allowed. Timing penalties will not be assessed if a team is in violation due to circumstances beyond its control. Exception: variations in speed of music systems.

Penalties for Rules Violations

Penalties will be assessed by technical judges and deducted from each routine judge’s raw score prior to tabulation of scores.

Prop Coverings / Inspection / Storage

1. All props and shoes will be inspected by tournament personnel. Any prop or shoe that does not meet the following criteria will not be allowed on the floor:
Stage Props: All props that will be pushed on or carried onto the floor must have sufficient protective covering on all surfaces that will (or might) touch the floor, including bottoms, corners and edges. This requirement includes hard wheels on large or heavy props and those that will hold a performer. Soft, non-marking rubber wheels do not require covering.
Hand props: Any hard or sharp edges, ends or points that will intentionally hit or rest on the floor must have sufficient protective covering.
Shoes: Must have non-marking soles.
2. If inadequately covered props cause damage to a gym floor, the routine may be disqualified and the offending school may be required to pay damages to the host school.
3. Large stage props should not be stored inside the gym near the performance area if possible, but should fit through a double gym door with minimal assembly once inside.
4. All props that are stored inside the gym must be at least five feet from the rear boundary (court sideline) of the performance area.

Dress Standard

Idaho dance teams are expected to wear costumes which are appropriate for participation at the high school level.

1. Bare skin or nude-colored coverings shall not be part of the costume from below the armpits in the front, nor from below the waist in the back.
2. When the participant is standing at attention, no part of the buttocks, breasts, or midriff shall be visible.
3. Footwear must comply with NFHS Rule 4-1-5.
4. Footwear must have non-marking soles.

Appropriateness of Content

Idaho dance teams are expected to perform routines that are appropriate for participation at the high school level. This includes music selection, choreography, costuming, and concepts.

1. Music shall not contain inappropriate or vulgar language.
2. Choreography shall not contain any movement of a sexual nature.
3. Ideas/concepts of routines shall be appropriate for the school environment.
4. Plagiarizing choreography or routine concepts/ideas is a violation of the coaches Code of Ethics.

Coach/Advisor

1. Dance head coaches/advisors must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching or ASEP Coaching Principles course as outlined in Rule 3-1.
2. All coaches/advisors must complete a first aid and CPR course from a school district recognized provider, as outlined in Rule 3-2.
3. All coaches/advisors are strongly encouraged to complete the AACCA Safety Certification course and to attend available professional education training in both spirit program administration and technical development.
4. All coaches (includes head coaches, directors, assistant coaches, and volunteers of all IHSAA activities) are required to complete the St. Luke's online Concussion Course and the NFHS online Sudden Cardiac Arrest course upon hiring and on even numbered years prior to the first day of practice. IHSAA Statewide Concussion Review dates: 2018-19, 2020-21, etc...

Rules Clinics / Technical Judge Training

1. Coaches must participate in an online rules clinic or attend a rules clinic in his/her district. District Boards of Control may fine schools whose coaches do not meet this requirement.
2. Technical judges must be certified by a regional technical coordinator.
3. Regional technical coordinators will assign technical judges at all competitions held in their region.
4. Routine judges will be trained prior to the State Championships.