



MIDWEST DANCE FEST 2009

COMPETITION RULES AND GUIDELINES

Overall Rules

It is important that coaches and team members understand and abide by all safety regulations. All National Federation Rules will apply. Consult the National Federation for Spirit Groups book for a complete listing and explanations. (Ask your Athletic Director if you haven't seen one.) Some highlights which apply to dance are as follows:

1. No jewelry is allowed. If such religious or medical medals must be worn, they should be taped to the body, under the uniform. **THIS INCLUDES ALL PIERCINGS!** (belly button, tongue, ears, nose, eyebrows, etc)
2. No glitter is allowed (face, hair, body)
3. All hair should be fastened with soft holders and cosmetic holders such as hair spray or mousse. Any hair devices that fall to the floor and are not immediately corrected may result in a penalty violation.
4. Fingernails should be cut to a length so they are not visible above the fingertips when looking at the palm.
5. Acrylic or press-on nails are not appropriate.

Interruption of Performance

1. If, in the opinion of the tournament officials, a team's routine is interrupted because of failure of tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team will be allowed to present its routine from the place in the routine where the interruption occurred or the entire routine. The degree and effect of the interruption will be determined by the tournament officials. In the event a team's routine is interrupted because of failure of the teams own equipment the team must either continue the routine or withdraw from the competition.
2. In the event of any injury, tournament officials, or coach reserve the right to stop the routine. The team will be allowed to present its routine from the place in the routine where the interruption occurred or the entire routine.

Dance General Rules

1. Each team will have a maximum of two minutes 30 seconds to demonstrate their style and expertise. Timing will begin with the first note of music and end with the last note of music or the last movement. Entrances and exits will not be judged unless they are included in the overall time period.
2. There is no limitation on the number of team members. However, all participants must be official members of the team. "All-Star and / or Rec. Department teams are allowed to compete and should enter based on the average age of their team members. Divisions will only be separated if numbers warrant.
3. All music must be on a cassette tape and recorded at the beginning of the tape or on a CD. Pitch control is available for both systems.
4. No tumbling, partner stunts, pyramid building, toe-touches to a push up position, knee drops, standing or stepping on backs, or lifts will be allowed.
5. You must land with at least one foot on the ground after a jump, leap, or kick before landing in another position.
6. All music and choreography should be appropriate for family viewing.

Categories are as follows;

Pom: Emphasis on synchronization and visual effect. Poms must be used 80% of the routine. No props.

Jazz: Emphasis on technical moves, style and execution. No poms or props.

Funk: Emphasis on sharp, synchronized choreography; "street dance" or "hip-hop" style. No poms or props.

Kick: Must contain at least 50 total kicks and 16 high kicks by each team member.

A kick may be in any direction at any level.

Dance Solo / Ensemble Rules

1. Each ensemble and / or individual will have a maximum of one minute to present their routine
2. All team performance rules (with the exception of time limit) will apply.
3. Dance routines may be any style.