

Utah State 2020 HIGH SCHOOL PREP Dance Invitational/State DANCE CLUB SPORT COMPETITIONS

Shaded areas are major changes.

MISSION STATEMENT: To produce quality dance competitions for students. The focus of the competitions will be on the students and their best interests. Quality judging, safety enforcement, and a good educational experience will be the essence of our events. Utah high schools and high school prep programs are expected to commit to the following: "Every team can be a winner when it comes to sportsmanship." We expect all dance teams to follow the same standard as in all other sporting competitions.

UTAH HIGH SCHOOL PREP: To be eligible for this category participants must be from private studios or gyms, recreation programs or a program ran by a feeder high school that would like to compete at the state competition. If you do not fit into one of these categories contact us for clarification. All NFHS rules need to be followed. This is the second year, 2020, for high school prep teams to participate in their own state! Participants in this category are not allowed to also compete for a secondary school team. You are also encouraged to compete in the Utah High School Prep Invationals for 2019/20, those dates and sites are listed below.

SAFETY: Safety is our first priority. All Utah dance teams are required to follow the safety rules in the most current issue of the National Federation of State High School Association Spirit Rules Book and Utah State Risk Management Dance Restrictions. All high school prep dance teams competing are strongly encouraged to be NFHS safety certified, but it is not mandatory. "RC Competes" may disqualify teams that blatantly do not adhere to these safety rules. Each team is required to use the correct number of spotters while doing stunts/lifts.

DATES: State Championship Competition - April 25, 2020 at Corner Canyon High School.
Mountain Spirit Classic High School Prep Cheer and Dance - March 14, 2020 at Riverton High School
Southern Spirit Rally High School Prep Cheer and Dance - March 21, 2020 at Cedar High School
(SPONSORED BY CEDAR CITY!)

CATAGORIES: HIGH SCHOOL PREP (Beginning, Intermediate, Advanced)

(Ages are the average age of the group. For example, you may have one 6 year old with three 5 year olds and one 4 year old. You would enter in the Tiny division. This would be their age at the time of the competition registering for)

TINY: 4-5 year olds, Show Dance, Time Out Dance

MINI: 6-8 year olds, Show Dance, Time Out Dance

JUNIOR: 9-11 year olds, Show Dance, Time Out Dance

SENIOR: 12 and older, Show Dance, Time Out Dance

SOLO 4 and under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 and older

GENRE'S: ACRO Dance, Jazz, Military, Contemporary, Lyrical, Hip Hop, Ballet, Open

The following skills may be performed at the following levels: **A team may showcase less than half of their individual dancers one level up from the level entered one time during the routine at the same time. You will receive points for that particular showcase in the one level higher. A team may not showcase a skill higher than one level of level entered. A team may not execute skills in a higher level than level entered at any time in your routine except for the allotted showcasing. There will be a 0.5 deduction for every infraction over the allotted showcasing. Allotted showcasing would be one turn/leap combination or sequence.**

BEGINNING: LEAPS: Front leaps — Side leaps — Stag leaps — Pas de Chats. (Switch Leaps, Back Leaps, Barrel-Roll leaps not permitted.)

JUMPS: Tuck Hops, Straight Jumps, Axle, "C" Jumps. (Firebird Jumps are not allowed).

TURNS: Chaines — Piques — Pirouettes — Pencil turns — Attitude turns — Coupe turns. Single of any type of turn are acceptable. Fouette' turns, A Le Seconde' turns, Changing-Spot while turning are not allowed at this skill level.

INTERMEDIATE:

LEAPS: Same leaps allowed as beginning plus Barrel-Roll Leaps and Switch Leaps.

JUMPS: Same jumps as Beginning skill level, plus Switch Tilts.

TURNS: Any variety of turns are acceptable – TRIPLE rotations are allowed, plus – Double Leg Hold turns, A Le Seconde turns and Fouette turns are allowed. (Changing spot while executing Fouette and A Le Seconde turns are not allowed at this skill level)

ADVANCED: Any combination of turns, leaps, kicks, jumps/hops, and locomotor skills are acceptable. Advanced level skills will be expected in this category.

Dance Categories: Teams and solos will be judged on execution, degree of difficulty, choreography, general effect/showmanship. Please make yourself familiar with the scoresheets on the website.

JAZZ: A combination of stylized rhythmic dance movements and combinations which interpret and emphasize up-tempo music. It should include formation changes, group work, leaps and turns. Emphasis is placed on proper technique, extension, control, body placement and team uniformity. Props are not permitted.

ACRO/GYMNASTICS Dance: A style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Flips/twists greater than one rotation are prohibited. Routines must include 60% acro/gymnastic skills and 40% dance skills. Dancers under the age of 18 will be required to use spotters when required by NFHS. Props are not permitted.

MILITARY: The emphasis of this category is on precision, clean and sharp movements, maneuvering and formations. Any basic military maneuvers or steps such as pinwheels, blocks, ranks and files, etc. may be used. Kicks and ripples may be used. No dance steps, no jazz hands, no head rolls, no body rolls, no hip movements, no jazz runs, no pyramids, (exception: pyramids at prep level or below are allowed) no arch backs, no toe touches (Russian or straddle), no tumbling (exception: handstand) may be used. Props are not permitted.

CONTEMPORARY: Contemporary incorporates movements based in ballet, modern and jazz techniques, as well as other expressive movements. It can express an emotion or story. It incorporates both fluid and staccato movements. It relies on technique with unpredictable changes in rhythm, speed and direction. Props are not permitted.

LYRICAL: Lyrical is a routine with melodic dance movements expressing an emotion, story, or simply the lyrics of a piece. More emphasis is on expressive and lyrical style with fluid movements based in ballet. Props are not permitted.

HIP HOP: Hip Hop is a high energy routine with contracted dance movements to a bass beat with tempo variations. Pop and lock techniques, break dancing and other high energy dance styles can be choreographed into the routine. Props are not permitted.

BALLET: A classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement. a theatrical entertainment in

which **ballet** dancing and music, combine to tell a story, establish an emotional atmosphere, etc. Ballet slippers only. Tumbling and acro not permitted. Props are not permitted.

OPEN: A routine demonstrating any dance style or combination of dance styles from any of the listed categories or combined with any other form of dance not listed.

Scoring: *The “true” ranking scoring system will be used at all competitions for the overall winners. Ranking points are assessed in the tabulating room. It is important that judges keep a running total, so they do not give ties. In the event of a category and/or an overall tie, the tie will be broken using the head to head placement of the two tied teams for each of the three judges. The team with the better placement by a majority of the judges will be declared the winner. In the event of a tie between more than two teams, the same process will be used to eliminate one team at a time until one winner remains. If a three way tie still exists after the tie-breaking steps, the winner will be decided on the total “Execution” points from all three routines from all judges (if the tie still exists, go to the total “Showmanship” points). For an individual routine judge who may have a tie between teams as a result of penalty point(s), the ranking points for that individual judge will be split for the teams tied. All other teams will stay in the ranked order and will receive the appropriate ranking points for that position.*

GENERAL RULES:

1. **Make sure that you clearly understand the ranking system for point deductions per judge. If you have any questions please contact us.**
2. High school prep dance will compete as all-inclusive gender teams (all-girl and co-ed), and will compete against each other in this category.
3. In all categories, routines will be performed on a competition area of 54’x42’ with approximately a 5’ buffer around the competition surface. This buffer space may vary depending on the facility at the host school. Teams may line up anywhere outside the competition area. During the routine team members may not leave the competition area/boundaries. All tumbling must be completed in the competition area. If a team member goes out of bounds they are subject to a penalty. The following will be the only exception: **Injury of a dance athlete on the performance surface, during a routine:** Coaches and competition directors should take every precaution to ensure the safety of participants. Should an injury or sudden illness occur during a routine, the following protocol should take place:
 - A. Stop the music and attend to the injured participant.
 - B. Determine the care the injured participant may need (first aide, athletic trainer, EMT services).
 - C. ALL NFHS page 15 Rule 2 Art 17, 18 must be strictly adhered to.
 - D. Competition directors at the site will determine when/if the team will be allowed to continue/finish the routine.
 - E. An injured participant, that wishes to perform, may not return to the competition unless the competition officials receive clearance from the onsite medical personnel and the director/coach of the competing team gets clearance from the parents.
4. Props are only allowed in the **Open** category. If using props the prop should NOT be a focal point of the routine. ALL props **MUST** be covered with rubber, duct tape, carpet, and any other protective means to prevent any damage to the performance floor. FINES will be assessed to the studio/school/individual for any damage done to the performance floor.
5. Teams should walk into the competition area and place their props down (if allowed), then go quickly to their starting positions. If teams enter the floor with introductions, spell-outs or organized entrances, they will be considered part of the routine and the timing will start. You may do a quick chant off to the side of the floor in place before moving onto the floor, but please make it clear it is not part of the competition routines

6. **TIME LIMITS:**

Solo: 1:00 - 2:45 minutes

Duet/Trio: 1:00 - 2:45 minutes

Groups: 1:00 - 3:45 minutes

Timing will begin with the first note of music, or the first motion. The timing will end the instant the team starts to exit (after hitting their ending position). You will be allowed 30 seconds for set up if needed (props etc.) and 30 seconds for the exit (last dancer leaves the floor). **PLEASE LOOK AT SCORESHEETS TO MAKE SURE YOU HAVE ALL THE ELEMENTS/REQUIREMENTS INCLUDED!**

7. A representative of each team must be present at the announcer's table when their team is performing to cue the music. Sound crew takes no responsibility if a team representative is not present (penalty is two points per routine judge for disrupting flow of competition). This person must remain at the sound table for the duration of the performance. Music should be recorded on a good quality CD (with a backup) or MP3 player with a CD backup in case of incompatibility or lack of battery power. If you use your phones make sure it is set to airplane mode!!
8. Inappropriate content or vulgar music lyrics are not allowed and the point deduction will be left to the discretion of the routine judges (maximum is disqualification).
9. Appropriate dance shoes are required and all NFHS uniform requirements must be followed.
10. **PENALTIES:** *Please make sure that you time your music accordingly, we had a few overtime penalties last year! You must know and follow all copyright laws! RC Competes and Utah Dance Club Sport will not be held accountable for any music played that does not follow the law! Copyright laws have not changed from 2016 to this upcoming season.*
- There will be a two (2) point penalty deduction per routine judge, for every ten seconds over the time limits or ten seconds under the time limit. This will be assessed by the penalty judge. Teams should give themselves a timing leeway because of the variability in sound systems. (2020 we will be allowing a 3 second leeway before a penalty is given)
 - A two (2) point penalty deduction will be given for each safety infraction. If the penalty judge feels that a team does not have a clear understanding of the safety rules due to excessive rule infractions, they can disqualify a team.
 - Minor safety infractions: A (.5) penalty per routine judge for each of the following: boundary violations, stepping on props and wardrobe malfunctions.
 - **A .5 deduction per violation per routine judge for going over your showcasing allowance will be deducted.**
 - A two (2) point deduction for Utah Dance Club Sport Rules Violation.
 - Every effort must be made to gently set down a prop in a routine but in the event the judges fill it has been thrown excessively a (.5) deduction will be given.
 - There will be no video review or protest of scores or deductions given. We are making every effort to train our judges and we need to support their calls.
11. "RC Competes" will be sending out host school information (such as entrances, exits, parking, etc.) as soon as they receive the required registration materials.
12. **SEE THE REGISTRATION FORMS FOR ENTRY FEES AND WAIVER REQUIREMENTS! At www.rccompetes.com**

Directed by:



Please contact with questions: lori@utahDanceclubsport.com
(801) 910-4557

*for more information
visit
www.rccompetes.com*