



NJCDCA STATE DANCE CHAMPIONSHIP RULES

STATEMENT OF RULES:

The NJCDCA seeks to represent the principles of dance subscribed by our constituency. The rules for the NJCDCA State Dance Championship are a collaboration of National Federation of State High School Associations (NFSHA), National Dance Alliance (NDA) and Universal Dance Association (UDA) competition rules.

Section 1: TIME LIMITS/ MUSIC/ENTRANCES

- I. School teams will have a maximum of 3 minutes performed entirely to music.
- II. Timing will begin with the first choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever is last.
- III. If a team exceeds the time limit, a penalty will be assessed for each violation. A 5-point penalty will be assessed for overtime.
- IV. All music must be on a CD. NJCDCA requires that each team have a CD and a backup CD. iPods and MP3 Players are not permitted.
- V. In order to keep the competition on time, all team rituals and traditions need to take place prior to entering the performance floor. Teams should enter the floor and immediately start their routine. Teams with excessive and choreographed entrances will be assessed violation points.

Section 2: CHOREOGRAPHY AND COSTUMING

- I. Suggestive, offensive or vulgar choreography, music are inappropriate for family audiences is prohibited.
- II. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material 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.
- III. The use of powder, glitter, or any other airborne substance that lingers in the competition area shall be strictly prohibited.
- IV. Shoes on both feet must be worn during the competition. Dance paws are acceptable. Wearing socks and/or footed tights only is prohibited.
- V. Jewelry as a part of a costume is allowed.



Section 4: **ROUTINE RULES**

I. Weight Bearing Skills

- a. Skills which bear weight on the hands only and/or tumbling on the performance surface are not allowed while holding poms or props (including stalls, etc.) A full clean hand must be in contact with the performance surface for all weight bearing skills. Weight bearing skills are allowed while wearing gloves. Exception: Forward and backward rolls are allowed. Skills using Hands Free Grip poms are allowed.

II. Tumbling and Tricks

- a. Tumbling and/or aerial street style skills will be defined as an acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.
- b. Tumbling as a dance skill is allowed, but not required with the following limitations:
 - i. Inverted Skills
 1. Non airborne skills are allowed (i.e., headstand)
 2. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach
 - ii. Tumbling Skills with hip overhead rotation
 1. Non airborne skills are allowed
 2. Airborne skills with hand support:
 - a. May be airborne in descent if the approach is non airborne and are limited to two (2) consecutive hip overhead rotation skills (clarification: a round off is allowed—hands touch the ground before the foot leaves the ground)
 - b. May not be airborne in approach.
 3. Airborne skills without hand support are not allowed(exception: aerial cartwheel that is not connected to any other skill)
 - iii. Simultaneous tumbling over or under another dancer that includes hip overhead rotation by both dancers is not allowed.
 - iv. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
 - v. Landing in a push up position onto the performance 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.
 - vi. Weight bearing and/or hip overhead rotation skills with hand support are not allowed while holding poms or props in supporting hand(s). A full clean hand must be in contact with the performance surface for all weight bearing skills (exception:



forward rolls and backward rolls are allowed; skills using hands free grip poms are allowed).

c. Specific Skills Permitted and Prohibited

Allowed	Not Allowed
Forward/Backward Rolls	Front/back handsprings
Shoulder rolls	Front/back tucks
Cartwheels	Side Sorri
Headstands	Shushunova
Backbends	Dive Rolls (in any position)
Front/Back Walkovers	Toe Pitches
Stalls/Freezes	Headsprings (without Hands)
Head Spins	Continuous double
Kip up	(partner) cartwheels
Headsprings (with hands)	
Windmills	
Round Off	

- d. Tumbling skills with airborne hip-overhead rotation is limited to 2 connected skills. Example: 2 consecutive headsprings are allowed; 3 are not allowed.
- e. Any airborne hip-overhead tumbling skill may not be hands free. The dancer's hands must touch the performance surface.
- f. Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e., Flying Squirrel) or an X, Star or Spread Eagle jump.

III. Dance Lifts and Partnering (executed by Groups or Pairs)

- a. Dance lifts are allowed.
- b. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface (exception: kick line leaps).
- c. At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.
- d. Hip overhead rotation of the Executing Dancer(s) is allowed if:
- i. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - ii. The skill is limited to one (hip overhead) rotation.
- e. A Vertical Inversion is allowed if:



- i. The Supporting Dancer(s) maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.
- ii. When the height of the Executing Dancer's shoulders exceeds shoulder level there is at least one additional dancer to spot who does not bear weight.

IV. Release Moves (Unassisted Dismounts to the Performance Surface)

- a. An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) if:
 - i. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder level.
 - ii. When the height of the skill is between hip level and shoulder level, the Executing Dancer may not pass through the prone or inverted position after the release.
- b. A Supporting Dancer may toss an Executing Dancer if:
 - i. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level.
 - ii. The Executing Dancer is not supine or inverted when released.
 - iii. The Executing Dancer does not pass through a prone or inverted position after release.

V. Awards

- a. Team trophies awarded will be contingent upon the number of entries in each division.
- b. Banners will be awarded to division in the varsity division only

VI. Competition Guidelines

- a. At least one coach must attend one of the mandatory coaches meetings.
- b. DIVISIONS CANNOT BE CHANGED ONCE THE FIRST MEETING TAKES PLACE.
- c. Coaches will not be permitted to speak to the safety judges before their performance time
- d. All safety questions must be sent to the Safety Committee at least one week before the competition
- e. We suggest that you have a backup/contingency plan because if any team does not have a coach or a representative for the team present (no students allowed) you will not be permitted to compete. No Exceptions! If you have another coach/representative pick up your packet you are still responsible for all information presented at this meeting.