

Coaches –

Teams are progressing toward the State Championship event and it's great to see the evolution of each performance week after week.

Below are rules reminders regarding performance and composition elements and safety elements in your shows. ***Please reach out to your State Rules Interpreter (SRI) if you have any questions. Email: [dance\\_drill.sri@osaa.org](mailto:dance_drill.sri@osaa.org).***

## [Divisions: DDCA Handbook - Divisions -- 1.2.2 Level D/ OSAA 1.4 and 1.4.1](#)

Following the DDCA Championship Lyrical/Modern/Contemporary/will be combined into Traditional, and Novelty/Show will be combined into Show.

- A. Each category is distinct and separate from the others thus categories cannot be combined for judging.
- B. Show and Novelty categories are the only categories that may use backdrops, sets, and portable dance floors. Both categories may also use props or pom-poms.
- C. A team may enter only one group in each category. The same dancers may dance in each category.
- D. A team may wear the same costume for more than one category.
- E. The Hip Hop, Jazz, Modern, Contemporary, Pom and Kick and Traditional categories may use:
  - 1) one handheld prop, or
  - 2) one costume change, or
  - 3) one item that will be manipulated while dancing. (Examples: a chair, scarf, flag, etc.)In a Pom routine, the pom is the only prop allowed. Penalty: See Penalty Values

***PENALTY: Use of flooring, staging, or props beyond the limits listed below would result in disqualification.***

*(1) Dance Drill categories Traditional, Jazz, Hip Hop, Kick and Pom categories may use one handheld prop, or one costume change, or one item that will be manipulated while dancing. (examples – a chair, scarf, flag, etc.). In a Pom routine, the Pom is the only prop allowed.*

**SRI Comment: Please note the language uses “or” to define the single performance enhancement allowed. Staging elements in your routines are not allowed and will result in disqualification.**

## [General Risk Management \(Rule 2\) – Page 11, NFHS Spirit Handbook](#)

- 1) Rule 2.1.5 – Hair must be worn in a manner that is appropriate for the activity involved. Hair-control devices, accessories and other adornments in the hair that are securely fastened, appropriate for the activity and do not present an increased risk to the participants are allowed.
- 2) Rule 2.1.7 – Performing surfaces and areas must be suitable for spirit/activities. (See A, B, C)

## [Dance \(Rule 4\) – Non-Release Stunts/ Lifts, Pages 38, NFHS Spirit Handbook](#)

- 1) Rule 4.4.1 – All partner stunts/ lifts and pyramids are limited to two levels high, meaning the top person(s) receive(s) primary support from a base(s) who is/are in direct, weight-bearing contact with the performing surface.

### **Dance (Rule 4) – Tumbling, Pages 45, NFHS Spirit Handbook**

- 1) Rule 4.8.2 – Tumbling while holding props is not permitted except for the following: (a) forward or backward roll; (b) holding props during airborne or non-airborne tumbling skills in which hands(s) are not being used for support. The props shall not be made of hard material, have corners or sharp edges.

### **Dance (Rule 4) – Props As Bases, Page 47, NFHS Spirit Handbook**

- 1) Rule 4.10.2 – Performing on props is limited to two levels high, meaning that the prop is the first level, and participant(s) in direct weight-bearing contact with it is/are the second level. A single, unfolded mat on the performing surface is not considered a prop.

Enjoy the balance of your season!

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