



2009 -2010 Dance Categories, Divisions & General Information

Categories:

Acro Dance: Routine combining dance elements with acrobatics. The routine may include flexibility moves, contortionist moves and tumbling passes.

Ballet: Routine must contain classical steps and ballet technique. Routine may contain contemporary moves and music.

Hip Hop: Street style dance, full of attitude but still must demonstrate control of movement. . Dance should consist of the latest street dance styles as seen in current music videos. Routines that are suggestive, violent or otherwise not age appropriate will be disqualified.

Jazz: Routine must contain basic jazz choreography, with appropriate music. No more than 20% hip hop. Routine can also contain ballet technique.

Lyrical: Dance that contains a story line which reflects the music, tone or mood. Routine must demonstrate fluidity, flexibility and control of movement.

Novelty: This routine must contain a prop. The prop must be the central part/theme of the choreography. The routine may contain any style of dance or gymnastics.

Open: For routines that do not fit any of the defined categories.

Pom Pon: The routine must demonstrate precision, sharp and definite choreography. Routine should contain kicks, leaps, dancing and marching. Poms must be used at least 75% of the routine.

Production: This routine must utilize two forms of Dance equally. Example: 50% jazz-50% ballet; OR a routine that uses floor props. The props must be utilized for the majority of the routine and an integral part of the choreography.

Step: Routine consists of synchronized rhythmic moves (stepping, stomping, clapping, etc.) Precision high energy movements

Note:

- ❖ Any routine that utilizes props other than Production will be placed in the Novelty division. Dangerous Props such as fire, swords, knives etc. are prohibited, as well as Backdrops and hanging pieces.
- ❖ A team upon registration may request that a special category be added at an event. A decision in writing will be made within 48 hours if the category will be added. The decision is based on the sole discretion of the competition manager.
- ❖ A deduction will be taken for any routine that contains choreography, music or costume that is considered inappropriate. The routine will not be eligible for Dance Grand Champion.

Age Divisions:

A dancers age is determined by his or her age as of August 31, 2009.

Petite	8 & under
Junior	9 – 12 years old
Teens	13 – 15 years old
Senior	16 and older

**proof of age may be required*

Team Divisions

Studio: Studio team is defined as a team that practices in a professional dance studio and is not affiliated with any all star or recreation cheerleading program. Coaches are professionals and compensated for their time.

Recreation: A recreation dance team is defined as a team that practices under the direction of volunteer coaches is sanctioned by a recreation, Y.M.C.A. or other community based organization. Coaches are non-professionals.

All Star: An All Star dance team is defined as a team that's primary function is to compete; team is affiliated with and practices out of an all star gym.

School: A school team is defined as a dance team whose members attend the same school, and they perform for school functions and sports events.

College: A college team is defined as a dance team whose members attend the same college, and they perform for college functions and sports events.

Team Size/Entry Divisions:

Small Group	4 – 9 members
Large Group	10 – 18 members
Line	19 + members

Time Limits:

Solos, Duets & Trios	3 minutes
Small Groups	4 minutes
Large Groups	4 minutes
Line/Production	5 – 8 minutes

Combined Division Policy:

Recreation, School, College, All Star and Studio divisions will not be combined. Note: Recreation, School and College dance teams may elect to register in an All Star division.

Partnering and Dance Lifts:

Dance lifts are defined as an action in which a dancer is lifted/elevated from the performance surface by another and then placed back down.

Dance lifts are permitted providing;

- The lifting dancer(s) maintains contact with the performance floor at all times;
- The lifting dancer(s) maintains control over the position, momentum, body position changes and the dancer's return to the performance floor;
- The lifting dancer must maintain hand/arm to body contact.

Hip over head rotation of the lifted dancer may occur as long as their hips maintain a level at or below the shoulders of the lifting dancer(s),

Partnering skills are allowed providing;

- Body to body contact is maintained through out the duration of the skill;

- b) Constant contact with the performance floor must be maintained by one partner through out the duration of the skill;
- c) Jumping or tossing from one dancer to another is prohibited;
- d) Tossing or jumping from the dancer to the performance floor is also prohibited.

Drops:

Drops to the knees, seat, thigh, front, back, split or any other position onto the performance floor from a stand, jump and/or inverted position the weight must first be borne on the hands or feet to break the momentum/impact of the drop.

Tumbling/Gymnastics:

Certain gymnastics skills are allowed in all dance divisions. Exception Hip Hop (see below) Full Gymnastics skills are allowed in Acro.

Here is a partial list of allowed skills:

Back Extension

Back Bends

Chest Stand

Walkovers (front and back)

Side and Front Aerials

Round offs

Head stands and spins

Valdez

Limbers (front and back)

Rolls (all variations; shoulder, forward, backward, straddle)

Hand Stands (stationary and pirouettes)

Chest Rolls (front and back)

Elbow Stand

Stalls

Cartwheels

Kip Ups

Windmills

Tensica

Candlestick

If a dance routine contains a gymnastics skill not listed above please email our office to check the legality.

Rules@completecheeranddance.com

Hip Hop

In the Hip Hop division of dance, performers may tumble but be aware, gymnastics and/or acrobatics skills unless the move is preceded by, followed and integrated with in the Hip Hop choreography there is no added value on the score sheet. It is important to understand that the gymnastics/acrobatics moves must be an integral part of the routine/choreography.

Allowed in Hip Hop (all of the above mentioned skills) plus handsprings and flips (front tucks, back tucks, layouts) Twisting skills are prohibited. Exception: Onodi

Toe pitches and all it variations are prohibited.

Team and Specialty Awards:

Every Dance team will receive a trophy. Solos, Duets and Trios will be awarded trophies for 1st – 5th place. All other participants will be awarded participation medals.

Grand Champion Award:

At each event there will be an Overall Dance Grand Champion. A unique and very special “trophy” will be awarded the winner. The team that is awarded the title “Grand Champion” will be invited back the following year to compete for free at the same event to defend their Grand Champion title!

Choreography Award:

A special award will be given to a Dance Group for outstanding choreography.

Sportsmanship Award:

This award is our highest honor and is given to the organization or team that demonstrates courtesy, sportsmanship and respect. This award is voted on by all the competing teams and event staff.

Outstanding Costume:

A very special award that will be presented to the team, soloist, duet and/or Trio that has an outstanding costume that fits the feel, mood, design and choreography of the routine.

Judges Award:

This award will be presented to the routine that is the “showstopper” of the day. This award may be given to a team, solo, duet or trio. The award winner will be selected by the judges as the routine that is spectacularly arresting and appealing. More than one may be awarded at each competition.

Additional Specialty Awards specific to each event will be posted on our web site.

Competing Against a Score:

An average score of 75% must be reached when competing against a score in order to be awarded first place.

Additional Information

Registration:

Registration must be received in our office by the official registration deadline date. Any registrations received after that will incur a \$5.00 per participant charge. At the time of registration Complete Cheer & Dance the following forms to be completed. (Please be sure to completely and clearly fill out each form)

- Official Dance, Solo, Duet or Trio Registration form, please clearly type or print the dance routines name;
- Team Roster (remember to include t-shirt sizes and mark all flip-floppers/crossovers)
- Team Medical and Release waiver;
- Payment

Entries are not considered “received” until all forms are turned in and payment is received.

When registration is received, a confirmation email will be sent to the director of the organization within 48 hours.

Solos, Duets and Trios:

Please note, registration for Solos, Duets and Trios are accepted on a first come/first serve basis and are limited to the performance time availability. Performance time availability is determined by the number of cheer team and dance group registrations received for each event. Registrations and payments will be held until availability is determined.

Cross Over/Additional Dance Numbers:

Cheer to Dance Crossovers:

Crossovers are allowed from Dance Please be aware that the performance time of one team may conflict with the warm-up time of another. *Complete Cheer & Dance Championships* will do it’s best to avoid any conflicts during warm-ups and/or performance times but can not give any guarantees that a conflict will not occur. Teams/organizations bear the burden of any crossover conflicts. All registration/team roster forms must denote all crossovers. Crossover fees are \$35.00 per competitor. *Note if a competitor is on a cheerleading squad and a dance team within the same organization, then the crossover fee would apply to the dance team registration.

Additional Dance Numbers:

Dancers may register for only one solo, but are allowed to compete in more than one dance group. Additional group numbers are \$35.00 per dancer.

- ❖ Dancers with make up or costume changes that require additional time to prepare between performances **MUST** note this change on the registration form. We will do our best to accommodate these times in our performance schedule but can not guarantee that a conflict will not occur.
- ❖ Once the line up has been issued - NO CHANGES WILL BE MADE.

Payment:

Payment may be made by Money Order, Organizational, School, Business or Cashiers Check. Personal checks will be accepted **BUT** must be received in our office 28 days prior to the event. We also accept Purchase Orders from school or recreation organization. Coming soon we will be accepting credit cards. If paying by debit credit card, please include notation if there is a daily limit attached to the debit card.

- Make all checks payable to “Complete Cheer & Dance Championships”
- There is a \$35.00 processing fee for all returned checks.

Refund Policy is clearly stated on our registration forms, please read carefully.

Code of Conduct:

- All directors, coaches, and participants agree to conduct themselves in a civil and sportsmanlike manner. Any unsportsmanlike behavior will result in a deduction taken from a team’s score or the team’s disqualification.
- All Competitors, directors, coaches, and studio owners agree to abide by the judge’s decision. Any questions or concerns about scores shall only be made to an event mangers or owners. Under no circumstances is anyone allowed to approach a judge, tabulation or judge’s table.
- It is the responsibility of the director, coach, or owner to make their participants, participant’s family and friends aware of all the rules pertaining to each event.

Warm-Up:

Stretches, Spacing, placement of participants may not be done in the hallways and outside areas. Every Soloist, duet, trio and team will be assigned ample warm-up time prior to competing. If due to unforeseen circumstances (sickness, injury) additional time or a place is needed to realign etc. please see the event director and every effort will be made to accommodate the request.

Performance Order:

Performance order will be emailed to coaches one week before the competition. The performance order will be posted online three days prior to the competition. Any changes that are requested after the posting of the performance order may incur a \$50.00 fee.

Music:

Each team must furnish its’ own music on a high quality CD or cassette tape Cassettes should be cued and ready to start. Each CD/tape should be clearly labeled with the team name and contact information. The CD should only contain one music selection. Please be sure your music is recorded at the proper speed. A coach or team representative must stay at the D.J. table during the entire performance. This person is responsible for starting and stopping the music. We can not be responsible for lost, misplaced, broken CDs and/or Cassettes. Complete Cheer & Dance Championships highly recommend that a back-up copy of music be available in case of malfunction.

Coaches’ Room:

At every event there will be a designated room for coaches. This room is designed as a place coaches can relax and have a break. You must have valid coaches’ credentials to access the room. Credentials will be given to each coach at check in at each event. We ask that coaches please keep the room clean and free of clutter. Coaches may not use this room for storage. Any items left unattended will be removed. Complete Cheer & Dance Championships will not be responsible for any lost, stolen or misplaced items.

Dressing Rooms and Prop Storage:

At every event dressing rooms and a designated prop storage area will be available to participants. It is the responsibility of participants and coaches to keep the dressing room and prop storage area clean and clear of debris. Please do not leave any valuables in the dressing room or prop storage area. We can not be responsible for any lost, stolen or misplaced items.

Floor Props:

- ▶ **No dangerous props allowed i.e. swords, fire, and live animals.**
- ▶ Prop(s) must be an integral part of the routine. If you cannot hold it, stand on it, or hang from it, it is considered scenery and is not a prop. Scenery is not allowed.
- ▶ It is the responsibility of the coach, director, participants or designated person to ***quickly*** place the props prior to the routine and to expeditiously remove the prop(s) after the routine is completed. Props set up and removal time should take no more than 45 seconds. If prop set up and/or removal will cause the dance number to exceed the allotted time, please contact our office immediately. Failure to do so will result in an overtime penalty.
- ▶ Props may not exceed 10 feet in height.
- ▶ Props must not cause damage to the performance floor.

Dance Floor Debris:

After a routine is completed, if the competition floor has sequins, feathers, etc. It is the responsibility of the coach or dancer to quickly clean/clear the area.

Media/Publicity Release:

It is understood, when registration is received, all Complete Cheer & Dance Championships competitors, directors, schools, studios, parent and participants grant the right/permission to use its name and/or likeness for press releases to all types of media and on our web site.

Absolutely no smoking, alcohol or illegal substances are permitted at any event, inside the facility or dressing room.

For any questions or for more information you may contact *Complete Cheer & Dance* via email or phone.

Info@completecheeranddance.com

Rules@completecheeranddance.com

410-519-6383

866-519-6998 (fax)