

# NEBRASKA STATE DANCE CHAMPIONSHIPS

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## RULEBOOK REVIEW



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# General Notes

- **This is a Nebraska Coaches Association Event**
- Nebraska Coaches Association Provides:
  - Opportunity
  - Facility
  - Rules and Regulations
- Varsity Spirit Provides:
  - Qualified judges trained by Varsity Spirit
  - Expert advice regarding routine rules and regulations
  - Sponsorship



# RULEBOOK REVIEW

- **General Rules**
  - **Judging Procedures**
  - **Scores and Rankings**
  - How to Handle Procedural Questions
  - Sportsmanship
  - Interruption of Performance
  - Interpretations and/or Rulings
  - Disqualification
  - Finality of Decisions
  - Tournament Facility
- **Penalties**
  - Competition Routine Guidelines
  - **Music Guidelines**
  - Choreography / Costuming
  - Props
  - **Tumbling and Tricks**
  - **Weight Bearing Skills**
  - **Dance Lifts**
  - **Release Moves**
  - Team Participants

# General Rules

- **High Kick**
  - Each routine must have at least **60 kicks**
  - Passé, turn sequences, toe taps, **all flicks other than flick kicks** above 90 degrees, etc. will not be counted as kicks



# Judging Procedures

- **Split judging panel**
  - ½ judging Execution
  - ½ judging Choreography
  - ALL judging Communication/Projection and Overall Impression
- **Breakdown:**
  - Execution average = 40 points
  - Choreography average = 40 points
  - Communication / Projection Average = 10 points
  - Overall Impression Average = 10 points
  - **FINAL SCORE = 100 points**

**2020 NEBRASKA STATE DANCE  
EXECUTION SCORESHEET**



Team Name \_\_\_\_\_ JUDGE # \_\_\_\_\_

Category **POM HIP HOP JAZZ HIGH KICK** Class **A B C1 C2 D**

EXECUTION	POINTS	SCORE	COMMENTS
<b>Execution of Movement-</b> Proper control, placement & completion of movement/motions while staying true to style. Quality & strength of movement.	10		
<b>Execution of Skills-</b> Proper execution of technical skills.	10		
<b>Synchronization/Uniformity-</b> Consistent unison & timing by the team; uniformity of team movement within choreography & skills.	10		
<b>Spacing-</b> Consistent & even positional of dancers throughout all formations & transitions.	10		
<b>TOTAL</b>	<b>40</b>		
<b>Communication/Projection-</b> Ability to connect with audience throughout the performance; includes: projection, genuine expression, emotion, energy, & entertainment value.	10		
<b>Overall Impression-</b> Appropriateness of the music, costume & choreography. Impact of performance to create a lasting impression.	10		
<b>TOTAL</b>	<b>20</b>		
<b>GRAND TOTAL</b>	<b>60</b>		

**2020 NEBRASKA STATE DANCE  
EXECUTION SCORESHEET**



Team Name \_\_\_\_\_ JUDGE # \_\_\_\_\_

Category **POM HIP HOP JAZZ HIGH KICK** Class **A B C1 C2 D**

CHOREOGRAPHY	POINTS	SCORE	COMMENTS
<b>Creativity/Musicality-</b> Originality of routine. New concepts/movement, levels/group work, visual effects & variety that complement the music.	10		
<b>Routine Staging-</b> Use of varied formations & creative ways to move from one formation to another to allow for quick & seamless transitions. Adequate use of the performance floor.	10		
<b>Complexity of Movement-</b> Level of difficulty through movement such as, but not limited to weight changes, varied intricate movement, tempo changes, etc. within the style or styles choreographed.	10		
<b>Difficulty of Skills-</b> Level of difficulty implemented through technical skills and/or elements within the routine.	10		
<b>TOTAL</b>	<b>40</b>		
<b>Communication/Projection-</b> Ability to connect with audience throughout the performance; includes: projection, genuine expression, emotion, energy, & entertainment value.	10		
<b>Overall Impression-</b> Appropriateness of the music, costume & choreography. Impact of performance to create a lasting impression.	10		
<b>TOTAL</b>	<b>20</b>		
<b>GRAND TOTAL</b>	<b>60</b>		

# Scores and Rankings

- All ties in each division or group will remain with the exception of first place.
- **In the event of a first place tie, the tie will be broken by carrying the decimal places out for the total score.**
  - If a tie remains, then ranking points from each judge will then be used to break the tie.
  - Should a tie still remain, the ranking points from the “Overall Effect” portion of the scoresheet will be used to break the tie.
- **Coaches will have 15 minutes from when their deduction worksheet is received to dispute the ruling.**
  - Any disputes made after that time frame will not be considered. If a dispute is submitted, the entire routine will be reviewed, including the deduction in question.
- **Judges scores are final. Team results are confidential and will not be made available to any other parties by the NCA or Varsity Spirit.**



# RULES VIOLATION

2020 Nebraska State  
Cheer and Dance Championships

Team Name \_\_\_\_\_  
Division \_\_\_\_\_

PERFORMANCE ERROR \_\_\_\_\_ x (0.5)  
GENERAL RULES \_\_\_\_\_ x (1.0)  
SAFETY RULES \_\_\_\_\_ x (1.5)

RULE INFRACTION	Warning
_____	<input type="checkbox"/>
<b>TOTAL RULES DEDUCTION</b>	

# Penalties

- **A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:**
  - **0.5 points** – Performance Error
    - Ex.) Touching down on an aerial cartwheel with non-hands free poms in hand
  - **1.0 points** – General Rules Violation
    - i.e.) Time infractions, inappropriate music, costuming, or choreography, not enough kicks, costume/shoe rule, exceeding performance floor boundaries, etc.
  - **1.5 points** – Routine Safety Violation
    - i.e.) Lifting in pom/kick categories, illegal lifts in jazz/hip hop categories

**\*\*It is highly recommended that you send a video of any tumbling, tricks, partner work, or lifts for review.\*\***

• **Coaches – email me ([szust@varsity.com](mailto:szust@varsity.com)) your videos at least 2 weeks prior to State.**

- Videos received less than 2 weeks prior to the competition will NOT be reviewed.
- Text messages containing videos or videos from choreographers will not be allowed.



# Music Guidelines

- For the most up-to-date music and copyright licensing information, visit [www.varsity.com/music](http://www.varsity.com/music).
- If you have any questions, dance coaches should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com).
- All music **MUST** be on a **MOBILE DEVICE**. Please bring any necessary adapters for your device to fit a standard, 3.5mm auxillary cord. Please have back-up music readily available on an alternate mobile device OR CD.
- Music containing words unsuitable for family listening is not allowed. This includes (but is not limited to) swearwords, connotations of inappropriate behavior, etc.

# Tumbling and Tricks

Front Handspring:

[https://en.wikipedia.org/wiki/Handspring\\_\(gymnastics\)](https://en.wikipedia.org/wiki/Handspring_(gymnastics))

Branny:

[https://en.wikipedia.org/wiki/Barani\\_flip](https://en.wikipedia.org/wiki/Barani_flip)

Side Somi:

<https://balancebeamsituation.com/elite-skill-database/side-somi-balance-beam/>

ALLOWED	NOT ALLOWED
Aerial Cartwheels	Front Aerials
<b>Front Handsprings</b>	Layouts
<b>Branny</b>	Toe Pitch Back Tucks
<b>Side Somi</b>	Back Handsprings
Forward/Backward Rolls	Dive Rolls
Shoulder Rolls	Front/Back Tucks
Cartwheels/Round Offs	Shushunova
Headstands	Headsprings (w/o hand support)
Handstands	Continuous double (partner cartwheels)
Backbends	
Front/Back Walkovers	
Stalls/Freezes	
Head Spins	
Windmills	
Kip Up	
Headsprings (with hand support)	

# Weight Bearing Skills

- If a team chooses to use hands free poms for aerial cartwheels and/or side somis, and later touches down, the poms **MUST** be flipped off of the hand, or a penalty will be assessed.
  - *\*\*Simply wearing the hands free poms for the aerial cartwheel does not make it legal if they are not used correctly.*
- If a team chooses to use NON-hands free poms for aerial cartwheels and/or side somis, they **MUST** be moved to one hand. If a dancer later touches down with the hand that holds both poms, a penalty will be assessed.

# Dance Lifts

- In order to stunt or perform lifts in the jazz and hip hop categories, you must:
  - **Be AACCA Safety Certified**
    - Available online or at the NCA Coaches Clinic
    - Please visit [www.cheerrules.com/Nebraska](http://www.cheerrules.com/Nebraska) for more information
  - **Follow the NFHS rules, with the additional restrictions below:**
    - Stunts/lifts shall be limited to shoulder height or below.
    - All vertical shoulder level stunts/lifts must have an additional spotter.
    - All vertical shoulder level stunts/lifts must remain on two feet except during the mount or dismount of the stunt/lift.
    - Twisting mounts and dismounts are limited to 1/2 twist.
    - All cradle dismounts, tosses, and inversions are prohibited.
- **\*\*Email me ([szust@varsity.com](mailto:szust@varsity.com)) your lift(s) at least 2 weeks prior to State for review.\*\***

# Release Moves

- An executing dancer may jump, leap, step, or push off a supporting dancer if the highest point of the released skill does not elevate the Executing Dancer's **FEET** above head level **of the supporting dancer**.
  - *Exception: Toe touches off a dancer's back or leap frog jumps*
- Supporting dancers may release/toss an Executing Dancer if the highest point of the release/toss does not elevate the Executing Dancer's **HIPS** above head level **of the supporting dancers**.

# QUESTIONS?

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