

## COMPETITION RULES AND GUIDELINES

### Overall Rules

It is important that coaches and all team members understand and abide by all safety regulations.

All National Federation Rules will apply for school categories.

USASF will apply for All Star categories as well as Collegiate Teams.

**All National Federation Rules will apply.** Consult the National Federation Rules for spirit Groups book for a complete listing and explanations. (Ask your Athletic Director if you haven't seen one.) Some highlights which apply to dance are as follows:

1. No jewelry is allowed. If such religious or medical medals must be worn, they should be taped to the body under the uniform.
2. All hair should be fastened with soft holders and cosmetic holders such as hair spray or mousse.

### Interruption of Performance

1. If, in the opinion of the tournament officials, a team's routine is interrupted because of failure of tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team affected should stop the routine. The team will be allowed to present its routine from the place in the routine where the interruption occurred or the entire routine. The degree and effect of the interruption will be determined by the tournament officials.
2. In the event of an injury, tournament officials or the coach reserve the right to stop the routine. The team will be allowed to present the entire routine.

### Dance General Rules

1. Each team will have a maximum of **2 minutes and 30 seconds** to demonstrate their style and expertise. Timing will begin with the first note of music and end with the last note of music or the last movement. Entrances and exits will not be judged unless they are included in the overall time period. Entrances and exits must be quick and timely.
2. There is no limitation on the number of team members. However, all participants must be official members of the team.
3. All music must be on a CD/ipod. Please bring a backup of your cd. Please bring a dongle for your device.
4. No loose glitter or craft glitter is allowed.
5. All music and choreography should be appropriate for family viewing. Categories are as follows:  
Pom: Emphasis on synchronization and visual effect. Poms must be used 80% of the routine. No props.  
Jazz: Emphasis on technical moves, style, and execution.  
Hip Hop: Emphasis on sharp, synchronized choreography, "street dance" or hip-hop" style.  
Kick: Must contain at least 50 kicks and 16 high kicks by each team member. A kick may be in any direction and at any level.

### Dance Solo/Duet/Small Group Rules

1. Each team and/or individual will have a **maximum of 90 SECONDS** to present their routine.
2. Dance solos consist of one person. Dance Duets consist of only 2 people. Dance Small Groups may consist of 3-5 members.
3. All money must be paid upon registration or the dancer will not be registered. Please send a separate check for Solos/Duets/Small Groups in case we don't have any more spots available and have to return your money.
4. Registration is on a first come, first serve basis. When the spots are filled then we will have to turn away additional registrants.
5. There will be no substitutions once a dancer has registered – **unless the sub is in the same grade.**
6. All team performance rules (with the exception of the time limit) will apply.
7. Dance routines may be any style.

### Watertown Star Challenge

Watertown Star Competition focuses on one specific move. Dancers may enter all three areas of competition.

1. **URNS:** Turns should highlight a dancer's technique, variety of skills, and difficulty. *Perform a turn sequence or combination using a maximum of four 8-counts total.*
2. **HIGH KICK:** Kicks should highlight a dancer's technique, flexibility, and skill level. *Perform any variety of kick combinations for a duration of four 8-counts.*
3. **JUMPS & LEAPS:** Jumps should highlight a dancer's strength, power, and height. Transitions and turns may be incorporated to assist in execution, but should not become the focus. *Perform three separate jumps or leaps. A toe touch performed consecutively is considered one jump.*