

# Utah State 2022 HIGH SCHOOL PREP RC COMPETES DANCE COMPETITIONS BASIC RULES

**MISSION STATEMENT:** To produce quality dance competitions for students. The focus of the competitions will be on the students and their best interests. Quality judging, safety enforcement, and a good educational experience will be the essence of our events. Utah high school and high school prep programs are expected to commit to the following: "Every team can be a winner when it comes to sportsmanship." We expect all dance teams to follow the same standard as in all other sporting competitions.

**UTAH HIGH SCHOOL PREP:** To be eligible for this category participants must be from private studios or gyms, recreation programs or a program ran by a feeder high school that would like to compete. If you do not fit into one of these categories contact us for clarification. All NFHS rules need to be followed. This is the inaugural year for high school prep dance teams to participate!

**SAFETY:** Safety is our first priority. All Utah dance teams are required to follow the safety rules in the most current issue of the NFHS Spirit Rules Book. While doing lifts make sure you always protect the head, neck and shoulders of the top person.

**DATES:** Mountain Spirit Classic High School Prep Dance and Cheer – March 11 & 12, 2022  
Spirit Rally High School Prep Dance and Cheer – March 25 & 26, 2022 at LEHI HS  
State Championship Competition – April 29 & 30, 2022 at CORNER CANYON HS

## **CATAGORIES: HIGH SCHOOL PREP (Beginning, Intermediate, Advanced)**

To get the average age of your team, add up all of the ages of your athletes on the team and divide that number by the number of athletes on your team. If your number does not come out as a whole number, round up to the nearest whole number. Example: 68 added ages/8 athletes=8.5 round up to 9 years. Ages should be figured as of **MARCH 1<sup>st</sup>**.

TINY:	4 - 5 year old
MINI:	6 - 8 year old
JUNIOR:	9 - 11 year old
SENIOR:	12 - 17 years old
ELITE ADULT:	18 - 25 years old
ADAPTIVE:	All ages

*(Adaptive Division is for those athletes with special needs. In the Adaptive division, you will compete in our Freestyle division format. All rules need to be followed that are listed below in our Freestyle category description, as well as all safety rules)*

SOLO: 4 and under, 5-6, 7-8, 9-10, 11-12, 13-14, 15 and older

**GENRE'S:** ACRO Dance, Jazz, Military, Contemporary, Lyrical, Hip Hop, Ballet and Open/Character

**SHOWCASING:** The following skills may be performed at the following levels: \*A team may showcase less than half of their individual dancers one level up from the level entered one time during the routine at the same time. You will receive points for that particular showcase in the one level higher. A team may not showcase a skill higher than one level of level entered. A team may not execute skills in a higher level than level entered at any time in your routine except for the allotted showcasing. There will be a 0.5 deduction for every

infraction over the allotted showcasing. Allotted showcasing would be one turn/leap combination or sequence. **\* Soloist are not allowed to showcase up in any category.**

## **BEGINNING:**

**LEAPS:** Front leaps, Side leaps, Stag leaps, Pas de Chats (Switch Leaps, Back Leaps, Barrel-Roll leaps are not allowed).

**JUMPS:** Tuck Hops, Straight Jumps, Axle, "C" Jumps. (Firebird Jumps are not allowed).

**TURNS:** Chaines, Piques, Pirouettes, Pencil turns, Attitude turns, Coupe turns. Singles of any type of turn are acceptable (Fouetté' turns, A Le Seconde' turns, Changing-Spot while turning are not allowed).

## **INTERMEDIATE:**

**LEAPS:** Same leaps allowed as beginning plus Barrel-Roll Leaps and Switch Leaps.

**JUMPS:** Same jumps as Beginning skill level, plus Switch Tilts.

**TURNS:** Any variety of turns are acceptable. TRIPLE rotations are allowed, plus double leg hold turns, A Le Seconde turns and Fouetté turns are allowed (changing spot while executing Fouetté and A Le Seconde turns are not allowed at this skill level).

**ADVANCED:** Any combination of turns, leaps, kicks, jumps/hops, and locomotor skills are acceptable. Advanced level skills will be expected in this category.

## **ACRO/GYMNASTICS DANCE ABILITY LEVELS:**

**BEGINNING:** Cartwheels, One-Handed Cartwheels, Bridges, Limbers (coming up on two feet from a bridge), Forward/Backward Rolls (any style), Chest Stands/Handstands. No airborne skills allowed except for Dive Cartwheels. Series of any skills in the level allowed. Showcasing is allowed.

**INTERMEDIATE:** All skills listed in beginning in addition to Front/Back Walkovers, Front/Back Handsprings, Side Aerials, Round Offs into Back Handsprings or into Back Walkout. Series are allowed with non-airborne skills. Landing in any drop is not allowed (no seat, knee, thigh, split drops). Feet landings only. Showcasing is allowed.

**ADVANCED:** Any airborne tumbling is allowed with the exception of double twisting skills, any series of skills are allowed as long as they are safely executed. Drops are not allowed without first bringing the arm down for a safe controlled landing. Showcasing is allowed.

**DANCE CATEGORIES:** *Teams and solos will be judged on execution, degree of difficulty, choreography, general and overall effect/showmanship. The use of character/thematic costuming/music/props should not be used in this category. Props may be used but they cannot thematic in nature. Please make yourself familiar with the scoresheets on the website.*

**JAZZ:** A combination of stylized rhythmic dance movements and combinations which interpret and emphasize up-tempo music. It should include formation changes, group work, leaps and turns. Emphasis is placed on proper technique, extension, control, body placement and team uniformity.

**ACRO/GYMNASTICS Dance:** A style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Flips/twists greater than one rotation are prohibited. Routines must include 60% acro/gymnastic skills and 40% dance skills. Team entries with dancers under the age of 18 will be required to use spotters when required by NFHS.

**MILITARY:** The emphasis of this category is on precision, clean and sharp movements, maneuvering and formations. Any basic military maneuvers or steps such as pinwheels, blocks, ranks and files, etc. may be used. Kicks and ripples may be used. No dance steps, no jazz hands, no head rolls, no body rolls, no hip movements, no jazz runs, no pyramids, (exception: pyramids at prep level or below are allowed) no arch backs, no toe touches (Russian or straddle), no tumbling (exception: handstand) may be used.

**CONTEMPORARY:** Contemporary incorporates movements based in ballet, modern and jazz techniques, as well as other expressive movements. It can express an emotion or story. It incorporates both fluid and staccato movements. It relies on technique with unpredictable changes in rhythm, speed and direction.

**LYRICAL:** Lyrical is a routine with melodic dance movements expressing an emotion, story, or simply the lyrics of a piece. More emphasis is on expressive and lyrical style with fluid movements based in ballet.

**HIP HOP:** Hip Hop is a high energy routine with contracted dance movements to a bass beat with tempo variations. Pop and lock techniques, break dancing and other high energy dance styles can be choreographed into the routine.

**BALLET:** A classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement. a theatrical entertainment in which **ballet** dancing and music, combine to tell a story, establish an emotional atmosphere, etc. Ballet slippers only. Tumbling and acro not permitted.

**OPEN/CHARACTER:** A routine demonstrating any dance style or combination of dance styles from any of the listed categories or combined with any other form of dance not listed. Use of props and thematic costuming and character themes are allowed in this category.

**TOTAL POINT SCORING:** Final scores will be determined using TOTAL POINTS. Three (3) score sheets will be combined for a total of 100 points per routine. All penalties and deductions will be deducted from the combined score to provide the FINAL score. See the TIE BREAKER rule below in the case two or more teams earn the same final score.

**TIE BREAKER:** If there is a tie in the overall category placement after the final scores have been determined, the TOTAL ADJUSTED SCORE (including deductions and penalties) from all EXECUTION score sheet columns will determine the winner. The school with the highest adjusted total execution score will win. After that, if a tie still exists, both teams will be awarded the tie and given the same overall placement. In the event that there are more than two teams tied for overall places, the same above process will be followed until one team is awarded the highest or lowest placement. The process will then continue until all teams are awarded a place or deemed tied.

### **GENERAL RULES:**

1. High school prep dance will compete as all-inclusive gender teams (all-girl and co-ed) will compete against each other.
2. Performance space may vary depending on the facility at the host school. Teams may line up anywhere outside the competition area before they enter the stage/floor. Athletes must make every effort to tumble inside the boundaries.
3. **Injury of a dance athlete on the performance surface, during a routine:** Coaches and competition directors should take every precaution to ensure the safety of participants. Should an injury or sudden illness occur during a routine, the following protocol should take place:
  - A. Stop the music and attend to the injured participant.
  - B. Determine the care the injured participant may need (first aide, athletic trainer, EMT services).
  - C. Competition directors at the site will determine when/if the team will be allowed to continue/finish the routine.

- D. An injured participant, that wishes to perform, may not return to the competition unless the competition officials receive clearance from the onsite medical personnel and the director/coach of the competing team gets clearance from the parents.
4. Props are allowed in all categories but must not be character or thematic in nature. If using props and costuming that are character and thematic in nature the routine must be entered in the Open/Character Category. ALL props **MUST** be covered with rubber, duct tape, carpet, and any other protective means to prevent any damage to the performance floor. FINES will be assessed to the studio/school/individual for any damage done to the performance floor.
  5. **Routines containing gymnastics/acro skills:** Gymnastics and acro skills are not part of the skill levels for all dance genres. If the routine has 30% or more acro/tumbling or other gymnastic skills choreographed in the routine, then it should be entered in the Acro or Open category. In routines that are not **Acro or Open** the acro and other gymnastic skills should be an accent to the other choreography and not the focus. Judges may feel a routine is not entered in the correct category. If that is the case, then it will be adjudicated but not eligible for a 1<sup>st</sup> place or overall award.
  6. Teams should walk into the competition area and place their props down (if allowed), then go quickly to their starting positions.
  7. **TIME LIMITS:**  
Solo: 1:00 - 2:45 minutes  
Duet/Trio: 1:00 - 2:45 minutes  
Groups: 1:00 - 3:45 minutes  
*Timing will begin with the first note of music, or the first motion. The timing will end the instant the team starts to exit (after hitting their ending position). You will be allowed 30 seconds for set up if needed (props etc.) and 30 seconds for the exit (last dancer leaves the floor). PLEASE LOOK AT SCORESHEETS TO MAKE SURE YOU HAVE ALL THE ELEMENTS/REQUIREMENTS INCLUDED for the level you are competing in!*
  8. A representative of each team must be present at the announcer's table when their team is performing to cue the music. Sound crew takes no responsibility if a team representative is not present (penalty is two points per routine judge for disrupting flow of competition). This person must remain at the sound table for the duration of the performance. Music should be brought on a MP3 player with a CD backup in case of incompatibility issues or lack of battery power. Many coaches use their phones to play music and often calls come in as their team needs to perform. The call kicks the music out of the queue. We strongly suggest that phones (if being used) are set in a way this does not happen.
  9. Inappropriate content or vulgar music lyrics are not allowed, and the point deduction will be left to the discretion of the routine judges (maximum is disqualification).
  10. Appropriate footwear is required.
  11. **PENALTIES:** *Please make sure that you time your music accordingly. We had a few overtime penalties last year. You must know and follow all copyright laws! RC Competes will not be held accountable for any music played that does not follow the law. Copyright laws have not changed since 2016.*
    - There will be a two (2) point penalty deduction per routine judge, for every fifteen seconds over the time limits or ten seconds under the time limit. This will be assessed by the penalty judge. Teams should give themselves a timing leeway because of the variability in sound systems. (we will be allowing a 3 second leeway before a penalty is given)
    - A two (2) point penalty deduction will be given for each safety infraction.
    - Minor safety infractions: A (.5) penalty per routine judge for each of the following: boundary violations etc. props used in the wrong category.
    - **A .5 deduction per violation per routine judge for going over your showcasing allowance will be deducted.**
    - A two (2) point deduction for RC Competes Rules Violation.

- Every effort must be made to gently set down a prop in a routine but in the event the judges fill it has been thrown excessively a (.5) deduction will be given.
- There will be no video review or protest of scores or deductions given. We are making every effort to train our judges and we need to support their calls.

12. "RC Competes" will be sending out host school information (such as entrances, exits, parking, etc.) as soon as they receive the required registration materials.

13. SEE THE REGISTRATION FORMS FOR ENTRY FEES AND WAIVER REQUIREMENTS! At [www.rccompetes.com](http://www.rccompetes.com)

**Directed by:**

Please contact with questions:



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*for more information  
visit  
[www.rccompetes.com](http://www.rccompetes.com)*

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