

Kentucky Dance Coach Organization

Official Competition Guidelines

All regional competitions must take place after October 30 and before January 31 of each school year. The date for the competition should be forwarded to the president, Ginger Stovall, at [ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org) before invitations are sent. Winners and placing teams (1st and 2nd places) at each regional competition will receive an open bid to compete at the state competition. The names and contact information of the placing teams must be forwarded by the hosting school immediately following the competition.

*Regional Invitations*

All high schools and middle schools within the basketball region that have dance teams should be invited to compete at the regional level. Documentation of each invitation must be kept for one calendar year. An attempt should be made to ensure that all eligible schools are invited to compete. Contact the previous host school for the most current contact information for coaches and participating teams.

All high schools within the basketball region should be given the opportunity to host the regional competition. Each region may set up a rotating schedule or may choose to draw a host school after each yearly competition. To be eligible to host the regional competition, the team must be in good standing with KDCO. The name of the hosting school selected for the next year should be forwarded to the president. The same school cannot host the competition consecutive years without approval from other schools in their region. In the event that the host school becomes NOT in good standing with KDCO, hosting privileges will be revoked.

Regional competitions may include multiple regions if necessary. Regions will only compete against teams in their region but the venue will be shared. For example, if a region does not have a volunteer school host for their competition, then that region as a whole may attend another regional competition. If this scenario is the case then the host school must be notified in advance. The president will notify host schools if a bi-regional or tri-regional competition will be necessary.

Hosting school reserves the right to offer invitations to elementary dance programs, dance studio programs, as well as solo and duet competitions. \*\*PLEASE NOTE: these divisions do not advance to state.\*\*

Regional Commission

Each hosting team will benefit from all entry fees ($20 per competing dance member for up to 2 routines – each routine after 2 is an additional $10 per dancer), gate admission fees (not to exceed $5 per spectator), concession sales, and spirit sales.

State Commission

KDCO will benefit from all entry fees ($20 per competing dance member for up to 2 routines – each routine after 2 is an additional $10 per dancer), gate admission fees ($10 per spectator; age 5 and under free), and spirit sales.

Regional Trophies/Awards

Host school may choose to give awards such as “Best Choreography,” “Best Crowd Appeal,” “Best Team Spirit,” “Best Costume,” etc. voted on by the judges. These awards do not have to be trophies; plaques or alternate awards may be used.

First place in each category goes to the team that has the highest score.

Second place in each category goes to the team that has the second highest score.

First and Second Place winners of each category will receive an invitation to compete at the KDCO State Competition.

Each hosting team will purchase 1st and 2nd place trophies for each division (small, medium, and large varsity, junior varsity and middle school & elementary school small and large) and each category (pom, jazz, hip hop, prop, Team Performance/Variety, and Competitive Step) as well as a Grand Champion trophy.

\*\*During the Coaches Workshop held in October, it can be decided to use plaques or alternate awards instead of trophies\*\*

RESULTS OF ALL TEAMS COMPETING (Regional and State) WILL BE ANNOUNCED DURING AWARD CEREMONY.

Competition Grand Champion

Regional Level and State Level

*Grand Champion* is the award that recognizes the overall winner of the competition – this can be won by ANY VARSITY HIGH SCHOOL team participating in the competition. To be eligible for Grand Champion, a team must participate in at least TWO categories from the following list: pom, prop, jazz, team/variety, hip hop. Grand Champion is awarded to the team (regardless of region if it is a bi-/tri-regional competition) who received the highest average of scores of all performances. “All performances” means every performance’s score by one team will be counted into their average.

*Best of the Best* is the award that recognizes the overall winner of the competition in the middle school division – this can be won by ANY MIDDLE SCHOOL team participating in the competition. To be eligible for Best of the Best, a team must participate in at least TWO categories from the following list: pom, prop, jazz, team/variety, hip hop. Best of the Best is awarded to the team (regardless of region if it is a bi-/tri-regional competition) who received the highest average of scores of all performances. “All performances” means every performance’s score by one team will be counted into their average.

Hosting Schedule

September 1 – deadline to have notified KDCO of date secured for regional competition

September 30 – deadline to have Date set for Coach Workshop (deadline of being held by Oct. 30)

September 30 – deadline to have All teams within region contacted and invited to BOTH Coach Workshop AND Regional Competition

November 30 – Deadline to have held Coach Workshop

January 30 – deadline to have held Regional Competition

Mid February – deadline to have registered for State Competition if qualified at regionals

Last Saturday of February or there about– date of KDCO State Dance Competition

A coaches’ meeting/workshop must be held before the competition so that all coaches have the opportunity to ask questions or address concerns.

This meeting will count as the Regional Workshop – attendance by a coach or adult representative is mandatory for every team wishing to participate in the regional competition – including varsity, junior varsity, middle school and elementary school teams. The deadline for this meeting to be held is October 30. The coaches’ agreement form must be submitted at this meeting or that team will not be eligible to participate in the regional competition.

Each team should be provided a 4-8 minute warm-up and a 4-8 minute rehearsal time before the competition begins for EACH category. If the school only has one gym facility, spectators and judges should be kept out of the gym until all teams have rehearsed their routines. It is important to relay these times to each coach and to schedule these times well before the competition is set to begin.

Judging Rules/Criteria

KDCO has a bank of judges who are highly qualified to judge regional and state KDCO competitions. They have a variety of dance experience from high school and college and some own their own studios. None of the KDCO judges currently coach a high school team in Kentucky. And no judge is allowed to judge within his or her home region of Kentucky. Every effort is made to uphold the integrity of all KDCO competitions.

KDCO will take care of securing judges for the competition for the Regional and State competitions. KDCO will send 4 judges to each regional.

All judging criteria and official KDCO score sheets should be placed in folders and left at the entrance table or judges’ hospitality room for the judges to receive upon arrival.

A hospitality room for the judges should be set up so they can have a place to tally scores. The seating section for the judges table should be roped off from the spectators. All four sides of the judges’ table and area should be protected and must be above ground level. A KDCO representative will be the liaison between the judges and the host school. Every effort should be made to keep judges secluded from all coaches, participants, parents, spectators, and etc. Judges will be paid the day of the competition at $100.00 per judge in cash or check form. All judges’ decisions are FINAL.

CATEGORY DESCRIPTION AND RULES AND REGULATIONS

Explanation of Categories

**POM-POM:** Poms must be used at least 80% of the routine. No props. The most important characteristic of a pom routine is synchronization and visual effect. Your team should be synchronized and appear as “one.” Motions should be very sharp, clean, and precise. For a Pom routine to be visually effective it is extremely important to include level changes, group work, formation changes, etc. Judges will remember a routine that is eye-catching from the beginning to the end. Keep in mind that pom routines carry a more “traditional” theme. SHOES MUST BE WORN.

Dance shoes must be worn at all times. (Example: jazz shoes, dance paws, or tennis shoes.)

Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)

All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar, offensive, dangerous or suggestive material, music or choreography is restricted and will result in DISQUALIFICATION!

All costumes MUST BE parent & principal approved. No midriffs allowed. Midriff area includes the entire area between the bra-line and hip bones, front and back, all the way around the body.

Aerials – airborne tumbling skill without placing hands on the ground – both poms must be placed in ONE hand to allow for a supporting hand in the event it is needed. SAFETY INFRACTION 2 point deduction

A dancer must land with at least one foot on the ground after a jump, leap or kick before landing in any other position, with the exception of a leap to the splits. Knee drops are restricted. Toe-touches or other jumps to a hurdler or “push-up” position are restricted. Any jump to the knees or back, or landing with both feet back is restricted. Any type of hurdler position to the ground is restricted with the exception of a “Z” sit.

Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down.

The supporting dancer must maintain contact with the lifted dancer until the lifted dancer is returned to the performance surface.

The supporting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).

Swinging lifts are allowed, provided the lifted dancer’s body **does** **not** **make** **a** **complete** **circular** **rotation** and is in a face up position at all times.

Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.

Major/serious falls incurred by one or more dancers that could result in injury will result in .5 deduction for each incident.

Any questionable choreography of tricks or stunts may be submitted via video clips to Ginger Stovall ([ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org)) for board approval at least 2 weeks prior to date of competition.

**HIP HOP:** Routines should consist of the latest street style/funk dance moves with emphasis on execution, synchronization, body control and rhythm. If a team chooses to draw attention to an item by dancing with, holding, or taking off must be limited to 4-eight counts. SHOES MUST BE WORN.

Dance shoes must be worn at all times. (Example: jazz shoes, dance paws, or tennis shoes.)

Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)

All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar, offensive or suggestive material, music or choreography is restricted and will result in DISQUALIFICATION!

All costumes MUST BE parent & principal approved. No midriffs allowed. Midriff area includes the entire area between the bra-line and hip bones, front and back, all the way around the body.

In **Hip Hop ONLY** airborne tumbling skills with hip-over-head rotation must involve hand support with at least one hand when passing through the inverted position. (Exception: aerial cartwheels, round-offs and dive rolls are allowed in all categories). **The allowed Hip Hop tumbling skills with airborne hip over-head rotation is limited to 2 connected skills.** (Example: Round-off, back handspring, backhand spring is not allowed. Round-off, back handspring, kip up is allowed). No tumbling series or tumbling pass allowed.

A dancer must land with at least one foot on the ground after a jump, leap or kick before landing in any other position, with the exception of a leap to the splits. Knee drops are restricted. Toe-touches or other jumps to a hurdler or “push-up” position are restricted. Any jump to the knees or back, or landing with both feet back is restricted. Any type of hurdler position to the ground is restricted with the exception of a “Z” sit.

Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down.

The supporting dancer must maintain contact with the lifted dancer until the lifted dancer is returned to the performance surface.

The supporting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).

Swinging lifts are allowed, provided the lifted dancer’s body **does** **not** **make** **a** **complete** **circular** **rotation** and is in a face up position at all times.

Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.

Major/serious falls incurred by one or more dancers that could result in injury will result in .5 deduction for each incident.

Any questionable choreography of tricks, lifts or stunts may be submitted via video clips to Ginger Stovall ([ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org)) for board approval at least 2 weeks prior to date of competition.

**PROP:** Routines that emphasize the use of props or a variety of props. The manipulation of the props must be the main focal point of the routine. POMS cannot be used as a prop. If submitting a prop routine, the prop must be **held in hand** or **used in choreography** at least 75% of the performance by 25% of the team. Pom or hip hop routines **are not allowed** in this category. A backdrop or stationary object is NOT considered a prop unless utilized in choreography.

Folding Chairs are not allowed.

Performing ON TOP OF a stationary object is limited to no higher than shoulder height. NO HEAD OVER HIP ROTATION DISMOUNTS OFF OF STATIONARY OBJECTS.

Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)

A PROP ROUTINE OUTLINE MUST BE SUBMITTED IN ORDER TO BE JUDGED.

SHOES MUST BE WORN.

Dance shoes must be worn at all times. (Example: jazz shoes, dance paws, or tennis shoes.)

All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar, offensive, dangerous or suggestive material, music or choreography is restricted and will result in DISQUALIFICATION!

All costumes MUST BE parent & principal approved. No midriffs allowed. Midriff area includes the entire area between the bra-line and hip bones, front and back, all the way around the body.

A dancer must land with at least one foot on the ground after a jump, leap or kick before landing in any other position, with the exception of a leap to the splits. Knee drops are restricted. Toe-touches or other jumps to a hurdler or “push-up” position are restricted. Any jump to the knees or back, or landing with both feet back is restricted. Any type of hurdler position to the ground is restricted with the exception of a “Z” sit.

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The supporting dancer must maintain contact with the lifted dancer until the lifted dancer is returned to the performance surface.

The supporting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).

Swinging lifts are allowed, provided the lifted dancer’s body **does** **not** **make** **a** **complete** **circular** **rotation** and is in a face up position at all times.

Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.

Major/serious falls incurred by one or more dancers that could result in injury will result in .5 deduction for each incident.

Any questionable choreography of tricks, lifts, USE OF PROPS or stunts may be submitted via video clips to Ginger Stovall ([ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org)) for board approval at least 2 weeks prior to date of competition.

**JAZZ:** A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. PAWS OR SHOES MUST BE WORN.

Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)

All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar, offensive, dangerous or suggestive material, music or choreography is restricted and will result in DISQUALIFICATION!

All costumes MUST BE parent & principal approved. No midriffs allowed. Midriff area includes the entire area between the bra-line and hip bones, front and back, all the way around the body.

A dancer must land with at least one foot on the ground after a jump, leap or kick before landing in any other position, with the exception of a leap to the splits. Knee drops are restricted. Toe-touches or other jumps to a hurdler or “push-up” position are restricted. Any jump to the knees or back, or landing with both feet back is restricted. Any type of hurdler position to the ground is restricted with the exception of a “Z” sit.

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The supporting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).

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Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.

Major/serious falls incurred by one or more dancers that could result in injury will result in .5 deduction for each incident.

Any questionable choreography of tricks, lifts, or stunts may be submitted via video clips to Ginger Stovall ([ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org)) for board approval at least 2 weeks prior to date of competition.

TEAM PERFORMANCE/VARIETY: Routines must clearly encompass at least 20 CONSECUTIVE seconds of all four styles: Jazz, Pom, Kick, and Hip Hop. Each style will be judged. PLEASE REFER TO EACH CATEGORY DESCRIPTION FOR RULES AND EXPECTATIONS FOR THAT GENRE.

A leg extension/leg hold is not a kick.

A kick is defined as one foot remaining on the floor while the other foot is lifted with force off the ground.

In order to be judged, teams will be required to submit a Routine Outline for their Team Performance routine with registration forms. The Routine Outline form will be located on the KDCO website.

SHOES MUST BE WORN.

Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)

All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar, offensive, dangerous or suggestive material, music or choreography is restricted and will result in DISQUALIFICATION!

All costumes MUST BE parent & principal approved. No midriffs allowed. Midriff area includes the entire area between the bra-line and hip bones, front and back, all the way around the body.

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Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.

Major/serious falls incurred by one or more dancers that could result in injury will result in .5 deduction for each incident.

Any questionable choreography of tricks, lifts, or stunts may be submitted via video clips to Ginger Stovall ([ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org)) for board approval at least 2 weeks prior to date of competition.

Competitive Step \*\*NEW\*\*

~NOT INCLUDED IN ELIGIBILITY FOR GRAND CHAMPION OR BEST OF BEST~

\*\*NEW\*\*

This category is designed to welcome step programs into KDCO – even though the time is more limited, it allows for additional school teams to participate and show case their talent!

Step routines will be judged on precision, difficulty, originality, appearance, clarity, creativity and transitions.

Routines are limited to 3 minutes.

Time keeping will begin with the first organized step, note of music or word.

NO CHOREOGRAPHED ENTRANCES OR EXITS – ALL TEAMS RUN ON AND OFF THE FLOOR.

Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)

All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar, EXPLICIT, offensive, dangerous or suggestive material, music or choreography is restricted and will result in DISQUALIFICATION!

All costumes MUST BE parent & principal approved. No midriffs allowed. Midriff area includes the entire area between the bra-line and hip bones, front and back, all the way around the body.

SHOES MUST BE WORN – ONLY RUBBER SOLE SHOES/HEELS ALLOWED

A dancer must land with at least one foot on the ground after a jump, leap or kick before landing in any other position, with the exception of a leap to the splits. Knee drops are restricted. Toe-touches or other jumps to a hurdler or “push-up” position are restricted. Any jump to the knees or back, or landing with both feet back is restricted. Any type of hurdler position to the ground is restricted with the exception of a “Z” sit.

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The supporting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).

Swinging lifts are allowed, provided the lifted dancer’s body **does** **not** **make** **a** **complete** **circular** **rotation** and is in a face up position at all times.

Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.

Major/serious falls incurred by one or more dancers that could result in injury will result in .5 deduction for each incident.

Any questionable choreography of tricks, lifts, or stunts may be submitted via video clips to Ginger Stovall ([ginger.stovall@kydancecoach.org](mailto:ginger.stovall@kydancecoach.org)) for board approval at least 2 weeks prior to date of competition.

General Rules and Regulations

1. Teams must have at least 4 members. There is no maximum limit. All registered team members who perform one routine, must perform all routines in which the team is registered to compete (**Exception**: Male members are not required to perform in the pom category). **A verified roster must be signed by a school administrator and submitted to the Regional Host by the set regional registration deadline.**
   1. **Small Varsity** teams are 4 - 12 members.
   2. **Medium Varsity** teams are 13 - 16 members.
   3. **Large Varsity** teams 17 members and above.
   4. **Middle School Small** division includes teams with 4-14.
   5. **Middle School Large** division includes teams with 15 or more members.
   6. **Elementary** **School** **SMALL** division includes 4-14 members.
   7. **Elementary** **School** **LARGE** division includes 15 or more members.
2. **In the event that a team changes divisions due to a change in number of members performing, the team is no longer eligible for award placement. The team will still be critiqued by the judges however the scores will not be counted in placement.**
3. All teams will have a maximum of 2 minutes and a minimum of 1 minute and 30 seconds to complete their routine. Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music or the ending motion or pose is held. All participants should RUN onto the floor and immediately start their routine after placement of poms or props, if used. NO ORGANIZED ENTRANCES ONTO THE FLOOR - DEDUCTION OF .5 point. YOU MUST RUN ON AND RUN OFF.
4. All routines will be judged using a 100-point scale. Overall impression of the routine including inappropriate music, choreography, makeup, etc., will be reflected in the score. The decisions of the judges are FINAL!
5. All routines, music, and costuming must be suitable for viewing by audiences of all ages. Vulgar or suggestive material is restricted and will result in DISQUALIFICATION! All costumes MUST BE parent & principle approved. No midriffs allowed. Dance shoes must be worn at all times. (Example: jazz shoes, dance paws, or tennis shoes.) Staging, backdrops, special effects, or any items that may alter the performance floor is prohibited. (Water, powder, paint,etc.)
6. Please bring TWO HIGH-QUALITY copies of your music. One representative from your group will be responsible for running the music during the competition. This person must remain at the sound area throughout the entire performance. Acceptable copies of music: CD, MP3, iPod, iPhone, etc.
7. In the event that a routine is interrupted because of failure of equipment, then the affected participants will be permitted to start the routine from the beginning at the end of their category. In the event a routine is interrupted again, the participants should continue with counts. In the event an injury occurs during a performance, the participants may either continue or withdraw from the competition.
8. In the event that your group is not covered through school insurance, proof of insurance for each group member must be provided.
9. The following are examples of skills that are and are not allowed:

**Allowed Not Allowed**

Forward/Backward Rolls Front Aerials

Shoulder Rolls Round-off series Back Handsprings

Cartwheels Front/Back Tucks

Headstands Headsprings (without hands support)

Handstands Broncos/rubberbands

Aerials Toe Pitches

Backbends

Front/Back Walkovers

Stalls

Head spins

Windmills/Flairs

Kip up

Back Handspring \*\*see rule in Hip Hop\*\*

# PENALTIES

There will be a deduction from the TOTAL score for EACH occurrence of the following:

1. Exceeding the maximum overall time. There will be a 5 SECOND “grace period” allowed. There will be a DEDUCTION OF .5 for each additional 5-SECOND increment over the allowed time.
2. Using illegal props, building stunts or pyramids or performing illegal tricks, jumps or tumbling passes.
3. Committing an infraction of any of the rules as outlined by KDCO.

**COACHES’ AGREEMENT FORM**

By signing below, I am confirming that I have read and agree to adhere to all procedures, guidelines, rules, and regulations of all KDCO competitions. \_\_\_\_ (initials)

I realize that any infraction may cause for my team to be disqualified from the competition. \_\_\_\_ (initials)

I agree to practice and model good sportsmanship before, during, and after the competition. \_\_\_\_\_ (initials)

***\*\*\* Team roster signed by a school administrator must be attached to this form\*\*\****

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Coach’s signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Coach’s signature Date

***This is to be signed and turned in to the host school’s coach during the meeting of the mandatory Regional Coaches Workshop held prior to the regional competition.***