



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 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 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 (\$30 per competing dance member for up to 2 routines – each routine after 2 is an additional \$15 per dancer), gate admission fees (not to exceed \$10 per spectator), concession sales, and spirit sales.

State Commission

KDCO will benefit from all entry fees (\$30 per competing dance member for up to 2 routines – each routine after 2 is an additional \$15 per dancer), gate admission fees (\$20 per adult spectator, \$10 student spectator, age 5 and under free), and spirit sales.

Alternate Competition Plans - Extreme Circumstances

In the event of extreme circumstances that do not allow the traditional Regional & State Competition season, KDCO reserves the right to create alternative competitions that include but are not limited to video submissions, virtual competitions, and open regionals and/or state competitions. Alternate Competition Plans will be written in detail to include rules and regulations as a separate document and will be dispersed to KDCO members in a timely manner. Participation in Alternate Competition Plans will still require membership in KDCO and routine guidelines, categories, divisions will still apply. Appropriate CDC guidelines will be followed at the time of the competition.

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 small and large) and each category (pom, jazz, hip hop, prop and Team Performance/Variety) 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 regardless of division, category, and region. Grand Champion is awarded to the team (regardless of region if it is a bi-/tri-regional competition) who received the highest **average 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 regardless of division,

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category, and region. 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 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 All teams within region contacted and invited to Regional Competition

January 31 – deadline to have held Regional Competition

January 31 – deadline to have registered for State Competition if qualified at regionals

****check must be received by Feb. 10 to be placed on Performance Order**

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

It is recommended that a coaches’ meeting/workshop be held before the competition so that all coaches have the opportunity to ask questions or address concerns. **This is not mandatory**

Warm-up/Rehearsal

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.

- Dance shoes must be worn at all times. (Example: jazz shoes, dance paws, or tennis shoes.) SHOES MUST BE WORN ON THE TURNING FOOT. IF BOTH FEET ARE USED AS THE TURNING FOOT- THEN SHOES MUST BE ON BOTH FEET.
- 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 only. A body suit MUST be worn if midriff shows. (Mesh bodysuits are not allowed as you can still see midriff)
- Aerials – airborne tumbling skills 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. (For Intermediate or middle school or elementary school ONLY — NOT FOR HIGH SCHOOL)
- Major/serious falls incurred by one or more dancers that could result in injury will result in a .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) 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.

- Dance shoes must be worn at all times. (Example: jazz shoes, dance paws, or tennis shoes.)
SHOES MUST BE WORN AT ALL TIMES.
- 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 only. A body suit **MUST** be worn if midriff shows. (Mesh body suits are not allowed as you can still see midriff)
- 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. (For Intermediate or middle school or elementary school **ONLY** — NOT FOR HIGH SCHOOL)
- Major/serious falls incurred by one or more dancers that could result in injury will result in a .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) 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 on the turning foot at all times. If both feet are used for turning, shoes must be on both feet. (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 only. Body suits MUST be worn if midriff is showing. (Mesh body suits are not allowed as you can still see the midriff)
- 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. (For Intermediate or middle school or elementary school ONLY — NOT FOR HIGH SCHOOL)
- Major/serious falls incurred by one or more dancers that could result in injury will result in a .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) 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 ON THE TURNING FOOT. IF BOTH FEET ARE USED FOR TURNING THEN SHOES MUST BE ON BOTH FEET.

- 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 only. Bodysuits MUST be worn if midriff is showing. (Mesh bodysuits not allowed as you can still see midriff)
- 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. (For Intermediate or middle school or elementary school ONLY — NOT FOR HIGH SCHOOL)
- Major/serious falls incurred by one or more dancers that could result in injury will result in a .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) for board approval at least 2 weeks prior to date of competition.

GAME DAY:

- Teams will be evaluated and scored on each section of the Game Day Format. Within each section, performances will be scored on synchronization, execution of motion/skills and game day effectiveness. In addition, other components that pertain specifically to each section will be judged. • Each component should have a beginning and an ending. • Each component will begin once movement or music begins after stopping point of the prior section.
- The performance will follow this order: Fight Song, Spirit Raising Performance, Performance Routine •
- Teams are required to wear a traditional uniform typically worn when representing your school. These should be in school colors.
- Teams may use poms, but they are not required. Signs are allowed for fight song and spirit raising section only. No other props are allowed. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
- Mascot uniforms are allowed and must remain in the performance area throughout the entire performance.
- The entire Game Day performance should not exceed 3:00 total, including transitioning from section to section. Each component has a maximum time limit of 1:00 per section.
- Teams will follow the same Safety Rules as all other KDCO Divisions.

GAME DAY FORMAT

1. Fight Song • Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. • Recorded band music must be used and off stage musical instruments may also be utilized. • Scoring in this section is based on the ability of the performers to perform a traditional school fight song displaying high energy and solid performance techniques effectively and accurately.

2. Spirit Raising Performance • Teams will choose to perform ONE of the following: • Sideline Routine • Stand Routine • Drum Cadence • Band Chant • The performance of your choice should have an emphasis on crowd appeal. • Scoring in this section is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.

3. Performance Routine

- A routine (hip hop, jazz, kick, or pom) that is designed for crowd entertainment.
- This is the best time to showcase your team's energy and connection to the crowd.
- Scoring in this section is based on the ability of the performers to entertain and connect to the crowd.

GAME DAY FORMAT DESCRIPTIONS FIGHT SONG Routine should be comprised of visual effects that are relevant to game day (typically performed on the sidelines/ court); choreography that represents your schools traditional Fight Song that teams perform at games and within the community. Characteristics of a Fight Song include motion work, crowd interaction and other traditional engagement. This routine should have a clear finish before transitioning to the next section.

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GAME DAY: (continued)

SPIRIT RAISING Routine should have an emphasis on crowd appeal. These routines are intended for quick, spur of the moment game day situations; there may or may not be a repeated sequence of choreography. Teams will choose one of the following: sideline, stand routine, drum cadence, call & repeat chants, and/or band chants with or without vocals. This routine should have a clearly defined start and definite finish before transitioning to the next section.

TEAM PERFORMANCE/VARIETY:

New maximum time- 2:15

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. **Physical use of actual poms not mandatory.**

- 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 ON TURNING FOOT. IF BOTH FEET USED FOR TURNING THEN SHOES MUST BE WORN ON BOTH FEET.
- 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 only. Bodysuits MUST be worn if midriff shows. (Mesh bodysuits not allowed as you can still see midriff)
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- Major/serious falls incurred by one or more dancers that could result in injury will result in a .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) 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. **A verified roster must be signed by a school administrator and submitted to the Regional Host by the set regional registration deadline.**
2. **Small Varsity** teams are 4 - 10 members.
3. **Medium Varsity** teams are 11 - 14 members.
4. **Large Varsity** teams 15 members and above.
5. **Middle School Small** division includes teams with 4 - 9 members.
6. **Middle School Medium** division includes teams with 10 - 14 or more members.
7. **Middle School Large** division includes teams with 15 members or more.
8. **Elementary School SMALL** division includes 4-9 members.
9. **Elementary School Medium** division includes 10 - 14 members.
10. **Elementary School LARGE** division includes 15 or more members.
11. **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. For example, once a registration has been received regardless of division, no changes will be allowed without penalty.**
12. 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.
13. 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!
14. 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.)

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15. 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: iPod, iPhone, iPad, etc.
16. 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.
17. In the event that your group is not covered through school insurance, proof of insurance for each group member must be provided.
18. The following are examples of skills that are and are not allowed:

Allowed

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Aerials (poms in one hand)
Backbends
Front/Back Walkovers
Stalls/Freezes
Head Spins
Windmills/Flairs
Kip UP
Back Handspring **See rule in Hip Hop
One handed cartwheel (both poms in
Non-supporting hand)
Hip-over-head rotation above shoulder level
(high school only)

Not Allowed

Front Aerials
Round-off-Back handspring series
Front/Back tucks
Headsprings without hands support
Broncos/rubber bands
Toe Pitches
Chorus Line Flips
Front Walkover with poms in hands
unless wristlets
Headsprings with poms in hands unless
wristlets

KDCO DEDUCTION SHEET

- Timing- **.5 deduction** (AFTER 5 second grace period) for each additional 5 second over
- Timing- **.5 deduction** for time under the minimum time requirement
- Organized Entrances/ Exits- **.5 deduction** (ANYTHING other than running onto and off of the floor)
- Midriff exposed- **.5 deduction** (A BODYSUIT MUST BE WORN IF MIDRIFF SHOWS. MESH BODYSUITS NOT ALLOWED AS YOU CAN STILL SEE MIDRIFF)
- Missing Shoe(s)- **.5 deduction** (SHOES MUST BE WORN ON THE TURNING FOOT. IF BOTH FEET ARE USED AS THE TURNING FOOT THEN SHOES MUST BE ON BOTH FEET.)

RESTRICTED SKILLS-2 POINT DEDUCTION :skills can be executed but with exceptional rule- see parentheses.

- Side Ariels- **2 point deduction** (BOTH poms in non-supporting hand-if touch down no pom can be in that hand.)
- Cartwheels- **2 point deduction** (BOTH poms placed on floor during cartwheel)
- One-handed Cartwheel- **2 point deduction** (BOTH poms in non-supporting hand no deduction given if both poms in non-supporting hand.)
- Front Ariels- **2 point deduction**
- Round-off Back Handspring Series- **2 point deduction** (No more than 2 head of over hip rotation)
- Front/Back Tucks- **2 point deduction**
- Headsprings without hand support- **2 point deduction** (Both hands supporting)
- Broncos/Rubberbands – **2 point deduction**
- Toe Pitches – **2 point deduction**
- Chorus Line Flips -**2 point deduction**
- Knee Drops – **2 point deduction**
- Jumps to: Hurdler, Push up position, Knee, Back or landing with both feet back. – **2 point deduction**

DANCE LIFTS RESTRICTIONS- .5 DEDUCTION

- Breaking contact with lifted dancer before placed back onto floor
- Swinging lifts that make a complete circular rotation
- Any swinging lifts that are in a FACE DOWN position

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- Hip overhead rotations over shoulder height of supporting dancer (.5 deduction for intermediate and middle school and elementary school only - High school Varsity and JV may be above shoulder height)
- Forward “trust fall” face down in a lift
- Jumping/leaping trust fall
- Jumping, standing, onto or over another dancer body or dancer's back must have supporting contact the entire time dancer feet are off the floor until the dancer returns to the floor.

Any props not use correctly and not meeting the requirements of the props guidelines – 2 points Deduction

- **All outlines must be turned in prior to the start of the competition - .5 DEDUCTION**
- **USE OF ILLEGAL PROPS OR SUBSTANCES- DISQUALIFIED FROM THAT CATEGORY.**
- **ANY USE OF ILLEGAL PROPS OR SUBSTANCES THAT MAY ALTER PERFORMANCE FLOOR. INCLUDES (BUT NOT LIMITED TO): WATER, POWDER, PAINT, OIL etc. (UP TO DISQUALIFICATION OF COMPETITION AND RESPONSIBLE TO PAY FOR ANY AND ALL DAMAGE DONE). This will be decided on a base to base situation.**

MAJOR FALLS/INJURIES – 1 POINT DEDUCTION

- **ANY STUNT, TRICK, MOVEMENT, NOT LISTED THAT MAY BE DEEMED UNSAFE OR INAPPROPRIATE BY THE SAFETY JUDGE, THE SAFETY JUDGE RESERVES THE RIGHT TO WARN, DEDUCT, OR DISQUALIFY FOR SAID STUNT, TRICK, JUMP, MOVEMENT, OR INAPPROPRIATENESS.**
- **DELAY OF EVENT DUE TO BUT NOT LIMITED TO... PROP SET UP, MISUSE OF PROPS OR SUBSTANCE, MUSIC, OR PERFORMERS/TEAMS NOT READY FOR TIME OF EVENT – 2 POINTS DEDUCTIONS UPTO DISQUALIFICATION.**

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)

This year, 2023-24, my dance team will be competing as

- Varsity
- Junior Varsity
- High School Intermediate
- Middle School
- Elementary School

** Roster of dancers 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
BEFORE day of REGIONAL competition.***