

Section 3: Choreography and Routine Requirements, continued....

EXAMPLES OF FALLS AND DANGEROUS MOVES continued...

- At the end of a team running transition, 3 dancers fall and slide onto their knees without attaining a low recognizable squat before landing. **Ruling:** This would be ruled a dangerous move but not a flagrant violation as the move did not intentionally or blatantly disregard the rule. 1 point per judge per occurrence would be deducted, so the penalty would be 3 points per judge
- A team choreographs a jump split ripple into the routine. **Ruling:** This would be ruled a flagrant violation of the dangerous moves rules and would be a disqualification

A jump or leap off the back of another dancer is legal, if dancer is not above the standing waist level before she jumps. If the dancer is being assisted by one or more dancers, the jump may not go above standing waist level to remain compliant. All mounts and lifts need to be monitored by the coach for safety, regardless of whether they comply with the rule

Section 4: Competitor Uniforms

Art. 1. The body of the uniform shall be a one piece uniform or give the simulation of one piece of moderate proportions. The body is defined as the area from the shoulder to the neckline falling within two inches (2") of the sternal notch, through to the trunks or briefs. The uniform shall be designed and made to cover the entire body of the uniform, including midribs and must use opaque, non flesh colored material with no skin or the illusion of skin showing. The uniform/briefs shall cover the entire bottom of the trunk (buttocks) and under garments must be matching. Any cut outs on the sleeve, below the shoulder, may be bare or use transparent or flesh colored material. Sleeveless uniforms must cover the shoulder area with opaque, non flesh colored material. The uniform shall cover the entire back of the dancer and arm holes may not be cut back in front or back of the uniform. Support garments must be worn by all competitors and the uniform must cover the support garments. Coaches are required to monitor the fit and style of the uniform for athletic and high school appropriateness

ART 1. INTERPRETATIONS:

- Shoulder coverage shall be defined as a strap of no less than two and one half inches (2 ½") wide, while being worn by each dancer
- If all of the judges observe and agree that there is an obvious and flagrant violation of Article 1, i.e., bare midribs, halter top uniforms, backless uniforms, etc., the team will be disqualified and an incident report written, as stated below. Violations of Article 1 that are not unanimously agreed upon by the judges and/or are not flagrant are minor violations. Penalties for minor violations will be given according to Article 11b and an incident report written, as stated below
- The purpose of Article 1 is to ensure that the front and back of the dancer's body, from the neck to the bottom of the trunk has appropriate coverage during the entire routine and allows for appropriate coverage during all dance team movements

Examples:

- The uniform moves up on the shoulder while performing and the entire shoulder is not covered on 8 of 12 team members. The material covering the shoulder is at least 2 ½" wide. **Ruling:** No Violation. **Result:** No penalty
- All team members perform in halter tops that do not cover the shoulder. **Ruling:** Egregious and obvious violation of article 1. **Result:** Disqualification. Write incident report.

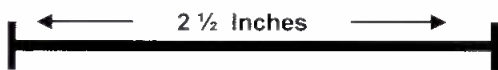
Examples continued...

- 20 team members perform in different styles of T-shirts. 10 team member's necklines pull down more than 2" below the sternal notch while performing. **Ruling:** Minor violation of Art. 1. **Result:** 10 points per judge – write incident report
- A team of 12 wears a uniform with a turtleneck collar that has a 2 1/2" of material on the shoulder but has cut in arm holes so the uniform cuts in, in the back and front of the uniform. **Ruling:** Minor Violation of Art 1. **Result:** 12 point per judge – write incident report
- Short shorts are worn without appropriate undergarments that don't cover the entire front or back of the dancer's trunk. **Ruling:** Minor violation of article 1. **Result:** 1 point per judge per dancer who does not have appropriate coverage – write incident report

Art. 2. Participants shall not participate in bare feet. The sole of the foot needs to be covered. Violation of Article 2 is a flagrant violation

EXAMPLES:

- All team members perform in lyrical shoes that do not cover the sole of the feet. **Ruling:** Flagrant violation of Art. 2. **Result:** DQ
- A shoe flies off of one dancer during the performance. **Ruling:** NOT a violation of Art. 2. Minor Violation of Art. 4. **Result:** 1 point per judge deduction



Section 4: Competitor Uniforms, continued...

Art. 3. Wearing any jewelry is prohibited except for religious or medical medals which shall be taped to the body under the apparel. No substances may be worn in piercings. Cloth or sequined bands, i.e., arm bands, ankle bands, neck bands, waist bands, hair bands, etc., which are obviously designed as a part of the uniform are allowed, if no hard or metal substances are hanging from the bands. Violation of Article 3 is a minor violation

EXAMPLES:

- A dancer uses fishing line or plastic spacers in a piercing. **Ruling:** Violation of Art. 3. **Result:** 1 point per judge
- A dancer has a "hard to remove" eye brow piercing. She covers it with skin colored tape rather than removing it. **Ruling:** Violation of Art. 3. **Result:** 1 point per judge. **Note:** If a judge makes coach aware that all piercings must be removed and covers the piercing instead of removing the jewelry, the judge will file a MSHSL Incident Report

Art. 4. Uniforms staying properly positioned

- a. All parts of the uniform, including hair devices, shoes, etc., must not fall off or a minor deduction per incident will be assessed
- b. The body of the uniform must remain properly positioned during the performance or a minor deduction per incident will be assessed
- c. If an ancillary uniform piece, (i.e., hair device, shoe, etc.) becomes loose but does not fall onto the performance floor, the judges will take that into consideration under Routine Effectiveness in the score sheet

EXAMPLES:

- The zipper rips open on one team member, showing her support garments. **Ruling:** Minor violation of Art. 4. **Results:** 1 point per judge
- 6 of 32 team member's uniforms ride up over the buttocks during the performance. **Ruling:** minor violation of Article 4. **Results:** 6 points per judge
- A bun holder becomes loose, hanging in the dancer's hair, but not falling to the floor. **Ruling:** Minor violation of Art. 4. **Results:** Judges will consider the ancillary uniform piece not staying properly positioned when scoring the category of Routine Effectiveness
- A team of 20 wears knee high socks and 3 of the dancer's socks fall down to their ankles. **Ruling:** Minor violation of Art. 4. **Results:** Judges will consider the ancillary uniform pieces not staying correctly positioned when scoring the category of Routine Effectiveness
- The tops of 2 dancer's uniforms move up while performing, showing a small amount of bare midriff. **Ruling:** Minor violation of Art. 4. **Results:** 2 points per judge

Art. 5. Objectionable body markings shall be removed or properly covered. Violation of Article 5 could be a minor or flagrant violation

Art. 6. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation (short enough as to not allow another competitor to be scratched). Violation of Article 6 is a minor violation

Art. 7. All casts, splints, braces or other protective devices that are made of a hard substance, and are worn on the hand, wrist, arm or shoulder must be padded. Any such devices that are worn on the leg, knee, ankle or foot must be covered. The MSHSL may authorize the use of prostheses that in its opinion are no more dangerous to teammates than the corresponding human body part(s). Judges will not make any special allowances for participants who have injuries or other physical handicaps. Violation of Article 7 is a minor violation

Art. 8. Glitter and other substances

- a. No loose glitter, glitter gels, glitter sprays or any glitter product that sheds may be used or added to the uniform or dancer. Glitter slinky material is allowed if loose glitter has been shaken out and no longer sheds
- b. Other substances including but not limited to rhinestones, sequins, feathers, fringe, artificial eyelashes, bobby pins, etc., must be secured as to not fall off or shed on the performance floor. Uniforms and hairpieces that have jewels, rhinestones, sequins or other substances must be permanently attached in a professional way. Uniforms which do shed such substances are subject to penalties, regardless of who applies the substances. Obvious or noticeable shedding of such substances will result in a 1 point per judge per incident deduction. Violation of Article 8 is a minor violation

Comment: *The intent of the rule is to prevent substances from shedding or falling on the performance floor, thus causing safety hazards for the participants and/or a delay of the meet. If uniforms have any substances attached, Coaches must monitor their uniforms for shedding or loose substances and take steps to ensure that all substances are secure, for the safety of their dancers and other team's dancers*

EXAMPLES:

- All dancers, on a team of 15, have added glitter to their hair. **Ruling:** Minor violation of Art. 8 – 1 point per judge per incident deduction. **Result:** 15 points per judge
- A team has feathers attached to their uniform. A small amount of shedding occurs and is seen by the officials but it cannot be determined if shedding was from more than one uniform. **Ruling:** Minor violation of Art. 8. **Result:** 1 point per judge

Section 4: Competitor Uniforms, continued...

Art. 9. A single partial/whole manufacturer's logo/trademark (no more than 1 1/2" X 1 1/2" in size) and/or an American flag (no more than 2" X 3" in size) is permitted on the uniform (excluding footwear). School logos are allowed. No names or images other than school logos or names on uniforms are allowed. Violation of Article 9 is a minor violation

Interpretation: A representation of a theme, image or person without using names and actual images or persons is allowed. Actual images and names are not allowed. See examples

EXAMPLES:

- A team of 12 wear Mickey Mouse tee-shirts. **Ruling:** Violation of Art. 9. **Result:** 12 points per judge
- A team wears a uniform that thematically portrays a mouse, using mouse ears, tail and grey uniform. **Ruling:** No violation. **Result:** No penalty
- A t-shirt that had the name or logo of a rock band, or the name or logo of a product, such as a soft drink company would be illegal
- A generic football jersey with a generic number and name is legal since it does not represent a particular team or person. If the dancers name is on the jersey that would be OK. A school football jersey would also be OK. A MN Vikings jersey would not be OK.
- A Minnie Mouse T-Shirt would be illegal since it has an image. However a team could dress as girl mice (gray ears, tails, eyelashes, etc.)
- Dancers could be dressed as spies but not with "007" on them. Dancers could be dressed as Egyptians, but could not have Cleopatra on the uniform. In other words "theming" is OK.

Art. 10. Uniform Checks

- a. At a scheduled time, the Superior Judge will be available to meet with the head coach and one (1) dancer if requested by the coach when they arrive at registration. The Superior Judge will be notified of any uniform check requests at least 30 minutes prior to the start of the team's class
- b. No Notification of illegal uniforms is required to be given to teams if a uniform check has not been performed
- c. The Superior Judge may require a team to participate in a uniform check, if needed to determine whether there may be a uniform violation

Art. 11. Penalties:

- a. Teams that attend a uniform check that do not meet the uniform requirements at the time the meet starts will not be allowed to compete
- b. **Minor Violations:** All uniform violations that are not flagrant are considered minor violations and will receive a 1 point deduction per judge per occurrence

Flagrant violations of the uniform rule noted during competition will result in disqualification. Flagrant violations are defined as those that, intentionally or unintentionally, obviously and/or blatantly disregard the uniform rules. A majority of judges must observe and agree that a flagrant violation has occurred in order to disqualify a team (with the exception of Article 1, which requires unanimous agreement by the officials). If a majority of judges do not agree that a flagrant violation has occurred, the violation will be assessed a point deduction as determined under minor violations

Rule 3. Safety

Section 1: General

Art. 1 Practice sessions shall be held in a location suitable for dance team activities, i.e., reasonably free of obstructions and excessive noise, etc.

Art. 2. An adequate warm-up including stretching shall precede all activities

Art. 3. The process for re-competing after any injury/incident stated in Section 1 is: The team will exit the floor. The coach will consult with the superior judge about the injury and the process to follow. The next team will be brought onto the floor. No scores will be kept for the unfinished routine. The team will move to last position in the class. That team will then re-compete. Judging will start over with no reflection of the unfinished routine shown in the scores

Art. 4. Competition Injury: In an instance when a dancer is injured or unable to continue the routine, the coach responsible for that team may decide to terminate the music and the routine. Note: This rule applies to injuries which do not include bleeding. The team will re-compete without the injured dancer

Art. 5. Bleeding Injury: When it is discovered that a dancer is bleeding, has an open wound or blood on her uniform, the routine shall be terminated immediately by the coach or any meet personnel. Following proper treatment, the dancer is eligible to participate when the team re-competes. A doctor or trainer will determine if the dancer may return to competition after receiving proper treatment. In meets where medical staff is not provided, the head coach shall be responsible to determine if the dancer will return to participation. If bleeding should reoccur with the same dancer or another dancer when the team re-competes, the dancer shall be removed and the team shall re-compete immediately. The third routine shall be the final opportunity for the team to compete. If the routine is terminated, the team shall be dropped from the competition