



GHSA

Competitive Dance Manual

For coaches

2022-23

GHSA State director: Penny Mitchell- penny@ghsa.net

GHSA State Dance Liason- Waylon Jones

State dance advisory council: Allison Bundrick, Beth Chappellear, Melissa Darnell, Amanda Ketcham, Brianna Smart, Suzanne Muck, and Carmen Yarbrough

Dates and information

- | | |
|-------------|---|
| October 1 | Deadline to register to host a dance competition. |
| | Complete a sanctioned event application & contract found on GHSA MIS site (app.ghsa.net) |
| October 24 | First day for practice |
| | <ul style="list-style-type: none">• Teams are allowed to attend camps after the last day of school-the first day of the new school year.• Competition routines may not be practiced until Oct. 24. |
| November 3 | Deadline to register for competitions |
| November 5 | First day allowed to host/attend a competition |
| February 1 | Deadline to submit a roster on the MIS site |
| February 4 | Last day allowed to host/attend a competition |
| February 11 | State finals |
- Please refer to the GHSA website dance page for additional information. www.ghsa.net/dance
 - Refer to the GHSA Constitution and By-Laws located at www.ghsa.net/constitution for eligibility, coaching, and all rules governing Competitive Dance.



The season & tournaments

Tournaments:

All competitions must run similarly to the state competition. Official GHSA judges must be hired for varsity and junior varsity teams.

Season:

- **The number** of regular season contests allowed (not including state):
 - 6 Varsity
 - 4 Junior Varsity
- Competitive Dance season ends after the state championship competition.

Camps/clinics:

- No camps or clinics (choreography) may occur during the official season.
- Outside coaching is not allowed during the official season.

Tryouts and Practice:

- There are specific rules that govern tryouts and practice. Out of season practices may be held in preparation for tryouts only. Once tryouts are complete, no practices may be held until school is out. Practices for tryouts are limited to a maximum of 10 consecutive school days between the last day of the season until the last day of school.
- Schools may not bring in outside individuals to conduct their tryouts including national associations, dance instructors (unless he/she is a community coach), former students except seniors currently enrolled in their school.

Team eligibility:

- Team rosters should be submitted by the coach before February 1st at www.app.ghsa.net. Log in information can be obtained by contacting the Athletic Director at your school.
- All varsity rosters must include students in grades 9-12 that are currently enrolled in the school they are representing.
- All athletes participating must have been declared eligible and cleared by the GHSA office.
- A team may have a roster of more than 20 dancers, but must have at least 7 dancers to make a team eligible for state competition.





- If the number of competitors falls below the number required to compete in that division due to injury or illness, the team will be allowed to compete in the division they have entered without penalty. Written documentation must be supplied to the GHSA office.

- Teams may choose to perform dance routines in up to 2 of the following categories:

- Jazz
- High kick
- Hip hop
- Pom

- If a team competes 2 routines, half the team +1 must compete in both routines.

- Teams can be coed or all girl.

Team Scheduling:

- Each school will select the tournaments (competitions) they wish to enter by selecting them on the Sanctioned Events page on the GHSA website.
<https://www.ghsa.net/sanctioned-events>
- Go to the contracts page, complete the form, print and send it and the entry fee to the host school before November 1st.
- Varsity teams may compete in 6 regular season competitions.
- Junior varsity teams may compete in 4 regular season competitions.
- No team member may compete in more than a total of 6 competitions.
- A team may not be involved in an exhibition during the season.
- All teams must compete in a minimum of 2 competitions to be eligible for the state championship.

Coaches:

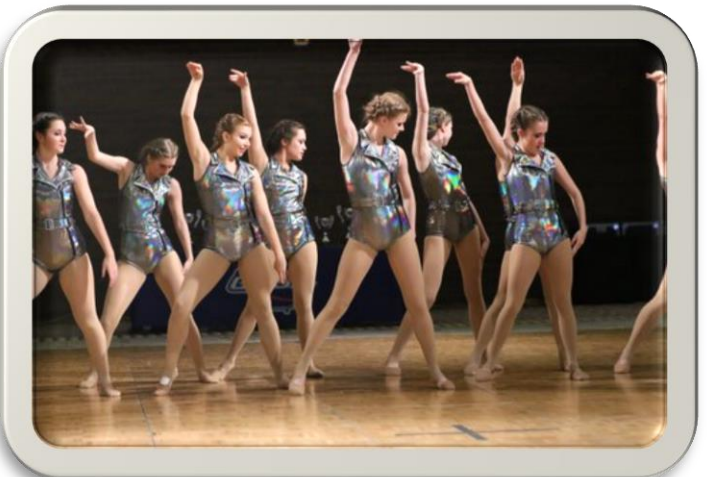
- Coaches are responsible for explaining GHSA procedures, guidelines, and sportsmanship to all athletes and their parents/guardians. Any issues or concerns anyone may have at an invitational or tournament should be addressed with the local school, coach, and principal, never with the officials.
- The coaches, teams and/or parents/guardians should have no contact with officials prior to, during, or after the competition. Any concerns or issues should be addressed by the school coach, Athletic Director, or principal in writing to the state dance director, Penny Mitchell.
- All coaches, team members, and parents should always conduct themselves professionally. If an incident occurs, all are subject to removal from the event. Sportsmanship is of utmost

importance to the safety of our athletes. Officials may determine if a sportsmanship violation has occurred and a deduction may be issued, or a report may be filed with the GHSA office.

- Coaches are responsible for knowing the rules put in place by the GHSA Constitution and By-Laws, the NFHS Spirit Rules book, and the Dance Coaches Manual. You can order a rules book from the GHSA office or nfhs.org.
- Coaches are required to take the online rules clinic offered at www.learn.ghsa.net October 25-November 12.

Conducting a Tournament:

- All state sanctioned dance competitions should be set up similarly to the state competition:
 - Provide ample space to warm up.
 - Contract judges from the list of GHSA officials to judge the high school teams by contacting the booking agent- Waylon Jones Waylon@quadjay.com
 - Have competitions for high school teams that are separate sessions from middle school, club teams, solos, etc.



Who is the tournament host?

- All hosts must be familiar with the competition guide, review the guide with the scorekeepers, the music person, and timers prior to the event.
- The host should be a member of the school's personnel. This should not be a parent or booster club member.
- The host should be familiar and well versed in how to run a GHSA tournament.
- The host should seek sanctioning from the GHSA, complete the contract to be posted on the website, hire the DJ or music person, and make a rotation schedule to be sent out at least 2 weeks (updating as necessary) to the attending schools.
- The host should provide the score sheets for the judges or contact www.tourneywire.com for the computer program (will be required in 2021-22). With this program, host school should make sure Internet is available in the judges' area.
 - Before the tournament hosts should do the following:
 1. Contact the booking agent as early as possible.
 2. Obtain contact information for all officials and the Head judge from the booking agent.
 3. Remain in contact with the booking agent and all officials providing details and timelines, as well as names of teams competing to be sure there are no conflicts of interest.

4. Provide meeting place/restrooms for the officials when they arrive and during the day.
- Middle school teams, solos, duets, etc. do not have to use GHSA officials.
- Competition Officials Pay:
Officials are paid a flat fee of \$150 for 4 judges, plus \$50 an hour for any time over 3 hours--Or, \$125 for 5 judges, plus \$50 an hour for any time over 3 hours. This can be found in Appendix F of the GHSA Constitution and By-Laws.

Uniforms:

Where to find the rules:

- Guidelines for the GHSA Sanctioned Dance are listed in the dance team guide, and will also follow the NFHS Spirit Rules Book.
- Apparel and Accessories are covered under Rule 4 Section 1 of the NFHS Spirit Rules Book.
- NFHS Spirit Rules books may be purchased online at nfhs.org and Amazon.

Summary of Costuming Rules:


Uniforms should be appropriate and follow GHSA constitutions and By-laws.

- Dance Team uniforms/costumes should be selected and appropriate to both the sport and the athlete.
- All uniforms/costumes must cover the midriff front and back while standing at attention.
- Any area that is visible below the bra line must be covered by fabric.
- Male dancer's uniform/costume must have fabric from the chest and shoulder blades down. Adhere to the same rules as female teammates.
- Two dance shoes must be worn – no dance paws or foot undies.
- Shoes with wheels on them are not allowed. (Example: roller skates, roller blades, heelys, etc.).
- Wearing sock and/or footed tights without shoes is not allowed.
- Earrings are not allowed for team events per NFHS.

Costuming Overview from the NFHS Handbook:

- "Hard" jewelry is not permitted, unless it's securely affixed to costume- i.e. no rhinestone earrings



- Exception: Religious medals may be taped to the body under the apparel without chain. Medical medals may be taped to the body and may be visible.
 - Fingernails, including artificial nails, must be kept short near the end of the fingers.
 - Hair must be worn in a manner that is appropriate for the activity. Hair devices and accessories must be secure.
 - Apparel and accessories must be appropriate for the activity.
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- When standing at attention, apparel must cover the midriff front and back.
 - Any area that is visible below the bra line must be covered by fabric.
 - A participant in a full head and/or body costume, or loose, flowing costume must not spot, execute stunts/lifts or tumble with the exception of a forward roll or cartwheel.
- Dancers must wear footwear that is appropriate for the activity
 - Footwear that covers the entire foot/feet and have non-slip soles must be worn for:
 - Stunts/lifts at prep level or above in which the top person's foot/feet are in the hand(s) of a base(s).
 - Airborne tumbling with the exception of front and side aerials.
 - At minimum, footwear must cover the ball of the foot
 - Dance paws and foot undies are illegal.
 - Half soles are only illegal if you are being stunted or lifted. Then the whole foot needs to be covered. For example, if a person being lifted is supported on her legs, arms, and not the feet, she can wear half soles.
 - Glitter that does not readily adhere to the hair, face, body or costume is not permitted.
 - Participants must not chew gum or have candy in their mouths during practice or performance.
 - Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/ braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts/lifts, pyramids or tosses. A participant wearing a plaster cast or walking boot must not be involved in partner stunts/lifts or pyramids.
 - A single/partial/whole manufacturer's logo/trademark (no more than 2 ¼ inches) is permitted on the apparel

Specific Examples are located in the NFHS Handbook Sections 4.1.1-4.1.4 regarding legality of specific situations.



Tryouts:

- A. Tryouts can consist of 10 consecutive days starting the day after the State competition through the end of the school year.
- B. Eligible students must be currently enrolled at the school or a rising 8th grader. Students must meet academic eligibility requirements.
- C. Varsity and junior varsity teams may be selected, but only varsity teams can compete at the GHSA Dance Team State Championships. JV teams can compete at GHSA Invitationals only.
- D. Once a team is selected, team activities including choreography, camps, workouts, practices, etc. cannot begin until June 1 (after the Memorial Day dead week ends).
- E. Competitive Dance is a winter sport, and the season runs October 24, 2022 through February 11, 2023. The period of August 1-October 23, 2022 is considered the off season, therefore choreography of competition routines cannot be taught or practiced during this time.

Camp:

- A. Summer camps can be between the last day of the Memorial Day dead week-July 31. This can include choreography camps and travel camps.

Spirit:

- A. Dancers and dance teams can practice outside of the competition season in any activities affiliated with the school, which include basketball games, football games, pep rallies, musicals, recitals, etc.
- B. Spirit activities offer dancers another outlet to showcase their talents and school pride by participating with marching bands, theater groups, sidelines of football games, parades, etc.



Rubric for Dance 2022-23

GHSA Competitive Dance Rubric			
Choreography and Difficulty- 15 Points			
13-15 points	11-12.9 Points	9-10.9 Points	7-8.9 Points
Excelling	Applying	Developing	Lacking
Exceptional flow and continuity; exciting build in choreography; exceptional use of unique material, creativity, program concept and design.	Good flow and continuity; good build in choreography; good use of unique material, creativity, program concept and design.	Developing-moderate flow and continuity; some build in choreography; some unique material, creativity, program concept and design.	Choppy and lacks continuity; lacking build in choreography; lacks unique material, creativity, concept and design.
Musicality- 15 Points			
Exceptional use of vocal and musical interpretations throughout; exceptional use of music to movement ownership; exceptional range of tempo and rhythmic interpretations throughout.	Good use of vocal and musical interpretations throughout; good use of music to movement ownership; good range of tempo and rhythmic interpretations throughout.	Moderate use of vocal and musical interpretations throughout; moderate use of music to movement ownership; some range of tempo and rhythmic interpretations throughout	Lacking vocal and musical interpretations throughout; use of music to movement ownership is rarely achieved; lacking range of tempo and rhythmic interpretations
Transitions-15 Points			
Exceptional range of skills, stunts, tricks and movement that highlight the athleticism of the dancer. There is an exceptional use of difficult preps, linking skills, and seamless transitions throughout. The routine has an excellent use of team to athlete ratio and exceptional use of isolations, balances, ambidexterity, extensions and partnering skills	Good range of skills, stunts, tricks and movement that highlight the athleticism of the dancer. There is a good use of difficult preps, linking skills, and seamless transitions throughout. The routine has a good use of team to athlete ratio and good use of isolations, ambidexterity, extensions and partnering skills.	Moderate range of skills, stunts, tricks and movement that highlight the athleticism of the dancer. There is some use of difficult preps, linking skills, and seamless transitions throughout. The routine has some team to athlete ratio and some use of isolations, balances, ambidexterity, extensions and partnering skills.	Skills, stunts, tricks and movement are basic and lacking throughout. The routine lacks using difficult preps, linking skills, and seamless transitions throughout. The routine lacks use of team to athlete ratio and lacks using isolations, balances, ambidexterity, extensions and partnering skills throughout.
Technique-15 Points			
Excellent body awareness & placement. Excellent strength, control and clear articulation of movements. Excellent posture, carriage, weight placement, and alignment throughout the movements.	Good body awareness & placement. Good strength, control and clear articulation of movements. Good posture, carriage, weight placement, and alignment throughout the movements.	Average body awareness & placement. Average strength, control and clear articulation of movements. Average posture, carriage, weight placement, and alignment throughout the movements.	Lacking body awareness & placement. Lacking strength, control and clear articulation of movements. Lacking proper posture, carriage, weight placement, and alignment throughout the movements.



GHSA Competitive Dance Rubric continued

Synchronization--15 Points

13-15 Points	11-12.9 Points	9-10.9 Points	7-8.9 Points
Excelling	Applying	Developing	Lacking
Excellent precision, timing, and style throughout the performance. Athletes perform with excellent synchronization.	Good precision, timing and style throughout the performance. Athletes perform with good synchronization.	Average precision, timing and style throughout the performance. Athletes perform with average synchronization.	Poor precision, timing and style throughout the performance. Athletes perform with a lack of synchronization.

Staging/Spacing--15 Points

Exceptional variety and creativity in the formations. The levels, directions, and sectioned group work highlight the athletes in an effective way and create an exceptional visual appeal throughout the routine. The athletes are excellent at utilizing the performance floor effectively and display exceptional spatial awareness in formations and transitions.	Good variety and creativity in the formations. Good use of levels, directions and sectioned group work to highlight the athletes in an effective way and create good visual appeal throughout the routine. The athletes are good at utilizing the performance floor effectively and display good spatial awareness in formations and transitions.	Some variety and creativity in the formations. Some use of levels, directions and sectioned group work to highlight the athletes in an effective way and create some visual appeal throughout the routine. The athletes sometimes utilize the performance floor effectively and display average spatial awareness in formations and transitions.	Lacking variety and creativity in the formations. Lacking use of levels, directions and sectioned group work to highlight the athletes in an effective way and create some visual appeal throughout the routine. The athletes rarely utilize the performance floor effectively and display average spatial awareness in formations and transitions.
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Showmanship/Overall Visual Effect--10 Points

Enjoyment of the athletes, confidence, projection, authenticity (5 points)

Costume & overall entertainment value (5 points)



Competitive Dance Score Sheet



Invitational	School	
Sectional	Division	
State	Official	
Category:		

Competition category		Team score	Comments
Choreography/ Difficulty	15		
Musicality	15		
Transitions	15		
Technique	15		
Synchronization	15		
Staging/Spacing	15		
Showmanship/Overall Visual Effect	10		
Total Score	100		



Competitive Dance Deductions/Legalities

School _____ Division _____ Official _____

ease cite the NFHS rule violation and the time/part in routine in which the violation occurs

Deduction Category	Number of Deductions	Deduction Total
Music Time-over 2 minutes	Overtime (-1)	
GHS A rules	_____ (x-1)	
Missed Skill (missed lift, stunt/partner stunt)	_____ (x -1)	
Missed Skill Missed pom pass, tumbling skill, trick, leap, turn, etc	_____ (x.25)	

MINOR NFHS VIOLATION

Rule Infraction	Warning	Rule Number	x

Examples: NFHS Spirit Rules Book: Jewelry, apparel, nails, glitter, etc....

MAJOR NFHS VIOLATION:

Rule Infraction	Warning	Page Number	x (-5)

Examples: Illegal Moves; Drops, Tumbling, Spotting, Partner Stunts, Dismounts

	Total Legality Deductions:
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GHSA Competitive Dance Master Score Sheet

Division		# of teams in this division	Date
	Team ____	Team ____	Team ____
School			
Choreog.			
Musicality			
Diff/Trans			
Technique			
Synchron.			
Stag/spac			
Show/OVE			
Subtotal			
Deductions			
Total score			

Placement

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	Team ____	Team ____	Team ____	Team ____
School				
Choreog.				
Musicality				
Diff/Trans				
Technique				
Synchron.				
Stag/spac				
Show/OVE				
Subtotal				
Deductions				
Total score				

Placement

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Head Judge's Signature	Score keeper's signature