

COSTUMING RULES

GHSA COACHES CLINIC
OCTOBER 28TH, 2018

GHSA DANCE/DRILL/POM APPAREL AND ACCESSORIES

- 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 I of the NFHS Spirit Rules Book.
- NFHS Spirit Rules books maybe purchased online at nfhs.org



ART. 1

- “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.



ART. 2, 3, & 4

2. Fingernails, including artificial nails, must be kept short near the end of the fingers.
3. Hair must be worn in a manner that is appropriate for the activity. Hair devices and accessories must be secure.
4. Apparel and accessories must be appropriate for the activity
 - When standing at attention, apparel must cover the midriff
 - 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.

ART. 5, 6, & 7

5. Dancers must wear footwear that is appropriate for the activity
- At minimum, footwear must cover the ball of the foot
 - EXCEPTION: Dancers who perform on a floor cover may be barefoot.
 - However, half soles and dance paws are illegal.
 - 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.
6. Glitter that does not readily adhere on the hair, face, body or costume is not permitted. Glitter may be used on signs, props or backdrops only if laminated or sealed.
7. Participants must not chew gum or have candy in their mouths during practice or performance.



ART. 8 & 9

8. 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.
9. A single/partial/whole manufacturer's logo/trademark (no more than 2 ¼ inches) is permitted on the apparel

ART. 10 & 11

10. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on uniform apparel without compromising the integrity of the uniform.

11. For religious reasons, in the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other participant and which is attached in such a way it is unlikely to come off during performance.

SITUATIONS AND RULINGS

RULE 4.1.1

- Situation A: Dance team members wear: (a) rhinestone bracelets; (b) jewels glued to their skin; (c) gauges in stretched ear piercing; (d) soft fabric chokers and wristbands that are decorated with small rhinestones; (e) necklaces that are sewn to their costumes; (f) a dermal piercing with the jewelry removed.

RULING: (a), (b) and (c) illegal; (d), (e) and (f) legal.

COMMENT: (c) Participants may cover the opening with tape after removing the gauge jewelry; (f) an under-skin dermal anchor may remain in place.

- Situation B: A participant wears a hair tie on his/her wrist.

RULING: Illegal

COMMENT: Soft jewelry is permitted only for the purpose of costume enhancement.

4.1.3

- **Situation A:** A dancer is wearing: (a) beads and rhinestones woven into her hair; (b) wire interwoven in her braids; (c) a rhinestone headband; (d) bobby pins and flat barrettes.

RULING: All are legal

COMMENT: Such items must be securely affixed to the hair.

- **Situation B:** A dancer's hair is long and unsecured. She: (a) executes a round-off, back handspring; (b) is the top person in an extended triple-base flatback; (c) executes a cartwheel; (d) is the top person in high thigh stand.

RULING: (a) and (b) illegal; (c) and (d) legal.

COMMENT: Long, unsecured hair is not appropriate for extended partner stunts/lifts or airborne tumbling.

4.1.4

- **Situation A:** A dancer: (a) dances on the hem of long pants; (b) executes a side aerial in a long, flowing lyrical skirt; (c) is the top person in a flatback while wearing a superman cape; (d) executes a round-off back handspring in a costume with a long tail that trails on the floor; (e) executes a cartwheel in baggy pants.

RULING: (a), (b), (c) and (d) illegal; (e) legal

COMMENT: Costumes must not interfere with the safe execution of stunts or tumbling, nor restrict mobility, vision, etc.

- **Situation B:** A participant uses safety pins: (a) on the outside to shorten the pant length; (b) on the inside to secure halter top.

RULING: (a) illegal; (b) legal.

COMMENT: Safety pins may be used to secure costumes, provided they are fastened on the inside.

- **Situation C:** While wearing gloves that do not have non-slip material on the palms/fingers, dancers execute: (a) handstand forward rolls; (b) round off back handsprings; (c) extended flatbacks; (d) forward rolls.

RULING: (a) (b) and (c) illegal; (d) legal.

COMMENT: Gloves that do not have non-slip substances on the palms and palm-side fingers are not appropriate for extended stunts or for tumbling skills in which weight is borne on the hands.

4.1.5, 4.1.6, & 4.1.9

4.1.5 Situation: Participants wearing lyrical sandals/shoes execute: (a) round-off back handsprings; (b) double-base preps; (c) front walkovers; (d) side aerials; (e) triple-base flatbacks.

RULING: (a) and (b) illegal; (c), (d) and (e) legal

4.1.6 Situation: A participant is wearing: (a) loose glitter sprinkled in her hair; (b) glitter-infused makeup that does not easily flake off; (c) glittery eye shadow.

RULING: (a) illegal; (b) and (c) legal.

4.1.9 Situation: During a novelty routine, a dance team wears: (a) a replica of a McDonalds uniform; (b) the M&Ms logo on costume top; (c) a basketball uniform with Nike swooshes.

RULING: All are legal.

COMMENT: Novelty costumes that replicate trademark logos of any size are permitted.

GHSA COSTUME/UNIFORM RULES AS WRITTEN IN THE GHSA DANCE TEAM GUIDE



UNIFORMS

- 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.
 - Companies with great options include:Varsity, GTM, and Weissman to name a few.
- Dance Team uniforms/costumes must fully cover the athlete's entire torso.
- All uniforms/costumes must cover the midriff while standing at attention.
- All uniforms must cover from the bra line down. Sheer is allowed in the front and back of the costume/uniform.
- Male dancers uniform/costume must include a shirt that is fastened. Sleeveless shirts are allowed.
- Two dance shoes must be worn – no half-soles or paws are allowed
- 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.
- Tights should be worn for team events.
- Earrings are not allowed for team events per NFHS.