

# ***BLACK CULTURE CHEER & DANCE COMPETITION***

## **Dance Team Rules Guidelines**

### **TYPES OF ROUTINES & ROUTINE TIME LIMITS:**

**Majorette Creative Dance=Maximum 5 minutes**

**Majorette Pom & Field Show=Maximum 5 minutes**

**Dance Hip Hop=Maximum 4 minutes**

**Dance Jazz=Maximum 4 minutes**

### **GENERAL GUIDELINES:**

Dancers must enter/exit the floor in a timely fashion.

Timing will begin with the first note/word of music or movement from a dancer and will end with the last beat of music.

Any performance that exceeds the time limit will result in a deduction.

Vulgar/Suggestive/Offensive movements, words or music are not permitted. Should be appropriate for family viewing.

Approved jewelry as part of costume (examples: legal stud/post earrings, hair accessories, etc) is allowed. Belly, tongue, and nose rings are all prohibited. Dangling necklaces and chain belts are prohibited unless secured to the dancer's costume or body.

Medical alert bracelets or necklaces may be worn. These items should be removed from the neck/wrist and secured to the body by tape.

Teams must have at least 4 members.

All teams must be supervised by a director, advisor or a coach that is qualified. The qualified director, advisor or coach should have an emergency plan in the event of an injury.

The director, advisor or coach is responsible for seeing that each team member, coach, parent and any other person affiliated with the team conducts themselves accordingly. There is a penalty for unsportsmanlike conduct.

### **COMPETITION LEVELS:**

#### **COMPETITION BEGINNERS:**

Dancers who take a total of three hours or less of combined dance and/or acrobatic lessons a week.

You may also enter into higher levels.

## COMPETITION INTERMEDIATE:

Intermediate includes dancers taking three to five hours of dance and/or acrobatics per week with limited competition experience, and not yet ready to compete advanced.

## COMPETITION ADVANCED:

Advance includes dancers taking five hours or more of dance and/or acrobatics per week.

## PENALTIES:

Tricks not allowed are movements that pass through or stop at a fully inverted (upside down) position with both feet off the floor (the torso passing or stopping directly over the top of one's head/shoulders). The only exceptions to this are forward, backward and shoulder rolls, and acrobatic tricks in lifts (a lift being defined as being supported by another dancer with any body part).

The following dance categories can contain no more than three gymnastic/acrobatic tricks: Jazz. A .5 deduction will be made for any gymnastic/acrobatic tricks in these categories over three. A gymnastic pass will be counted as the number of tricks in the pass.

If dance movements, music lyrics, or costuming are deemed to be too suggestive or otherwise inappropriate for our family atmosphere, or if the music contains vulgar or inappropriate lyrics, the routine will be scored lower by the judges.

## CATEGORIES:

**Hip Hop**-Routine consists primarily of Hip Hop technique. The judges will score music containing inappropriate lyrics lower. Acrobatic tricks are allowed in this category.

**Jazz**-Routine must consist primarily of jazz technique. Three gymnastic/acrobatic tricks are allowed.

**Pom**-A routine incorporating the use of Poms. Pom routines must use precise and definite movement. Acrobatics are allowed. However, no stunts, tosses, or pyramids taller than one person is allowed or a 1 point penalty will be incurred. The routine will be judged on both Pom technique and dance steps, moves and choreography.

**Creative**-This form of dance allows dancers to be expressive with displaying various types of dance techniques and styles. This category is based on a Creative Dance Performance from any of the dance styles listed below:

Hip Hop, Jazz, Modern, Auxiliary, and Acrobatics

Battle categories are NOT OFFERED at our events. Only Creative. Performing squads will be expected to perform choreography including technique. Tumbling is allowed but not required.

**Field Show**-This form of dance is for traditional field show routines. This routine should resemble a performance at a football or sporting event. Styles should include

Majorette dancing at a fast pace. Field show allows dancers to be expressive with displaying various types of dance techniques and styles listed below:

Hip Hop, Jazz, Modern, Auxiliary, and Acrobatics

Costuming is required for this category and should reflect a theme. Props (baton, flags and/or ribbons) are allowed but not required. Props will be inspected by the staff of Black Culture Cheer & Dance to make sure they are free from sharp edges or points, etc.

### **PROPS:**

Fire, swords and knives are prohibited. Simulated weapons with dull, safe edges are acceptable with approval of BCCD.

No liquid, gel, aerosol, glitter, fog, smoke or similar substance that would affect the dancing surface is allowed, unless approved by BCCD. If this occurs, the routine may be scored lower by the judges.

Props are allowed; however, they must be freestanding. Scenery or backdrops requiring the use of theater fly bars may not be used. Props, if used, must be prepared and set-up and removed quickly. Judges may take excessive set-up or removal time into consideration.

Helium balloons are not permitted unless special permission is given by the venue and BCCD.

Safety is our major concern. If the competition floor is littered during a routine, please be prepared to clean it up immediately after the routine is finished.

Hoverboards are prohibited.

### **RULES AND REGULATION:**

A deduction of .5 will be made for every 10 seconds more than the allotted time limit.

Routines are expected to perform in the order they are scheduled.

Routines must be performed during the awards session in which they are scheduled.

Videotaping is allowed.

Still photography is limited to taking photographs of your own child. No professional photography set-ups/tripods are allowed.

If dance movements, music lyrics or costuming are deemed to be too suggestive or otherwise inappropriate for our family atmosphere, or if the music contains vulgar or inappropriate lyrics, the routine will be scored lower by the judges.

Routines that are obviously under-placed into the wrong skill level may be elevated by the judges.

### **SCORES & DEDUCTIONS:**

A panel of competent judges will judge the routines. All decisions made by the panel of judges are final.

## **MUSIC REQUIREMENTS:**

Dancers must furnish their own music on a flash drive, ipod, CD. It is recommended that you bring a second copy as a back up in the event of a malfunction of the original.

## **TRICKS AND TUMBLING:**

An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

**ALLOWED TUMBLING:** Forward/Backward Rolls, Shoulder Rolls, Cartwheels, Headstands, Handstands, Backbends, Front/Back Walkovers, Stalls, Head spins, Windmills/Flairs, Kip up, Dive Rolls (in a piked position), and Round Offs.

**PROHIBITED TUMBLING:** Aerial cartwheels and Front/Back Handsprings Front/Back Tucks, Side Somi, Layouts, Shushunova, Headsprings (without hand support.). (allowed in Hip Hop only!)

## **PARTNERING, LIFTS AND TRICKS:**

Lifting/Supporting Dancer must maintain direct contact with the performance surface at all times.

At least one Lifting/Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Elevated/Executing Dancer(s) at all times during the Partner, lift or trick skill.

Swinging lifts and tricks are allowed provided the elevated dancer's body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.

Hip over head rotation of the elevated dancer may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (Chorus line flips are now allowed).

All Cheer style stunts or pyramids are not allowed (Pony sits, high stands, and shoulder sits are allowed).

Jumping or leaping off a dancer is allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated dancer) contact with a supporting dancer throughout the skill.

Tossing a dancer is allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated dancer) contact with at least one other dancer through the skill.