



## 2009 - 2010 COA Safety Guidelines Collegiate Dance

Updated 6/12/2009

### Apparel and Accessories

1. Jewelry as part of a costume is allowed.
2. Athletes can wear athletic shoes, dance sneakers or soft-soled dance shoes, such as jazz shoes or lyrical sandals/Dance Paws. Dancing barefoot is also allowed. Dancing in socks is prohibited.
3. Wearable and handheld items are allowed in all divisions and can be removed and discarded from the body.
4. A penalty judge will assess a ten (10) point penalty per occurrence for inappropriate choreography, music, language, uniforms/costuming, and wardrobe malfunctions. A routine including choreography, music selection, and outfitting should be suitable for family viewing and listening.

### Dance Lifts

1. All cheer stunts and/or pyramids, or tosses are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit and back arch.)
2. Dance lifts are permitted, and are defined as an action in which an athlete is elevated from the performance surface and **set down**.
  - a. The lifting athlete must maintain direct contact with the performance surface at all times.
  - b. The lifting athlete must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted athlete through *hand/arm to body* contact.
  - c. Hip over head rotation at or below the shoulders of the lifting dancer (s) may occur.

### Drops

1. Drops to the knee, thigh, seat, front, back or split position onto the performing surface from a jump, stand or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.

### Interruption of Performance

1. In the event the performance of an athlete must be interrupted because of failure of event equipment, facilities, etc., the athlete affected will be allowed to resume their performance from the place where the interruption occurred, or from a point determined to be fair by COA Officials.
2. In the event the performance of an athlete must be interrupted because of failure of the athlete's own equipment or supplies, the athlete must either continue the performance or withdraw from the performance. Same holds true if an interruption is caused by any other athletes or their coach(s).





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2. In the event an injury causes the performance of an athlete to be interrupted, the athlete must either continue the performance or withdraw from the performance. COA reserves the right to stop the performance due to an injury if deemed necessary.

### Introductions, Spell-outs, and Organized Entrances

1. All athletes should walk onto the floor and immediately start their performance after any pre-placement of legal props.
2. Short, organized entrances are permitted but are neither timed nor judged.

### Music

1. Eliminate all profanity or other inappropriate language from your music.
2. A safety judge will assess a 10 point penalty per occurrence for inappropriate choreography, Choreography and music selection should be suitable for family viewing and listening.

### Partnering

1. Partnering, defined as any type of trick that uses two individuals with one using the other for support, is permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Hip over head rotation at or below the shoulders of the lifting dancer(s) may occur.
2. All cheer stunts and/or pyramids, or tosses are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit and back arch.)
3. Jumping or leaping off of another person without maintaining hand/arm to body contact with another person is prohibited.

### Performance Area and Flooring

1. All athletes must start on the performance floor. Athletes must have at least one foot on the performing surface when the routine starts. For safety reasons, athletes must try to stay on the performance floor for the duration of their routine.
2. At championships, all athletes will perform on a 54' (across) x 42' (front to back) dance floor or similar surface.

### Props and Equipment

1. Wearable and handheld items are allowed in all divisions and can be removed and discarded from the body.





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2. Standing props (examples: chairs, stools, ladders, boxes, stairs, etc.) are prohibited.
3. Use of mini-tramps, springboards, or any height increasing apparatus is strictly prohibited in all divisions.
4. Tumbling over/under/with/on a prop is illegal. Tumbling with a prop is considered tumbling over a prop, and therefore is illegal **Exception: A legal forward/backward/side/shoulder roll over/under/with/on a prop is legal.**

### Routine Timing

1. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of music, whichever comes last. Once the performance is completed, athletes may do a spirited exit without being timed or judged.

### Sportsmanship

1. If a COA Official observes unsportsmanlike behavior from anyone (including coaches, athletes, parents, and fans), that official has the right to assess a **ten (10) point** penalty against the associated team, program, or Specialty Division athlete. Multiple sportsmanship infractions can result in disqualification and disbarment from future COA events.

### Tumbling

1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills (ex. Dive rolls, round offs, aerals, handsprings, tucks) are not allowed when hip-over-head rotation occurs.

