



## 2009 - 2010 COA Safety Guidelines School/Recreation Dance

COA's Safety Guidelines comply with the 2009-2010 NFHS Spirit Safety Rules

Updated 6/12/2009

### Apparel and Accessories

1. A coach must not permit a team member to participate, if in the judgment of the coach, the athlete does not conform to NFHS rules. (NFHS 3: 1: 1)
2. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a costume or the hair and will not interfere with the safe execution of a dance move or stunt. Religious or medical medals that are taped to the body under the apparel without a chain are permitted. (NFHS 3:1:2). Athletes may wear non-piercing jewelry and accessories that are considered to be costuming (ex. Choker without dangling pendent). Athletes may wear stick on or glued on appliqués, stickers, and rhinestones.
3. Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk to athletes. (NFHS 3:1:3)
4. Hair must be worn in a manner to minimize the risk for the athletes. Hair devices, if worn, must be secure and appropriate for the activity. (NFHS 3:1:4)
5. Apparel and accessories must be appropriate for the activity involved to minimize risk for the athletes. (NFHS 3:1:5)
6. Dance, drill and pom teams must wear athletic shoes or appropriate dance shoes that cover the toes and the entire sole of the foot. (NFHS 3:1:6)
7. An athlete in a full head and/or body costume, or loose, flowing costume must not spot or stunt, except or a forward roll or cartwheel. (NFHS 3:1:8)
8. Athletes may wear glitter on their face, hair, uniform, costume, or body as long as it readily adheres. (NFHS 3:1:9) Signs and props with glitter do not need to be laminated.
9. Athletes are not permitted to chew gum or have candy in their mouths during practice or performance. (NFHS 3:1:10)
10. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. An athlete wearing a cast (excluding a properly covered air cast) must not be involved in a stunt. (NFHS 3:1:11)
11. A single/Partial/Whole manufacturer's logo/trademark (no more than 2 ¼ square with no dimension exceeding 2 ¼ inches) and/or an American flag (no more than 2 inches x 3 inches in size) is permitted on the apparel (excluding the shoes). (NFHS 3:1:12)
12. Athletes may use artificial limbs.





## 2009 - 2010 COA Safety Guidelines School/Recreation Dance

COA's Safety Guidelines comply with the 2009-2010 NFHS Spirit Safety Rules

Updated 6/12/2009

13. A penalty judge will assess a 10 point penalty per occurrence for inappropriate choreography, music or language. 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. Knee, seat, thigh, and split drops from a jump, stand or inverted position are illegal unless most of the weight is first borne on the hand(s) or foot/feet, or is controlled, to absorb the impact of the drop. (NFHS 3:2:1)
2. Front drops from an airborne position are illegal. (NFHS 3:2:2)
3. Tension drops and handspring/flips to any drop are illegal. (NFHS 3:2:3)

### Interruption of Performance

1. In the event the performance of any 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 any athlete must be interrupted because of failure of the athletes' 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 athlete or their coach(es).
3. 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 it is deemed necessary.





## **2009 - 2010 COA Safety Guidelines School/Recreation Dance**

COA's Safety Guidelines comply with the 2009-2010 NFHS Spirit Safety Rules

Updated 6/12/2009

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

1. Organized introductions, spell-outs, and entrances are considered part of the routine and will be timed as part of the performance.
2. All dancers should walk onto the floor and immediately start their performance after any pre-placement of legal props.

### **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, music or language. 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. All athletes will perform on a 42' x 42' 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.





## 2009 - 2010 COA Safety Guidelines School/Recreation Dance

COA's Safety Guidelines comply with the 2009-2010 NFHS Spirit Safety Rules

Updated 6/12/2009

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 onto, over or under a prop is illegal. (Exception: A prop may be mounted from a forward roll, a forward roll may be performed over a prop.) (NFHS 3:1:4)

### 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 **10 point** penalty against the associated team, program, or Specialty Division athlete. Multiple sportsmanship infractions can result in disqualification and disbarment from future 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, aerials, handsprings, tucks) are not allowed when hip-over-head rotation occurs.
2. Tumbling onto, over or under a prop is illegal. (Exception: A prop may be mounted from a forward roll, a forward roll may be performed over a prop.) (NFHS 3:1:4)

