2019-2020 VPA DANCE GUIDE

For the 2019-2020 school year, Dance has been approved as a varsity activity for the Winter Season. Dance is an approved activity of the National Federation of State High School Associations, and as such, falls under the NHS Spirit Rules and Guidelines. During the Winter Season a number of competitions will be offered at various VPA member schools. In order to complete in these regular season competitions, Dance teams must meet eligibility requirements listed below (#1). Items #2 through #8 relate directly to the VPA Championship event at the end of the regular season and may not be in effect during the regular season.

1) **Eligibility**

- All schools entering a Dance team in the year-end championship must be from a VPA member school.
- All teams entering the championship must be recognized by their school as an approved sport.
- All students participating on a Dance team must meet VPA and school eligibility requirements.
- All teams entering the year-end championship must have completed in a minimum of three Vermont competitions. Schools must compete once in each category to be performed at state championship.

2) **Divisions and Team Size (VPA Championship)**

For the 2019-2020 school year, there shall be a Varsity division at the year-end championship. Schools must notify the VPA by January 27, 2020 as to which division and category (s) they plan on being in. The categories will be Jazz, Hip Hop, and Pom. A team **must** enter themselves in 2 categories for the championships.

- A school may enter more than 20 performers on the registration form; however a maximum of 20 performers may be on the floor at any given time.
- The minimum performers may be on the floor at any given time.
- Schools may enter only one team in the Varsity Division.
3) **Performance Rules (VPA Championship)**

- There shall be only one round in each category.

- Each team will perform a routine with a maximum time limit of two and a half minutes and a minimum time limit of two minutes. Teams will be penalized if they go over or under the time limit.

- Teams may only use recorded music. However, teams must furnish their own music and must submit their music to Sean Farrell at (sfarrell@acsdvt.org) all music will then be forwarded to the competitions DJ in performance order. The music must be sent by February 5, 2020. The music must be appropriate, and contain no vulgar or obscene language. Questions about the appropriateness of music may be directed to member(s) of the Dance Committee. If music is determined to be inappropriate during competition, the team will be penalized. Teams should also bring a back-up copy of their music. The VPA is not responsible for music malfunctions.

- As of the Fall 2017 all music being used by Dance Teams must meet music copyright compliance. All copyright permissions must be properly and completely obtained by the individual or group that is responsible for creating the routine music for a team. All recordings mixed together in Dance routines should be properly licensed and written confirmation of such licenses should be provided to the VPA by **January 27, 2020**. Attached to the guide is the VPA Dance Championship music copyright compliance form.

- Routine interruption: if your routine is interrupted due to failure of competition equipment or facilities, you will be allowed to perform again, going last in your division.

- Each team will be given 5 minutes to practice each of their routines on the competition floor before the event begins. A schedule of practice times will be made available before the championship.

- All uniforms and accessories must comply with the rules listed in the NFHS Spirit Guide. Please note that **no bare midriff/torso is allowed**. Coaches are responsible for ensuring that their teams meet these rules. Violations of the uniform and accessories rules will result in a team being penalized. **Please note: if a team is not wearing a one piece uniform, a leotard must be worn.**

  **Additional Note:** No jewelry (including earrings) is allowed.

- Props are permissible in the routine. A “prop” is anything that is not permanently attached or positioned on a uniform and is used to add to the overall effect of the routine. Props may not be used as bases (Spirit Guide Rule #3, Section 5). Questions about the appropriateness of a prop shall be referred to the Dance Committee by **January 2, 2020**.
• Teams that are performing a stunt(s) in their routine must abide by the following restrictions:

**Lifts will be allowed if they meet the following criteria:**

• 3 lifts per routine

• 1 person may support the weight of another only if the lift utilizes momentum (does not stop)

• 2+ person lifts may be held if the person being lifted does not go above the shoulders of the lifters.

• 2+ person lifts may go over the shoulders if momentum is utilized and the lift does not stop.

• **NO** tumbling, partner stunts or pyramid building will be allowed. This includes standing or stepping on backs.

• **NO** head over hip rotation is allowed in a lift (EX: two person cartwheels or flips)

• Cartwheels, forward rolls, backward rolls, handstands, back bends and shoulder rolls are permitted as long as they are not done consecutively.

• Knee drops are only allowed if **most of the weight is first borne on the hands and/or foot/feet to absorb impact.**

• Note – Schools who did not attend the coaches training in Fall 2018 may only do lifts under last years criteria.

**DANCE LIFTS AND PARTNERING (Executed in pairs or groups)**

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).

2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer-based stunts are not allowed.

3. Swinging lifts and tricks are allowed provided the Executing Dancer’s body does not make a complete circular rotation and is in a supine (face up) position at all times. Swinging in a prone (face down) position is not allowed (backwards and forwards or a complete circular rotation).
4. Hip-over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.

5. Vertical Inversions are allowed as long as:
   a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

**RELEASE MOVES (Unassisted dismounts to the performance surface)**

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
   a. The highest point of the released skill does not elevate the Executing Dancer’s feet
   b. above head level of the Supporting Dancer and the Executing Dancer lands on his/her feet.
   c. The Executing Dancer does not pass through the prone or inverted position after the release.
   d. Toe pitch back tucks are not allowed.

2. A Supporting Dancer may release/toss an Executing Dancer if:
   a. The highest point of the release/toss does not elevate the Executing Dancer’s hips
   b. above head level of the Supporting Dancer.
   c. The Executing Dancer is not supine or inverted when released.
   d. The Executing Dancer does not pass through a prone or inverted position after release.
   e. Toe Pitch back tucks are not allowed.
FOOTWEAR REQUIREMENTS

Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc). Wearing socks and/or footed tights only is not allowed.

TUMBLING AND TRICKS (EXECUTED BY INDIVIDUALS)

**ALLOWED:**
- Aerial Cartwheels
- Forward/Backward Rolls
- Shoulder Rolls
- Cartwheels
- Headstands
- Handstands
- Backbends
- Front/Back Walkovers
- Stalls/Freezes
- Windmills
- Kip Up
- Round Off
- Head spins
- Headsprings (with hand support)

**NOT ALLOWED:**
- Front Aerials
- Front/Back Handsprings
- Front/Back Tucks
- Side Somi
- Layouts/Fulls
- Sushunova
- Dive Rolls (In any position)
- Continuous double cartwheels
- Toe Pitch Back Tucks
- Headsprings (without hand support)

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support are allowed. Aerial cartwheels not connected to any tumbling skill are allowed).

2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule.

3. Tumbling skills with hip overhead rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).

4. Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.

5. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.

6. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
7. Airborne skills without hip overhead rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band”/”bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

4) **Appeals**

- All appeals of competition rules must be filed with the Championship Coordinator. A specific explanation of the appeal is to be given. A decision will be made immediately in regards to the appeal.

5) **Scoring**

The championship will be following the scoring guidelines developed by the Dance Committee that follow basic UDA guidelines. Dance scoring sheets can be found on the VPA Dance webpage.

- Judges score routines using the attached score sheet, the total judge scores are then converted into a rank for each judge. The rank scores from the three judges are added up; the team with the lowest number of rank points wins. Teams will receive a print out of the result including all team results by judge showing their overall ranks in each category.

6) **Judges**

Judges for the 2019-2020 Dance Championship are experienced people with a thorough knowledge, and background in the various areas of dance. The judges will use the following criteria to select the top teams: appearance, technique, group execution, choreography, and overall effect. A panel of judges will be used and the scores of three judges will be combined to determine the final score for each performance. A technical judge will be used to rule on violations.
7) **Championships Entry Fees**

The costs will be $125 per team entering the Championship. Please make checks out to “VPA” and mailed to address below.

**Checks should be made out to the VPA and mailed to:**

Vermont Principals’ Association,
Two Prospect St., Suite 3
Montpelier, VT 05602

- Registration forms need to be entered on the VPA Website [www.vpaonline.org](http://www.vpaonline.org), Online Registration by February 5th, 2020.
- Music needs to be sent to Sean Farrell; sfarrell@acsdvt.org by February 5th, 2020

8) **Championship Location and Date**

Sites/Times: Vergennes High School, Vergennes / 5 PM. Saturday, February 15, 2020

9) **Expectations for Hosting a Dance Competition**

- Entry Fees are $100 for Varsity and $50 for each additional team per school.
- 1st place trophies will be awarded for all three events (hip hop, jazz, pom) Also there will be one JV trophy to be given to the team with the highest score regardless of event (best overall score)
- Music equipment needs to be tested in advance, and a back-up system needs to be preset in case the primary sound system fails. MP3 / I-Pod hook up is required for teams to play their teams music. Coaches will cue and play their own music during practice time and during the competition.
- Audience should be seated in front or sides of judges if possible. Schools that have gymnasiums with bleachers on one side it’s understandable to have fans sitting behind the judges. We request that the area directly behind the judges be sectioned off so no one is able to sit directly behind the judges.
- An announcement made prior to each event addressing cell phones use, and moving around during performances; proper etiquette is for fans and teams to remain seated until a team is finished performing.
- Youth groups / studio dancers can perform during the intermissions of the competitions, but not during the time that judges are scoring a team.
• Coaches must remain away from the judges tables at all times.

• Coaches may not prompt or coach during performances.

• All teams will enter the gym to be introduced and for the singing of the national anthem before the competition begins. Teams that will be performing first should be the first team out of the gym after the national anthem.

• Judges need to be provided an adequate place to privately keep belongings and to convene before and after the competitions, as well as during interludes between sections. It would be preferable to have private bathroom facilities available as well. Judges should be provided food and drink in this space during the competition, as time is too limited during interludes for judges to wait in the concession lines. This is to prevent delays of the competition.

• Judges need proper seating:
  o Judging table must be elevated to a minimum of a foot off the ground.
  o There should be clear communication / visual lines between the music area and the judges
  o Judges table should have water and pens placed for each judge.
  o The audience should be advised to stay away from the judges table (including walking in front and back of it) at all times. This should be enforced by the host school site administrator.

• Pre-Titled score sheets, with Event & Team Name, need to be provided in order of performance to the judges to ensure all sequences and scoring is accurate.
2020 Vermont Principals’ Association Dance Championship

Music Copyright Compliance #ICC16

All copyright permissions must be properly and completely obtained by the individual or group that is responsible for creating the routine music for a team. All recordings mixed together in dance routines should be properly licensed and written confirmation of such licenses should be provided to the Vermont Principals’ Association.

You may use recordings that are purchased from vendors that comply with US Copyright laws or create/commission original works for your team (i.e. an original song and recording to which you own or license the rights by written agreement). Under US Copyright law, no teams are permitted to create a re-mix, mash-up or medley without proper written authorization from the copyright owners.

US Copyright laws apply any time music is not being used for personal use. Purchasing a legal copy of a song (iTunes, CD, Amazon download, etc.) only grants the user private, personal use of the music. If you purchase a recording, that alone does not give you the right to make additional copies or mix the recording with other recordings for any other purpose—including use at school functions or other public performances. Personal use gives you the right to listen to the song, but does not give you any other rights in the bundle of rights to that piece of music, which is why the music should not be copied, modified or used in a public place without additional consent.

However, if teams wish to use only a single song in their routine, they may bring a legally purchased copy of that recording to be used at the event. Teams may not re-mix these recordings in any way (such as adding sound effects, changing tempo or mixing with any other recordings), but you may make minor edits for timing purposes only (i.e. removing a chorus or bridge to fit the duration of the music time limit).

Remember:

- Do not use mash-ups, either created by you or sold by music providers using music without proper licensing.
- Do not download songs from sites that do not have properly licensed music.
- Do not copy or distribute to others a recording you have legally purchased.
- Licenses/Permissions must be received in writing (or email) and must be provided to you by all copyright owners.
- If you request a license and you get no response, this does NOT mean that you have permission to use the music.

Coaches are responsible for ensuring that the music used by their teams for any public performance and all competitions follows the above guidelines.
Guidelines for Music Providers:

- When recordings and compositions are completely original:
  - All elements in the recordings, including instrumentation and vocal performances, are owned or controlled by the music provider. If any elements are not owned or controlled by the music provider, the music provider must obtain the appropriate licenses from the applicable copyright owners to edit, re-arrange or otherwise alter such works to create a new work for your team.
  - If teams want to create their own re-mix or otherwise edit any music purchased from a provider of original music, their license agreement with such providers of original music must also specifically include this right to edit, re-arrange or otherwise alter works.

- When recordings are cover recordings of popular music:
  - Guidelines provide that cover recordings of popular music may be used in re-mixes only if the purchase/license of the cover recording includes an explicit right to alter the cover recordings and create new works from these cover recording elements.

- Unlicensed samples may not be used in routine music.
  - No unauthorized third party recordings may be used in any way in the new recordings without a proper license. “Sampling” a series of words or beats from any recording is not permitted unless an appropriate written sampling license was obtained.

- Music providers should allow each team to make up to 40 copies of the recordings.
  - A mechanical license fee may need to be paid to reproduce copyrighted musical compositions on CDs, records, downloads, etc. If the music provider does not own or control the underlying musical composition, they will need to obtain a mechanical license to make copies of each recording. The music provider is responsible for obtaining the mechanical license and paying any royalties for each copy made--this includes the copy provided upon your initial purchase of the recording, any subsequent recordings in which they are incorporated, and any additional copies that will be distributed to the team.
In order to protect the VPA Dance Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, ________________________________________, verify that all copyright permissions (Coach’s Name) were properly and completely obtained by ________________________________________, (Music Mixer’s Name) prior to production of the 2020 VPA Dance Championship routine music for the ____________________________________________ team from ___________________________________________________________________.

School’s Name Class and Region

These permissions can be verified by certification document(s) available upon request.

I acknowledge that this form will be kept on file by the Vermont Principals’ Association, and I will need to keep my certification documents on file for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the Vermont Principals’ Association of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed): _________________________________________________

Coach Signature: ______________________________________________________

Date: ______________________

Administrator Name (Printed): _________________________________________

Administrator Signature: ______________________________________________

Date: ______________________

NOTE: This form must be completed and returned to the VPA office prior to the championship.