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FEBRUARY 20-21, 2010  
***DALLAS, TEXAS***

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**ALL-STAR DANCE**

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## **NDA ALL-STAR COMPETITION GUIDELINES**

**03**

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### **CODE OF CONDUCT**

To ensure the most positive experience for all attendees, NDA asks that the following Code of Conduct be adhered to during all NDA Championships:

- Any questions or concerns that affect a team's performance or experience must be communicated by the director or advisor to the NDA Event Tent. The appropriate NDA Official will then be called to discuss the situation with the director/advisor.
- Participants, directors, advisors or spectators are prohibited from making contact with the Judges during the competition.
- Judges' rulings are final related to deductions, final team placements and legalities.
- Any unruly, aggressive or belligerent behavior by participants, directors, advisors or spectators toward any other attendee or NDA Event Staff will result in potential team disqualification, removal from the event and/or barred participation from future NDA events and possible disqualification of team or suspension in following years.

NDA fervently encourages and supports sportsmanship, integrity and fairness among participants and directors in all facets of dance including, but not limited to team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities, and believe that advisors/directors are instrumental in promoting and instilling this among their respective team members.

### **ELIGIBILITY POLICY**

In fairness to all, NDA strictly enforces its age requirements for each division. NDA reserves the right to assess a penalty, disqualify, reclaim any and all awards and/or remove television appearance for any team/gym found to be in violation of the eligibility policy, whether before, during or after the Event.

A Team Roster Form will be sent to all coaches participating in an NDA Championship. One roster must be completed per team, and should include each participant's name, age and birth date. This form must be signed and given to NDA during the event check-in. Gym/Studio owners must sign and date this form.

Note: The performance orders for NDA competitions will not be adjusted to accommodate performers participating on multiple teams.

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### **ALL-STAR DANCE DIVISIONS**

All NDA divisions are open to females and/or males. Teams are required to have a minimum of four members (teams performing with less than four may be considered “exhibition” and will not qualify for awards).

<b>Divisions</b>	<b>Age</b>	<b>Categories for Each Division</b>	<b>Time Limit</b>
Tiny	5 Years & Younger	Open Category	2 minutes, 30 sec
Mini	8 Years & Younger	Jazz Pom Hip Hop	2 minutes, 30 sec
Youth	11 Years & Younger	Jazz Pom Hip Hop	2 minutes, 30 sec
Junior	14 Years & Younger	Jazz Pom Hip Hop	2 minutes, 30 sec
Senior	18 Years & Younger	Jazz Pom Hip Hop Variety	2 minutes, 30 sec
Open	14 Years & Older	Jazz Pom Hip Hop	2 minutes, 30 sec

The age of the competitor as of August 31, 2009 will be the age used for competition purposes throughout the 2009-2010 season for all divisions (Exception: the cut-off date for the maximum age of the Senior teams (18) will remain May 31, 2009 for the 2009-2010 season). For the 2010-2011 competition season it will change to August 31, 2010.

### **GENERAL SAFETY RULES AND ROUTINE GUIDELINES**

1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.
4. Teams must have at least 4 members. There is no maximum limit.
5. Each team will have a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.
6. Participants may compete in more than one dance division and/or category as long as they abide by the age restrictions in all divisions in which they compete.
7. Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions.
8. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
9. Shoes are recommended but not required. Wearing socks and/or footed tights only is prohibited.
10. Jewelry as a part of a costume is allowed.

## NDA ALL-STAR COMPETITION GUIDELINES

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### Tumbling and Tricks

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 are not allowed when hip-over-head rotation occurs. (Exception: aerial cartwheels are allowed)

The following are examples of skills that are and are not allowed:

#### ALLOWED

Forward/Backward Rolls  
Shoulder Rolls  
Cartwheels  
Headstands  
Handstands  
Backbends  
Front/Back Walkovers  
Stalls  
Head spins  
Windmills  
Kip up  
Aerial Cartwheels

#### NOT ALLOWED

Dive Rolls  
\*Round-offs  
\*Front/Back Handsprings  
Front/Back Tucks  
Side Somi  
Layouts  
\*see below for exceptions to these limitations

2. \*Allowed only for hip-hop: Airborne skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position.
3. Tumbling while holding poms or props is not allowed (Exception: forward and backward rolls).
3. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) 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. (Exception: Toe touches to a push up position are not allowed.)

### Dance Lifts and Partnering General Guidelines

1. Jumping or tossing from one dancer to another is not allowed.
2. Jumping or tossing from one dancer to or from the performance surface is not allowed.
3. Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.
4. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)
5. All tosses including toe-pitches are prohibited.

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**Dance Lifts**

1. Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down.
2. A lifting dancer must maintain direct contact with the performance surface at all times.
3. A lifting dancer must have hand/arm to body contact, of the lifted dancer (s), at all times.
4. A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).
5. Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.
6. Hip over head rotations of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer.  
(Exception: chorus line flips are not allowed)

**Partnering**

1. Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another, but are not elevated.
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance surface.

**Choreography and Costuming**

1. Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine.
3. All choreography should be age appropriate.
4. All costuming and makeup should be age appropriate and acceptable for family viewing.

**Props**

1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
2. Standing props are only allowed in the prop category, any items that bears the weight of the participant is considered a standing prop. (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)

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### **CATEGORIES:**

#### **Jazz**

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

#### **Pom**

Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

#### **Hip Hop**

Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

#### **Open**

An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity.

#### **Variety**

Routines will incorporate a blend of jazz, pom and hip hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed.

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### **JUDGING SCALE FOR DANCE FUNDAMENTALS**

Total points received per category will be based on overall quality, quantity, and execution of technical moves (both variety of skills and number of members performing skill) throughout the routine. Specific skills performed that are not listed in one of the following skill categories will be placed in one of those categories at the discretion of the judges.

Zero points will be given in a category if skills for that particular category are not executed.

### **JAZZ TECHNIQUE**

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Jazz choreography (stylized or traditional) executed with substandard technique and control. Dancers' extension, spatial awareness, and musical interpretation are minimal. Strength of movement and tension is lacking and style is somewhat inconsistent throughout all team members. Below average lines, flow, and continuity.
<b>7-9 points</b>	Jazz choreography (stylized or traditional) executed with good technique and control. Good extension, spatial awareness, musical interpretation, but somewhat relaxed in execution of movement and tension. Style is mostly consistent throughout all team members with average lines, flow, and continuity.
<b>9-11 points</b>	Jazz choreography (stylized or traditional) executed with strong technique and control. Crediting the dancers' superior extension, spatial awareness, musical interpretation, and strength in movement. Style is consistent throughout all team members with emphasis on strong lines, flow, and continuity.

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### POM TECHNIQUE

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Pom motions/choreography performed at a slow pace; lacking in control (motions may be hyper-extended) and precision (motions may be incomplete and unfinished). Execution may be sluggish and/or performed with substandard technique.
<b>7-9 points</b>	Pom motions/choreography performed at an average pace; good placement and motion control but somewhat relaxed in overall strength and precision. Majority of the choreography is based on traditional pom motions, utilizing some innovative variations.
<b>9-11 points</b>	Pom motions/choreography performed at a fast pace with exact placement, superior motion control (ie: motions not hyper-extended), and precision, incorporating traditional pom motions as well as innovative and creative variations.

### HIP HOP TECHNIQUE

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Hip hop choreography executed with substandard musical interpretation and style. Minimal use of body isolations and/or rhythm variations, lacking in style consistency. Execution may be choppy, needing continuity.
<b>7-9 points</b>	Hip hop choreography executed with good musical interpretation and style. Body isolations and rhythm variations are less prevalent throughout the performance. Some style inconsistencies throughout team members and movements may not display seamless flow and continuity.
<b>9-11 points</b>	Hip hop choreography executed with strong musical interpretation and style. Crediting the dancers' use of superior body isolations and rhythm variations. Style is consistent throughout all teams members with seamless flow and continuity of movements.

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### VISUAL EFFECT

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Routine achieves little to no visual effect with limited incorporation of tricks, ground work, group/partner work, level changes, contagions, opposing motions. Visual effects are accomplished at a slower pace with obvious execution.
<b>7-9 points</b>	Routine achieves visual effect through average use of tricks, ground work, group/partner work, level changes, contagions, and incorporation of opposing motions. Visual effects are accomplished at an average pace and execution.
<b>9-11 points</b>	Routine achieves superior visual effect through use of creative tricks, ground work, group/partner work, level changes, contagions, incorporation of opposing motions, crediting the overall quality and quantity of visuals performed. Visual effects are accomplished at a fast pace with seamless execution.

### TECHNICAL SKILLS

<b>Turn Technique Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Beginning turns and turn combinations (Example: single pirouettes, chaîné, pas de chat turn, pencil turn) performed by the team and executed with good technique; and/or very few Intermediate turn/turn combinations performed by less than majority of the team executed with good technique; and/or Intermediate turn/turn combinations performed by the majority of the team executed with substandard technique.
<b>7-9 points</b>	Intermediate turns and turn combinations (Example: double pirouettes, axle, piqué turns) performed by the majority of the team, executed with good technique; and/or very few Advanced technical skills performed by less than majority of the team executed with strong technique.
<b>9-11 points</b>	Advanced turns and turn combinations performed by the majority of team and executed with strong technique. (Example: fouettés, fouettés ala second, triple/quad pirouettes)

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<b>Leap Technique Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Beginning leaps and leap combinations (Examples: hitch kick, pas de chat, passé sauté, grand jeté, leap in second) performed by team; and/or very few Intermediate leaps/leap combinations performed by less than majority of the team executed with good technique; and/or Intermediate leap/leap combinations performed by the majority of the team executed with substandard technique.
<b>7-9 points</b>	Intermediate leaps and leap combinations (Example: grand jeté, leap in second, switch leap) performed by the majority of the team, executed with good technique; and/or very few Advanced technical skills performed by less than majority of the team executed with strong technique.
<b>9-11 points</b>	Advanced leaps and leap combinations (Example: switch variations) performed by the majority of team and executed with strong technique.

\*Please note: The Technical Skills score will reflect a combined average of both Leaps and Turns on the Team Performance score sheet.

### **STAGING**

This score reflects both formations and transitions, both what is choreographed and how the movement/formations are executed.

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Spacing is substandard. Routine utilizes minimal formations and formations changes. Transitions are simple and lack continuity with in the routine (Example: walking transitions rather than dancing through to next formation seamlessly).
<b>7-9 points</b>	Spacing is average, but not precise. May incorporate more interesting formations and formation changes, but still lacking in transition creativity.
<b>9-11 points</b>	Spacing is precise. Routine utilizes a variety of well-thought out formations and formation changes. Transitions are exciting and seamless.

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### **DEGREE OF DIFFICULTY**

This score does not reflect execution; it is simply scoring the difficulty of the routine overall.

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Beginning choreography utilizing basic foot work, minimal direction changes, simple and possibly slower pace motions. Very limited use of floor work, or full-body movement.
<b>7-9 points</b>	Intermediate choreography with more foot work, direction changes, intricate use of motions, and faster pace. May be lacking in use of dynamics.
<b>9-11 points</b>	Advanced choreography utilizing intricate motions, footwork, skills and transitions. Fast pace movement is found within the dynamics of this routine as well as full body movement and a variety of direction changes.

### **UNIFORMITY**

This score reflects timing and how well the team dances together as a group, rather than the team's execution of technique.

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Substandard timing and synchronization of style. Memory mistakes as well as placement cause the routine to appear less cohesive.
<b>7-9 points</b>	Average timing and synchronization of style. Few memory mistakes; good placement.
<b>9-11 points</b>	Strong timing and synchronization of style. Very precise placement.

### **CHOREOGRAPHY**

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

<b>Range of Scores</b>	<b>Skills</b>
<b>5-7 points</b>	Routine with minimal group work, levels, direction changes, musicality, dynamics, and transitions.
<b>7-9 points</b>	Routine with average use of group work, levels, direction changes, musicality, dynamics, and transitions.
<b>9-11 points</b>	Routine with strong use of group work, levels, direction changes, musicality, dynamics, and transitions. Creating a complete thought with the movement.

## NDA ALL-STAR COMPETITION GUIDELINES

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### **PERFORMANCE IMPRESSION**

This score reflects showmanship and audience appeal as well as the individual judges overall opinion of the routine. It is not an average of the scores above.

#### **Range of Scores**

#### **Skills**

#### **5-7 points**

Limited use of projection, expression and/or emotion. Routine is lacking in energy and does not connect with the audience well.

#### **7-9 points**

Average energy level, projection, expression and/or emotion. This routine could be even more powerful with the simple use of facial expression.

#### **9-11 points**

Strong connection with the audience. Superior use of projection, expression, showmanship, and emotion. This is a high-energy and/or high-emotion performance that leaves the audience wanting more.

### **LEGALITY VERIFICATION**

As a director, it is important to be current on the NDA Safety Guidelines. If you have questions concerning any safety guidelines or questions regarding specific skills, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- All questions must be in written form. Due to the differences in interpretation and terminology, no phone calls will be accepted. Do not rely on prior rulings from NDA championships. A separate video must be submitted for each competition to ensure legality.
- For approval, you must send a DVD that contains the skill in question along with a letter stating the skill you are questioning. Video must include the following:
  1. Front, side and back view of skill.
  2. Name(s) of all championships where you will be performing skill and the division you will be performing in.
  3. Include your name, team name, address, phone number and email address on your DVD.
  4. Do not send the entire routine, only the skill(s) in question.
  5. If you would prefer to send a skill via email, contact the NDA office to find if that is a viable option.
 DVD's that are not in the above format will **NOT** be viewed.

DVD's **MUST BE RECEIVED IN THE NDA OFFICE** at least **TWO WEEKS PRIOR** to the championship date. Videos not received in the NDA office two weeks prior to the championship date will **NOT** be reviewed.

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Send DVD's to:

*NDA Legalities for (specify event), P.O. Box 660359, Dallas, TX 75266-0359 or e-mail to [kburbank@nationalspirit.com](mailto:kburbank@nationalspirit.com) or [ncandavideos@gmail.com](mailto:ncandavideos@gmail.com)*

You may Federal Express or UPS Overnight at least two weeks prior to the championship date to: *NDA Legalities for (specify event), Attn: Karri Burbank 2010 Merritt Dr., Garland, TX 75041 or e-mail to [kburbank@nationalspirit.com](mailto:kburbank@nationalspirit.com) or [ncandavideos@gmail.com](mailto:ncandavideos@gmail.com)*

*NOTE: Do not depend on your choreographer or director to determine if something is legal. If you feel that something may be illegal, send a videotape to the NDA office.*

### **PERFORMANCE AREA**

Performance surfaces and dimensions may vary by championship based on venue, size and restrictions, divisions offered, and other factors. Please refer to specific championship for which you are attending and make note of the Performance Area Information.

### **MUSIC INFORMATION**

Music should be on CD. **Duplicate CDs must be available at the music table in case of lost or broken CDs. Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit to ensure that the team does not go over time.** Judges' decisions on timing of total routine and music portion of routines are final.

### **JUDGING PANELS**

**Head Judge** The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges and a Safety Judge. The Head Judge will also fill out his/her own score sheet for each performance. Head Judge's scores will carry the same weight as a Panel Judge.

**Panel Judges** Panel Judges are responsible for scoring each team's performance based on the NDA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges judge technical ability and the overall routine, but they do not determine or judge deductions or safety violations.

**Safety Judge** Safety Judge is responsible for administering all safety violations and point deductions.

All judges' decisions are final.

## **NDA ALL-STAR COMPETITION GUIDELINES**

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### **NDA SAFETY SCORING PROCESS**

#### **Major Mistakes**

Major errors, including falls to the floor during execution of skills or transitions, will result in a .05 deduction for each mistake.

#### **Major Falls**

Major falls or other severe mistakes during the performance, including multiple falls in a single sequence/series, one dancer's mistake causing a severe error for one or more dancers, or multiple dancers falling or falls from a lift, will result in a .1 deduction for each mistake.

#### **Time Limit Violations**

Time limit violations are as follows:

- 3-5 seconds over time will result in a.....(.1 deduction)
- 6-10 seconds over time will result in a .....(.3 deduction)
- 11 or more seconds over time will result in a.....(.5 deduction)

#### **Safety Violations/General Competition Guidelines**

A .5 deduction will be given for EACH safety/general competition guideline violation (example: a .5 penalty will be assessed for jewelry). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NDA Safety Guidelines section to ensure your team does not have any safety violations. NDA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered.

Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final.

Ties will not be broken. Tying teams will share the title.

### **INAPPROPRIATE CHOREOGRAPHY/MUSIC/COSTUMING**

All facets of a performance or routine, including choreography, music selection and outfitting (dance uniforms or costumes), should be suitable for family viewing and listening. In general, school performances, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs. Outfitting for dance performances should follow traditional dress standards. Routines, music and uniforms/costumes for all team types should be appropriate for the age of the participants performing the routine.

Deductions will be given for vulgar or suggestive choreography, which includes but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

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## **INTERRUPTION OF PERFORMANCE**

### **Injury**

The Safety Judge or Head Judge reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a National's preliminary competition or a U.S. Championship competition, the team will have 30 minutes to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the director's discretion, they may take the score they have received up to that point. If a skill has not been performed, or all elements of the score sheet have not been performed, a "0" will be given in the category. In the event that an injury causes the team's routine to be interrupted during final competition (Nationals), the judges will determine if there is sufficient time and feasibility for the team to complete their performance. If not, scores will be based on the performance prior to the injury.

### **Uniform Distractions**

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. If a judge stops the routine or a performer leaves the floor to adjust a uniform a penalty or disqualification may result. The team may or may not be given an opportunity to return to complete their performance.

### **Music**

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance and begin again immediately. It is recommended that coaches have a backup CD/tape with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

### **Interpretations/Rulings**

NDA has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in this book. NDA will render a judgment in an effort to ensure that the competition is conducted in a manner consistent with the general spirit of the competition and NDA.

### **Questions and Dispute Resolutions**

At an Event, questions or concerns regarding score sheets, legalities and other issues should be addressed exclusively by the coach/advisor/gym owner. Please direct such inquiries to the Event Information Booth. The appropriate competition official will be contacted to discuss any questions or concerns.

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### **SPIRIT CHAMPIONSHIPS - BEST DANCER & SMALL ENSEMBLE**

#### **General Requirements**

Each participant, or small group, will perform a routine that showcases his/her strongest dance abilities. Solo Routines cannot exceed 1 minute and 30 seconds. Duets/Ensemble Routines cannot exceed 2 minutes. Timing will begin with the first sound of music. Judging is based on technique, execution, projection, choreography and overall crowd appeal. There will be a .5 penalty for each NDA. Safety Guidelines violation and a separate penalty if the routine exceeds the time limit.

**Elementary Best Dancer:** 6th grade and below

**Elementary Duet:** 6th grade and below

**Elementary Small Ensemble:** 6th grade and below

**Junior Best Dancer:** 7th - 9th grade

**Junior Duet:** 6th - 9th grade

**Junior Small Ensemble:** 6th - 9th grade

**Senior Best Dancer:** 10th - 12th grade

**Senior Duet:** 9th-12th grade

**Senior Small Ensemble:** 9th - 12th grade

Males and females will compete in the same division based on grade. There is no limit as to how many individuals may enter from a team. There can be no more than 5 participants in the Junior and Senior Small Ensemble divisions.

### ***2010 NDA All-Star National Championship***

#### **HOW TO QUALIFY**

Teams competing in the All-Star divisions do not need to qualify to be eligible to compete at the 2010 NDA All-Star National Championship. U.S. Championships, Classics, Spirit Championships, and Theme Park competitions are also open to all teams - no qualification required.

#### **NDA GLOSSARY OF TERMS:**

**Airborne** - To be free of contact with a person and/or the performing surface.

**Back Walkover** - A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

**Cartwheel** - A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

**Dive Roll** - An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

**Front Walkover** - A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

*NDA reserves the right to be the arbitrator and interpreter of all rules and guidelines covered in this book.*

**Handstand** - A straight body inverted position where the arms are extended straight by the head and ears.

**Head Spin** - A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

**Headstand** - A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

**Kip-up** - From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.

**Lifts** - An action in which the partner is elevated to any height and set down. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for a full definition.

**Hip over head rotation** - A movement where hips move over the head, as in a back walkover or similar tumbling skill.

**Partnering** - Any type of trick that uses two individuals, one using the other for support.

**Pony Sit** - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

**Prop** - An object that can be manipulated.

**Shoulder Roll** - A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

**Shoulder Sit** - Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

**Stall** - A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

**Thigh Stand** - With bases in lunge positions with one leg bent and one leg straight, lifted dancers feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancers leg and the other hand bracing the foot.

**Toe Pitch** - A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

**Toss** - An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

**Windmill** - Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.