



2021-22 WIAA Dance/Drill Casebook



The WIAA Dance/Drill Casebook is designed to be the official supplement to the NFHS Spirit Rules book.

Throughout the book you will see references to these organizations:

National Federation of State High School Associations (NFHS)

www.nfhs.org | www.nfhs.com

Washington Interscholastic Activities Association (WIAA)

www.wiaa.com

Washington Officials Association (WOA)

www.woa-officials.com

Washington State Dance/Drill Judges Association (WSDDJA)

www.wsddja.org

Contact information for officers under About Us > Directory

Washington State Dance/Drill Coaches Association (WSDDCA)

www.wsddca.com

Contact information for officers under Contact Us

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Changes from the 2019-20 Dance/Drill Casebook are indicated in bold type and shaded.



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PART 1: GETTING STARTED WITH NFHS RULES

Each year in August, the WIAA sends two NFHS Spirit Rules Books to each school. The athletic director should give one book to the dance/drill coach. To get an early start on learning the new rules, coaches can order their own book in a printed format or e-book format at www.nfhs.com. Books are printed in June/July. A good way to remember to order the new book is to place an online order right after State. The printed version becomes available sooner than the e-book format.

All coaches must complete the WIAA online dance/drill rules clinic through MyWIAA by Sunday of the third week of the winter season.

In addition, the WSDDJA offers a safety/technical update at the WSDDCA Fall Conference. New rules and interpretations are covered at this meeting.

It is the duty and responsibility of the coach to read and understand the NFHS rules. The coach should educate all athletes about the rules and any new changes each year. NFHS Rule 2.1.1. General Risk Management states ***“A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to NFHS rules.”*** If an athlete refuses to comply with NFHS rules, the coach must remove the athlete from participation and refer him/her to the athletic director.

PART 2: SPORTSMANSHIP

GENERAL SPORTSMANSHIP

It is the responsibility of the coach to lead by example and set the standard for the team and fans for sportsmanship at all dance/drill events. The NFHS Spirit Rules Book states a coach, participant, or team attendant must not commit an unsportsmanlike act including:

1. Disrespectfully addressing or contacting an official/judge
2. Gesturing in a manner to indicate resentment
3. Using profane or inappropriate language, music, or gestures
4. Baiting or taunting an opponent

COACHES AND OFFICIALS

Coaches should exercise good judgment when choosing the time and place to address an official/judge.

It is not considered appropriate to approach any official during an event to ask a question (except at the coaches meeting before the event starts), or to protest a ruling or appeal. There is a procedure for filing an appeal and it is outlined under “Appeal Process” later in this document.

If you have a concern about an official, email the WSDDJ President at wddjapresident@gmail.com. Formal complaints about officials can be filed with the Washington Officials Association (WOA).

PART 3: WIAA DANCE/DRILL STUNT CERTIFICATION

“WIAA Handbook rule 20.3.1.E. mandates that "hands-on" stunt certification is required for dance/drill coaches who intend to have their dance/drill squad perform stunts. The certification program must be approved by the WIAA. Coaches must be recertified every **two (2) years**. Each team must have a stunt certified coach on site during practice and competition in order for an athlete(s) to be eligible to stunt.”

Go to the WIAA website at www.wiaa.com Resources > Certifications > Dance/Drill Stunt Certification for the clinic dates. Registration for all clinics is through the WIAA website. Coaches should ask their school supervisors if the school has funds to pay for this certification. Clinics are held periodically in the summer and fall. Anyone may host a clinic at their school; contact Cindy Adsit at cadsit@wiaa.com. There must be at least **seven (7)** coaches registered to run a clinic.

After attending an in-person WIAA approved Lift/Stunt Curriculum clinic and passing the test, coaches must log back into RegisterMyConference to complete the survey, and print their certificate of completion. Coaches should keep the original certificate in their professional file, and give a copy to their supervisor. Note the date of the clinic and **renew the certificate every 2 years**.

PART 4: CASEBOOK POINTS OF EMPHASIS

MUSIC GUIDELINES

The WIAA Bound for State Regulations have specific guidelines for music that apply to all dance/drill routines throughout the season; see Forms and Documents section. The information provided here is intended as a supplement to the Bound for State Regulations and is to help coaches and judges better understand how music rules are applied.

Music/lyrics should be appropriate for the entire audience. Pay special attention to what lyrics **may** be conveying to a listener **in combination with** the choreography and costuming.

1. It is the coach’s responsibility to be aware of what is in the music and make sure all lyrics are school appropriate. If a song wouldn’t be appropriate in a classroom setting it is not appropriate for a school dance/drill team. Coaches must screen all music, not just newer music. Many genres over several of the past decades contain inappropriate language. Hip Hop is not the only genre that may have inappropriate lyrics.
2. Any inappropriate words, terms, or phrases must be completely edited out, not simply disguised by a sound effect. The section should be completely deleted or erased and replaced with a sound effect. In addition to terms commonly considered profane, the following words are



considered inappropriate: Damn, bitch, “ho” as a reference to women, references to urination and defecation. The term “mother f***er” is considered a single inappropriate phrase, both words must be edited out.

3. Inappropriate words/profanity in **any** language is not considered appropriate.
4. Lyrics directly and clearly referring to the use of illicit drugs, **legal medications (e.g. Robitussin or oxycodone) used recreationally as drugs**, consumption of alcohol, or sexual activities are not allowed. However, lyrics discouraging these activities are considered appropriate.
5. Lyrics simply containing the word gun (or other weapons) are acceptable. However, any reference to violence with a weapon is unacceptable. **Use of the term “murder” is subject to interpretation of context. If referring to the act of killing someone, it would be deemed illegal; if lyrics discuss “murder” in the slang sense similar to “slay” or “killing it”, it could be considered legal.**
6. Innuendo is subject to interpretation. If concerned, send music to the WSDDJA for pre-approval.
7. ***When in doubt take it out.***

CHOREOGRAPHY GUIDELINES

ACCEPTABLE

All movement is free. If a person performed a particular movement, and then someone saw that movement and interpret it into her/his own body, and then performed it, the movement would not be a direct copy. That is artistic inspiration/interpretation, not plagiarism. Choreography is influenced by that which preceded it. Choreographers may watch a performance, get ideas, and then interpret them in their own manner. A choreographer can learn a seed phrase from someone else, take her favorite part, and then create a new phrase inspired by that.

Choreographing is like writing a book. Although you, the writer, use words you have learned from others and may include allusions to other works of literature, the idea, and putting the words together, is a very personal artistic endeavor.

NOT ACCEPTABLE

It is not acceptable for a team to copy specific sections of dances, or entire dances. In some cases teams who do this are using professional choreography they did not pay for and do not have permission to use. When a part of dance is recognizable as another person’s or team’s material and is borrowed without permission, it is unacceptable. This is plagiarism. However, borrowing sections of well-known, professional dance would be acceptable in a tribute type of routine (e.g. a Fosse tribute routine).

LANGUAGE COACHES MAY WANT TO CONSIDER

All material taught to the team is meant for the team only. Members are not to teach any form of the material unless given permission from the head coach/choreographer.

MATERIAL TAUGHT AT CAMPS

Many camps teach routines at camp with the intention that they will be used by the team throughout the season. This is acceptable when the camp director gives the team permission to do so.

UNIFORMITY

It has long been a part of dance/drill culture to strive for uniformity in appearance; however, it is essential that coaches strive to respect the individual traits of their dancers to promote inclusion. This can include considerations such as tights and shoes that match athletes' natural skin tones, accommodating hair/hairstyles, and selecting make-up that flatters all members of the team. Such considerations will not be assessed in a way that negatively impacts scores.

POMS

Clarification about stepping on poms while stunting. Consider a) choreographed pom placement b) accidental poms on the floor and c) stepping on poms while stunting/lifting or tumbling.

1. During a pom routine, poms are placed on the floor and later a dancer steps on a pom while stunting or tumbling. This would result in a 25 point deduction as it is a **choreographed** safety issue. It is not ruled as an **accidental** stepping on a dropped pom.
2. During a pom routine a dancer accidentally drops a pom on the floor and later a dancer steps on this pom. This would result in a .5 point deduction as it is an **accidental** stepping on poms on the floor.
3. During a pom routine, a lift/stunt occurs and a pom is **accidentally** dropped. One dancer steps on the pom during the lift/stunt. This would result in a 25 point deduction due to the **increased safety risk to participants in the lift**.
4. During a pom routine, Participant A drops a pom as Participant B is executing a front walkover. Participant B touches her hand on the pom during the front walkover. This would result in a 25 point deduction due to the increased risk of the tumbling participant.

STOPPING A PERFORMANCE

Only a coach may stop a performance when a performer is ill or injured, when potentially harmful bodily fluids are on the performance surface, or during a music malfunction. The coach should immediately notify the person running the music.

After taking care of immediate medical/safety needs, the coach should confer with the competition host/event manager to determine what immediate action needs to be taken and to decide when to resume the performance. The competition host/event manager should confer with the head judge before making a final decision. They need to consider the needs of the performers and the impact on the overall order of performance. Once a decision is made, coaches, judges, and announcer/music personnel must be notified.

When that team's performance resumes, performers will begin at the start of the routine, but judging will resume at the point the performance was stopped to avoid judging part of the routine twice.

No penalty will be assessed for stopping and restarting the performance.

PART 5: WSDDJA SAFETY TECHNICAL (ST) INTERPRETATIONS

The following situations are derived from rules interpretations provided by the WIAA and NFHS. Rules interpretations are given to further clarify NFHS rules. Exemptions to the NFHS rules are periodically allowed by the WIAA in certain circumstances.

The WSDDJA Safety Technical Interpretations sheet has been compiled over several years. As NFHS rules change, interpretations change and are reviewed annually by the WIAA and WSDDJA.

WIAA EXEMPTIONS TO NFHS RULES

4.2.1/4.2.6 SITUATION A: (Stunting w/Hands Free Poms) Participants using hands free poms execute lifts/stunts during the routine. **RULING: Illegal. Hands free poms are illegal for all stunting as of 2021-2022.** ~~Legal. Once dropped from the hands, the poms hang below and allow for hands free execution in lifts. Each SITUATION for lifting will be judged independently if a safety issue arises. 2015 WIAA interpretation~~

WIAA Safety Mats Clarification: Safety mats are considered safety equipment, not a prop. This clarification has since been removed from the NFHS rule book but remains as a current interpretation.

WIAA BOUND FOR STATE INTERPRETATIONS

WIAA 6.3 SITUATION A: (Removing Clothing/Accessories and Manipulating) Participants in a hip-hop routine take off their jackets and swing them around creating visuals. **RULING:** Points would be deducted by *performance* judges for not following category guidelines. Clothing and accessories that become detached and manipulated are considered props and are only allowed in the Show category.

WIAA 6.3 SITUATION B: (Tap Shoes) Participants in the dance category are wearing tap shoes on the gym floor. **RULING:** Illegal in all categories except for the Show category and ONLY allowed if on a false floor/box or board to prevent damage to the floor.

WIAA 7.0 (NFHS 2.2) SITUATION A: (Non-participants on Floor during Routine) During a Show routine, parents remain hidden behind flats (on the performance surface) to assist with costume changes.



RULING: Illegal for non-participants to be on the performance floor during the routine. Parents and non-team members may **only** assist with setting up and clearing of props **and must remain outside of the performance area throughout the entire performance.**

WIAA 9.7 SITUATION A: (Timing of Routines) At the end of a military routine, the team’s music continues without stopping and participants continue dancing as they exit. As the last participant exits the floor, the judge stops the watch at 4:15 and a penalty is given for going overtime. **RULING:** Timing stops at the first obvious ending. If there is no obvious ending, the end is when the last performer exits the performance floor. The obvious ending is when participants clearly stop motion.

WIAA 9.7 SITUATION B: (Timing of Routines) Participants in a kick routine start by stomping and chanting before the music actually starts. **RULING:** The clock starts at the obvious start of the routine or the first movement. In this situation, the clock would start at the beginning of the stomping and/or chanting.

WIAA 11.2 SITUATION A: (Sportsmanship/Depicting Weapons) The music contains gunshot sound effects. During these sounds, participants execute toe touches. **RULING:** Sound effects cannot depict harm. It is the choreography and/or props depicting harm that will cause a violation. Use of gunshot sound effect is legal as long as there is no reference to weapons, guns or harming others in choreography.

WIAA 11.2 SITUATION B: (Sportsmanship/Depicting Weapons) Music for a routine contains the words “ho” and “damn”. **RULING:** The following words are considered inappropriate (these are in addition to terms commonly considered profane): Damn, bitch, “ho” as a reference to women, references to urination or defecation. The term “mother f***er” is considered a single inappropriate phrase, both words must be edited out completely. Sexual innuendo is also discouraged. Direct and clear references to activities that are illegal for minors are also illegal (taking shots of liquor, popping bottles of champagne, etc). Lyrics must be completely edited out, not just partially edited or covered with sound effects. A 25-point violation would occur.

WIAA 12.2 SITUATION A: (Fog/Dry Ice Machines) In a Show routine, a dry ice machine is used to create special effects. **RULING:** Legal, if no chemicals, no fire, no smoke, only H₂O mist. It must be placed on something and not in direct contact with the floor. *2014 WIAA interpretation.*

WIAA 12.3 SITUATION A: (Sportsmanship/Depicting Weapons) Participants in a “police” themed routine make “guns” with fingers/hands. They take aim at other participants and “shoot” at them while gunshot sound effects are playing, and they fall as though “dying”. **RULING:** Illegal to depict harming others with fake or prop weapons. A 25-point violation would occur.

WIAA 12.3 SITUATION B: (Sportsmanship/Depicting Weapons) During a “pirate” themed routine, participants *pretend* to hold swords and mock sword fight. No participant appears to be “hit” or “harmed”. **RULING:** Legal. since no actual “harm” was inflicted on others or was depicted.

WIAA 12.3 SITUATION C: (Saber and Rifle Use) As part of a Color Guard routine, participants use sabers and rifles. **RULING:** Use guns, swords or rifles is appropriate in a color guard routine. Routine would have

to be approved by an administrator or WIAA as appropriate. Illegal to use a prop as a weapon or to depict a weapon.

NFHS RULE 1 DEFINITIONS

Splits Position: Legs extended in opposite directions at right angles to the trunk.

Straddle Position: Bent at hips with legs straight and apart at an angle of 120° or less.

Note of clarification: Straddle sit and suspended split have different requirements, so for the purpose of determining appropriate stunting personnel, a straddle shall be deemed 120 degrees or less whereas a full center split will be 120°-180°.

NFHS RULE 2 GENERAL RISK MANAGEMENT

SECTION 1: GENERAL

2.1.4 SITUATION A: (Fingernail Polish) A judge notices a) participants are wearing fingernail polish that matches the costumes and b) one dancer forgot to remove black fingernail polish. **RULING:** Both are legal. There is no rule against fingernail polish.

2.1.4 SITUATION B: (Toenails Long) Participant wears toenails very long with a French manicure. **RULING:** Illegal if not appropriate length and ruled the same as fingernails. Legal if appropriate length for activity, short near end of toes.

2.1.5 SITUATION A: (Hair bands-Sequined) Participants are wearing a) sequin headbands or b) sequin strip ties like a ribbon in hair. **RULING:** Legal.

2.1.5 SITUATION B: (Hair Down in Stunts/Tumbling) A participant's long hair becomes unsecured during a) forward roll b) extended flatback lift and c) aerial. **RULING:** a) Legal, b) and c) Illegal. Illegal for long, unsecured hair to be down during any extended stunts/lifts and airborne tumbling. Legal if non extended stunts/lifts or non-airborne tumbling.

2.1.5 SITUATION C: (Hair with Beads) Participants are wearing hard plastic beads a) woven into hairstyle or b) attached to hair with glue/bobby pins. **RULING:** Both legal. Must be secure.

2.1.5 SITUATION C: (Hair with Plastic Flowers) Participants dance with plastic flowers bobby pinned into hair. **RULING:** Legal if secure and safe for activity including lifts/stunts.

2.1.7 SITUATION A: (Manipulating Props with Feet) Participants in a Show routine manipulate props using their feet. **RULING:** Legal if not underfoot. Illegal to step on material and would be a .5 deduction.

2.1.7 SITUATION B: (Stunting/Tumbling over Props/Poms) During a Show routine, participants a) execute a T-lift over a small chair b) execute a back handspring over a pom **RULING:** a) Legal to stunt over a person or prop as of 2019-20. See rule 4.4.3 in the NFHS Rulebook b) Illegal. A 25-point penalty would be given for tumbling over poms/props or stepping on them while stunting or tumbling. See Section 4.8 below for further clarification.

2.1.7 SITUATION C: (Stunting/Tumbling Near Poms) Participants in a Pom routine place poms on the floor near their feet and execute a lift. During the execution of the lift, a supporting dancer steps back onto a pom. **RULING:** Illegal to step on a pom while stunting. A 25 point penalty would occur since it is a choreographed safety issue.

2.1.7 SITUATION D: (Stepping on Flags while Twirling/Moving) In a Color Guard routine, walking participants step on silks while manipulating flags. **RULING:** Illegal, props underfoot pose danger to participants. Must keep the performance surface free of obstacles. A 0.5 deduction would occur per incident.

2.1.7 SITUATION E: (Stepping on Poms Outside of the Performance Area) At the end of a Pom routine, participants exit and step on poms that have been thrown outside the performance area. **RULING:** Legal. Safety Technical judging ends when participants exit the performance area.

2.1.11 SITUATION A: (Plaster Casts, Walking Boots in Lifts/Tumbling) A participant wearing a walking boot executes a) a forward roll and b) a t-lift as a spotter. **RULING:** a) Legal and b) Illegal. Participants wearing plaster casts or walking boots must not participate in stunts/lifts, pyramids, jumps, tumbling, or tosses. ~~Tumbling skills would be allowed, but judged independently for safety to other participants.~~

2.1.12 SITUATION A: (Manufacturer's Logos) Participants wear a) shirts with a Harry Potter logo with a Harry Potter themed hip hop routine b) knee braces with a Nike logo in a 90's themed routine c) oversized Under Armour logo on wristbands in a routine with no theme and d) an oversized manufacturer's logo on the front bottom of a baseball jersey in a routine with no theme. **RULING:** a) Legal, b) c) and d) Illegal. A manufacturer's logo or trademark is considered anything sewn on, embroidered, silkscreened or printed on an apparel item *excluding shoes, socks, and accessories* that comes directly from a manufacturer and represents their brand or company name (e.g. Nike swoosh, Nappytabs logo). Any team in any category performing a themed or novelty type routine may wear a logo of any size if it is consistent with the theme of their routine. Teams not performing a themed routine must adhere to the 2 1/4 guideline for logo size. No penalty would be given for a replica or look-a-like logo that teams create. WIAA clarified this ruling in 2013-14.

2.1.15 SITUATION A: (Air Horn Used by Audience) Members of the audience are blasting air horns during another team's routine to distract them. **RULING:** Artificial noisemakers are not allowed. Safety technical judging does not extend to the audience so no penalty will be given to a team. If the air horns continue after appropriate warning announcements have been made, violators may be asked to leave the facility by the Event Manager and/or the Safety/Technical Judge.

NFHS RULE 4 DANCE

SECTION 1: DANCE/DRILL/POM APPAREL/ACCESSORIES

4.1.1 SITUATION A: (Chokers Necklaces/Chokers That Are Tied) Participants are wearing choker necklaces made of hard plastic beads and tied in knots. **RULING:** Illegal. Must be made of soft material. If stunting, items should be able to break away if fingers are caught.

4.1.1 SITUATION B: (Chokers-soft/Wristbands with Studs, Stones or Grommets) Participants in a dance routine are wearing a) soft chokers with a Velcro closure and b) wristbands with gems and c) rhinestones attached to hard bracelets. **RULING:** Both a) and b) Legal, c) Illegal. Chokers must be made of soft material. If stunting, items should be able to break away if fingers are caught. *WIAA clarified that wristbands are allowed in 2015.*

4.1.1 SITUATION C: (Choker/Metal Attached to Top of Halter at Neck) Participants in a 60's themed routine dance wearing a halter top that is secured with a thin metal ring through the neck hem. **RULING:** Legal, if the necklace is sewn into the costume neck hem.

4.1.1 SITUATION D: (Wearing a Hair Tie on the Wrist, by Accident Not as Part of a Costume) Several participants forget to remove their extra hair ties from their wrists before entering the performance floor. **RULING:** Illegal, as of 2017-18 unless it is part of the costume (i.e. wristband). Soft jewelry is permitted only for the purpose of costume enhancement.

4.1.1 SITUATION E: (Crowns) Participants in a "princess" themed dance routine dance wearing crowns. **RULING:** Legal if securely affixed to the hair. If a safety situation occurs during lifts/tumbling or execution, penalties may be assigned.

4.1.1 SITUATION F: (Face Paint) Participants in a "Lion King" themed routine dance wearing face paint for each character. **RULING:** Legal, face paint is considered makeup.

4.1.1 SITUATION G: (False Eyelashes) Participants are wearing a) false eyelashes b) false eyelashes with red glitter and c) false eyelashes with gems on them. **RULING:** All are legal and considered makeup.

4.1.1. SITUATION H: (Jewels or Sequins Glued to Face or Hair) Participants are wearing a) gems glued to the face and b) sequins glued to the face c) gems and sequins glued to the hair d) stickers applied with water like tattoos. **RULING:** a) and b) Illegal, c) and d) Legal. Gluing jewels or single sequins to the face are illegal.

4.1.1 SITUATION I: (Rhinestone Accessories) Participants wearing rhinestone a) earrings b) bracelets, c) individually glued to face or skin and d) glued to headbands and wristbands. **RULING:** a) b) and c) Illegal, d) Legal. Rhinestone headbands and soft fabric chokers or bracelets with rhinestones glued on are legal. Accessories must not interfere with safe execution of a stunt or tumbling.

4.1.2 SITUATION A: (Costume Piece/Shoe/Accessory Falls off) While performing, participants experience a) hat falling off, b) shoe comes off, c) a hair piece drops off. **RULING:** Illegal, there will be a .5 penalty for an accidental costume malfunction that does NOT become a safety concern. Even if no one steps on an item. If a malfunction occurs, 0.5 penalty would be assessed.

4.1.2 SITUATION B: (Gloves While Stunting/Tumbling) Participants in a military routine are wearing gloves and execute a) a T-lift, b) a cartwheel and c) a back handspring. **RULING:** All are legal. Only gloves with non-slip substances applied to the palm and palm side fingers are appropriate for extended stunts and tumbling. Gauntlets (open palmed gloves) are also legal. Forward/backward rolls are exceptions and

are allowed **without non-slip coating on** gloves. Applied silicone caulk is considered an appropriate grip material (no puffy paint). *Note: Tricks must have a head over hip rotation to be considered tumbling.*

4.1.2 SITUATION C: (Hats in Stunts/Tumbling) Participants are executing lifts and airborne tumbling and wearing a) cloth beanie b) a flat billed trucker style hat and c) a top hat. **RULING:** Legal if the hat remains secure on the head and does not restrict vision or interfere with the lift/stunt or tumbling skill. Hats with bills **above the brow** may obstruct vision on certain tumbling elements (e.g. backward skills) and interfere with lifts/stunts **ability to base stunts**. Hats would be judged on an individual basis. Ruling revised **2021-2022**.

4.1.2 SITUATION D: (Hooded Sweatshirts While Stunting/Tumbling) Participants wearing hoodies execute extended lifts and airborne tumbling. **RULING:** Legal if hood **does not interfere with the safe execution of stunts/lifts or tumbling, nor restrict vision or mobility**. ~~is secured to a sweatshirt. Illegal if not secured to a sweatshirt.~~ If the team makes a good faith effort to secure the hood and it comes loose during tumbling, a .5 deduction for costume malfunction will be taken. **Hoods do not have to be secure for non-airborne tumbling or stunts that do not go extended.**

4.1.2 SITUATION E: (Masks--Full) Participants wearing large "V/Vendetta" full face masks execute a) a flatback lift, b) a backhandspring c) a toe touch. **RULING:** a) and b) Illegal, c) Legal. Illegal to stunt or tumble in full face mask. Legal to wear for general participation. All masks will be judged on an individual basis. Costumes must not restrict vision. Masks (either half or full) that are tight to the face and do not restrict vision or the safe execution of the skill are legal for stunting and tumbling.

4.1.2 SITUATION F: (Masks-Half Face) Participants wearing half masks that are glued tightly to the face execute lifts and tumbling skills. **RULING:** Legal, all masks will be judged on an individual basis. Costumes must not restrict vision. Masks (either half or full) that are tight to the face and do not restrict vision or the safe execution of the skill are legal for stunting and tumbling. **Note: Personal protective equipment (PPE) shall be ruled as all other costuming. Protective masks should not interfere with vision, stunting should not be performed while wearing full face shields, etc.**

4.1.2 SITUATION G: (Metal on Costumes) Participants wear a) metal belt buckles, b) metal grommets on pants, c) metal zippers on Hip Hop costume and d) metal chains on pants. **RULING:** All are legal, if appropriate for activity. ST Judge would need to determine if the edges were sharp (large metal studs-pointed) or could damage the floor or participants.

4.1.2 SITUATION H: (Midriff-Sheer Fabric) Participants are wearing costumes that a) show the midriff once dancing begins b) have black sheer fabric in the front under the bra line to the navel, c) have nude fabric in the front from the bra line to the navel and d) have sheer black fabric in a low cut deep V in the back. **RULING:** a) and d) Legal, b) and c) Illegal. Illegal to have skin revealed **WHILE STANDING AT ATTENTION** or to have sheer or **nude/flesh skin** tone fabric in the **front** midriff area (hip to hip).

4.1.2 SITUATION I: (Nylons or Tights Worn in Lifts/Stunts) Participants execute extended lifts wearing a) sheer dance tights b) nylon pantyhose and c) opaque dance tights. **RULING:** All are legal. All apparel deemed appropriate for dance would be legal for stunting and tumbling at all levels (including extended) IF it meets current guidelines in Rules 2 and 4. Examples of legal attire would be leotards, tights, nylons, jazz pants. Ruling clarified in 2013.

4.1.2 SITUATION J: (Stepping on Untied Shoelaces, Pants, or Leg Warmers) During a performance, a) almost all participants are wearing pants that are not properly hemmed to fit, and are stepped on while dancing b) one dancer steps on the hem of his pants c) shoelaces of two dancers become untied and are stepped on. **RULING:** All illegal. Hems that fall under the performer's feet cause a safety hazard if participant steps or dances on them. Hems close to the floor would not present a problem as long as they are not underfoot. Shoelaces should be secured. Untied shoelaces pose a tripping hazard and would be assessed as either a team or individual issue if underfoot. A 25-point deduction would be given if this is ruled as a team issue (a) since apparel for the majority would not be appropriately safe for activity. If it is a few participants with the issue (b and c), a .5 deduction per incident will occur.

4.1.2 SITUATION K: (Safety Pins) Participants are using safety pins to secure a) pant hems on the outside b) letters on the outside of a show costume and c) waist bands on the inside of the band and d) chokers on the inside of the fabric. **RULING:** a) and b) Illegal, c) and d) Legal. Safety pins should only be used on the inside. Used outside, they become "decorative" and can easily become undone. In a stunting situation, a pin would break free if pulled hard enough in the case of the choker.

4.1.2 SITUATION L: (Skirts-Airborne Tumbling) Participants in below knee dresses execute side aerials. **RULING:** Legal, if the skirts are not long enough to impair the vision or movement of any participant while inverted.

4.1.2 SITUATION M: (Skirts-Lifts/Stunts) Participants execute a flatback at prep level in skirts. **RULING:** Legal; the top person's costume must be secured in such a way that it does not interfere with the vision or grip of any member of the stunt group at any time. It is legal for a base to be in a skirt as long as their movement is not impaired.

4.1.2 SITUATION N: (Sunglasses) Participants wearing sunglasses take them off and dance with them in hand. **RULING:** Illegal, if taken off and manipulated and competing in any category besides Show as it becomes a prop. Legal to use as a costume in any category. Note: Sunglasses would be judged independently when lifting/tumbling since vision and safety may be compromised.

4.1.2 SITUATION O: (Tattoo) Participants have visible tattoos. **RULING:** Legal. Tattoos became illegal for a short period of time but are now legal.

4.1.3 SITUATION A: (Wearing Heelys) Participants performing in "Heelys" shoes with wheels. **RULING:** Legal. Footwear rules apply when lifting or tumbling.

4.1.3 SITUATION B (Floor Covers) Participants performing barefoot step off the floor cover while a) doing a chassé b) reaching for a prop that has gone off the cover. **RULING:** a) and b) Illegal Note: it is illegal to dance barefooted unless performers are on a floor cover.

4.1.3 SITUATION C (Roundoffs) Participants in dance paws perform roundoffs **RULING:** Legal, roundoffs are NOT considered airborne tumbling.

4.1.3 SITUATION D (Socks/slippers) Participants dance in a) fuzzy socks with rubber grips on the soles b) slippers c) tube socks. **RULING:** All illegal. Socks and slippers are not considered safe and appropriate footwear for Dance.

4.1.3 SITUATION E (Stilts) Performers in the show category walk and dance across the performing surface wearing stilts. **RULING:** Illegal. Per 2021 NFHS and WIAA clarification, stilts are considered footwear and are not appropriate for any category of dance.

4.1.3 SITUATION F (Footwear-Bases) Three bases of a prep are wearing dance paws while the top person wears jazz shoes. **Ruling:** Illegal. Bases as well as top persons of stunts at prep level where the feet are in the hands of the bases must wear a full sole with non-slip soles.

4.1.4 SITUATION A: (Glitter Fabric) Participants are wearing tops made of glitter fabric. During the performance, large quantities of glitter come off the fabric and remains clearly visible on the floor. **RULING:** Illegal if glitter can be seen on the floor.

4.1.4 SITUATION B: (Glitter on Face) Participants are wearing glitter a) in their face makeup, b) in their eye shadow and c) near the corner of the eye. **RULING:** Legal if glitter is not “loose” glitter. Ruled by the type of glitter, not the location of the glitter.

SECTION 2: STUNTING PERSONNEL

4.2.1 SITUATION A: (Base Holding Poms) Participants in a pom routine (holding poms) execute a) thigh stand b) T-lift and c) flatback d) are on hands and knees while a top person sits on his/her back. **RULING:** a) Legal b) c) and d) Illegal. Illegal if the base’s hands are the primary support for the stunt. Legal if the base’s hands are NOT the primary support for the stunt. Hands free poms are legal.

4.2.2 SITUATION A: (Bases Extended Stunt-Walk) Participants executing an extended flatback walk in a circle. **RULING:** Legal. Walking on the performance surface is not considered a violation of Rule 4.2.2.

4.2.7 SITUATION A: (No Spotter-Show & Go) Without a spotter present, participants perform a prep, then push the top person to an extension and immediately return them to the prep level. The lift/stunt does not stop in an extended position **RULING:** Legal. Per rule 4.2.7 spotters are required for stunts that stop in an extended position. Preps that pass through an extended position without stopping are legal.

SECTION 3: INVERSIONS

4.3.2 SITUATION A: (Inverted Extended Lift) Participants execute an extended flatback. The bases briefly lower the top person into an inversion, then push back to an extended position. **RULING:** Legal for a top person to pass through an inverted extended position. Top person cannot begin, end, pause or stop in an extended inverted position.

4.3.6 SITUATION A: (Chorus Line Flips) 5 Participants execute chorus line flips (inversions) on the extended and interlocked/connected arms of 6 bases. **RULING:** Legal inversion. Inversions below prep

level require at least one person to maintain contact with the top person while inverted. Upper body contact is not required.

4.3.6 SITUATION B: (Head Dropped out of Alignment) Participant drops head out of alignment while executing a) Vertical T-lift and b) triple base flatback and c) double base flatback with spotter. **RULING:** All are Legal. As long as shoulders and waist stay in alignment, this is not considered an inverted position unless shoulders go below the waist.

4.3.6 SITUATION B: (Suspended Roll-Prep Position) A top person in a prep grasps the hands of a post and performs a forward suspended roll. Top person is caught in a cradle by new bases that were a) in place when the roll was initiated b) involved in another stunt immediately prior to moving into position to catch the top person. **RULING: a)** Legal **b)** Illegal. Top person must maintain hand to hand/arm contact with two bases or post who controls the lift.

4.3.6c SITUATION A: (Swing Dance Inversion) Participant A stands behind Participant B. Participant B bends over, legs open, and grabs A's hands through his/her legs. Participant A (base) pulls and flips Participant B (top person) over to land on her feet again. **RULING:** Legal as of 2018-19, inversions below prep level require one person to maintain contact with the top person until they are no longer inverted.

4.3.6c SITUATION B: (Swing Dance Inversion) Participant A and Participant B stand back to back with their arms hooked together. Participant B bends over, as Participant A rolls backwards over the bases back and lands upright on the performing surface. **RULING:** Legal as of 2018-19, contact is maintained between base and top person until the top person is no longer inverted.

4.3.7 SITUATION A: (Transition Inversion Lift with Poms) Participant A performs a handstand while holding poms. Participants B and C then lift them to a prep. **RULING:** Legal to hold poms while inverted if a top person on the performance surface is being transitioned to a non-inverted stunt.

SECTION 4: NON-RELEASE STUNTS/LIFTS

4.4 SITUATION A: (Swing Dance Lift-Barrel/Fan over Partner's Back) Participant A bends, assuming tabletop position. Participant B lays on back of A and rotates one leg, then the other to end standing beside Participant A. **RULING:** Legal. Still considered legal even if the top person goes inverted as of 2018-19.

4.4 SITUATION B: (Back to Back Lift) Participant A bends assuming table-top position. Participant B places hands on A's back and kicks legs up alternating, then on landing, turns around to end next to A. **RULING:** Legal. Still considered legal even if the top person goes inverted as of 2018-19.

4.4.3 SITUATION A: (Stunting Over a Person) During a triple base flatback, there is a participant in the middle of the stunt that is not helping stabilize the top person. **RULING:** Legal as of 2019-20. Stepping on said participant would be a 25 point penalty.

4.4.8 SITUATION A: (Extended Lifts Bracing Extended Lift) Two extended triple based flatbacks are side by side. Top person A grasps the leg of top person B. **RULING:** Illegal. Connections between extended bracers must not be hand/arm to foot/leg.

SECTION 5: RELEASE STUNTS/LIFTS

4.5.1 SITUATION A: (Cradle to New Lift) Top person is dismounted to a cradle and immediately transitioned to a new lift. **RULING:** Legal. The cradle is considered the end of the lift. Moving to a new lift is legal.

4.5.2 SITUATION A: (Basket Toss) The top person holding poms while performing a) basket toss b) elevator toss c) other multi-based tosses. **RULING:** Illegal to perform tosses in Dance/Drill.

SECTION 6: SUSPENDED STUNTS/LIFTS

4.6.2b SITUATION A: (Suspended Splits) The top person in a triple-base extended suspended split briefly releases the hand of one Base A to grasp the hand of Base B. **RULING:** Legal, is ~~new~~ NFHS exception to Rule 4.6.2b.

SECTION 7: DISMOUNTS FROM STUNTS/LIFTS

4.7.2 SITUATION A: (Throwing/Tossing Participants) Participants release (lose contact with) the top person from prep level to the performance surface to end the lift or trick. **RULING:** Illegal, dismounts from prep level or above need assistance from one spotter or base. Legal for stunts below prep if the bases' hands are not supporting the top person under the feet (toss). If the dismount involves a skill, two bases or a base and a spotter are required and the assistance must be sufficient to slow the momentum of the top person.

4.7.3b SITUATION A: (Top Person Holding Props/Poms) Top person in a lift is holding props, poms or signs and is caught in a cradle. **RULING:** Legal with poms and cloth signs. Illegal with hard signs, or props with corners, hard edges or made of hard material.

4.7.6 SITUATION A: (Skills to Cradle) Top person in a prep performs the following skill to a cradle dismount: a) toe touch b) twist. **RULING:** Illegal, skills cannot be performed to cradles in Dance/Drill. Legal to perform a twist to the performance surface.

SECTION 8: TUMBLING

4.8 SITUATION A: (Tumbling Skills) Backwards shoulder rolls and round-offs are considered non-airborne tumbling as of 2014-15.

4.8 SITUATION B: (Floor Work with Poms) Participants holding poms execute floorwork and put poms on the floor. Participants lay down and log roll over poms on the floor. **RULING:** Legal, floor work is not considered tumbling. Legal to lay on poms due to no issue of slipping. Note: If slip/danger occurs, the situation may be ruled differently as needed.

4.8.1 SITUATION A: (Tumbling over Person/Prop) Participants execute the following skills over a prop/pom on the performance surface: a) forward roll b) handspring c) aerial. **RULING:** a) Legal, b) and c) Illegal.

4.8.2 SITUATION A: (Tumbling with Hands-free Poms) Participants execute handstands and cartwheels with hands-free poms. **RULING:** Illegal. Hands-free poms are ruled the same as regular poms for tumbling. Tumbling with hands-free poms is prohibited except for forward and backward rolls or skills where the hand(s) are not used for support (i.e. aerials). New as of 2017-18.

4.8.2 SITUATION B: (Tumbling with Poms) Participants execute the following skills with poms: a) back handsprings b) aerial c) roundoff d) one-handed cartwheel with both poms in one hand e) back tuck and g) handstand **RULING:** a), c) and g) are Illegal while b) d) e) are Legal. As of 2017-18 participants can hold poms during airborne tumbling skills where the hands are not being used for support.

4.8.2 SITUATION C: (Illusion with poms) Participants execute an illusion while holding poms. **RULING:** Legal. An illusion is not considered a tumbling skill and one foot remains on the floor.

4.8.2 SITUATION D: (Dance Skills with Poms) Participants execute the following skills with poms: a) jete b) leap c) jump and d) pirouette. **RULING:** Legal. These dance skills are not considered tumbling and can be executed over participants or props.

4.8.2 SITUATION E: (One-handed Cartwheel with Poms) Participants execute a one-handed cartwheel a) with hands free poms b) with poms or c) with both poms in the non-supporting hand. **RULING:** a) and b) Illegal, c) Legal. Legal to hold poms in the free hand during a one-handed cartwheel or during any tumbling skills where the hand(s) are not used for support.

4.8.2 SITUATION F: (Back Tuck with Poms) Participant attempts a back tuck and aerial with poms. The participant falls during the execution of each skill and catches weight with hands. **RULING:** Illegal. A penalty of 25 points would be assessed if the hands touch first.

4.8.2 SITUATION G: (Tumbling with Props) Participants perform walkovers while holding a) signs b) boxes c) brooms d) flags. **RULING:** Illegal. Illegal to tumble with props (poms or signs) in hands **except** for legal forward or backward rolls OR during skills where the hands are not being used for support.

4.8.6 SITUATION A: (Airborne Twisting Skills) A dancer performing on a gym floor executes a) a round-off b) a Barani (forward airborne flip with half twist that takes off from both feet and lands with both feet together) c) an aerial round-off (round-off with no hands; takes off one foot at a time). **RULING:** A) legal; B) and C) illegal. Only round-offs and aerial cartwheels are legal without a mat or grass. Added 2021.

4.8.8 SITUATION A : (Tumbling Skills) Participants execute breakdancing head spins in beanie hats a) using their hands for support b) not using their hands for support. **RULING:** a) Legal b) Illegal. Headstands, headspins and handsprings in which the hands are not used for support are prohibited as of 2018-19.

SECTION 9: DROPS

4.9.1 SITUATION A: (Knee Drops) Participants bend over with straight legs, then go to knees in an uncontrolled manner. **RULING:** Legal. This would not be considered a drop as it is not landing from an airborne position.

4.9.1 SITUATION B: (Falling from Lifts/Skills) Participants fall out of a skill and land on the performing surface on a) seat b) knees c) chest. **RULING:** Legal if the fall was from a non-airborne position, even if hands or feet do not first bear the weight or the fall is not controlled. Illegal and ruled as an accidental drop if from an airborne position and no control is shown (unless hands or feet bear the weight first).

4.9.1 SITUATION C: (Handstand to Splits) Participants execute a handstand and drop into the splits. **RULING:** Legal. This is not considered a drop due to non-airborne position.

4.9.1 SITUATION D: (Jump Splits) Participants jump up into air and land in a) the splits with feet hitting first or b) the splits with legs fully extended and thighs catching the weight. **RULING:** a) Legal, b) Illegal. Legal if feet clearly hit the ground first on landing. Illegal if feet do not land first.

4.9.1 SITUATION E: (Knee Spins) Participants execute knee spins, knee chaines (one knee up and one knee down) with no knee pads. **RULING:** Legal. Skills like this are not drops and are legal with/without pads.

4.9.1 SITUATION F: (Drop to Jazz Sit) Participants start standing, then a) twist/turn to land on the floor in jazz sit while catching weight with hands b) pirouette to land in jazz sit, and c) leap to land in jazz sit. **RULING:** a) and b) Legal, c) Illegal. Landing from a non-airborne position is legal with or without the hands catching the weight. Leaping and dropping would be considered dropping from an airborne position and is illegal as per 2015-16 rule change.

4.9.1 SITUATION G: (Squat-drop to Knees) Participants squat, then immediately go to their knees. **RULING:** Legal since it is not a drop from an airborne position.

4.9.2 SITUATION A: (Flying Squirrel) Participants squat, jump forward with their body horizontal and land in a push up position. **RULING:** Legal Flying Squirrel. Impact on wrists/arms is considered low risk due to starting in a squat position.

4.9.2 SITUATION B: (Flying Squirrel) Participants execute a Flying Squirrel (jump forward to land in plank) with another participant performing a log roll underneath. **RULING:** Legal, neither element (Flying Squirrel or log roll) is considered a tumbling element. Must not jump UP into a Flying Squirrel. Must push forward from the squat position.

4.9.2 SITUATION C: (Toe Touch to Plank) Participants execute a toe touch and land on the floor in a horizontal plank or push-up position. **RULING:** Illegal. This is called a Shushunova in gymnastics and is an illegal airborne drop to a push-up position.

SECTION 10: PROPS AS BASES

4.10 SITUATION A: (Participants under Props) Participants hiding/dancing under a prop that is used as a base for other participants. **RULING:** Illegal, due to risk for the participants under the prop. WIAA ruling as of 2013.

4.10.3 SITUATION A: (Lying on Chair Inverted) Participants are lying on their stomachs on a chair back with body tilted down (shoulders below waist), towards the seat, hands holding the seat for support with legs in air. **RULING:** Legal for top person to be inverted on a prop if they are lying on a prop at least 1 foot wide and not more than 3 feet high. Width of prop/height is the determining factor.

4.10.10 SITUATION A: (Props on Wheels) Participants are dressed as statues and are standing on flat, low props with wheels. Participants are moving them. **RULING:** Legal without a spotter, low enough to the ground to be able to stabilize themselves.

4.10.14 SITUATION A: (Transition from Prop to Lift) A participant is dancing on a prop, jumps off to a base and is caught in a single based cradle. **RULING:** Illegal. Contact between a participant on a prop and the new bases must be made before the dismount.

SECTION 11: DISMOUNTS FROM PROPS

4.12 SITUATION A: (Prop Tips on Dismount) Participant dismounts from a table by executing a toe touch. The table tips over as the participant dismounts. **RULING:** Illegal. Props should not tip over, fall or collapse when performers are on the props or dismounting.

4.12 SITUATION B: (Prop Collapses on Dismount) A participant is dancing on a table that is 2 feet high. As they jump to the performance surface the prop collapses. **RULING:** Illegal. Props should not tip over, fall or collapse when performers are on the props or dismounting.

4.12.4 SITUATION C: (Dismounting over 3 Feet High Backwards) A participant on a 3.5 foot prop dismounts jumps backwards and unassisted to the performance surface. **RULING:** Illegal. Assisted dismounts are required for prop higher than 3 feet. Direction of the dismount does not matter.

4.12.4 SITUATION B: (Dismounting over 3 Feet High without Contact) A participant on a 4 foot prop dismounts with an unassisted toe touch to the performance surface. The top person does not maintain hand/prop contact while in the air. **RULING:** Illegal; dismounts that involve a skill are not permitted unless the top person maintains continuous contact with a base or prop until they land on the performance surface.

REGULAR SEASON AND DISTRICT COMPETITIONS

Dates and locations for regular season and district events can be found on the WSDDCa website.

<http://www.wsddca.com/regular-season>.

<http://www.wsddca.com/districts>

STATE CHAMPIONSHIP

Information about the State Championships can be found on the Dance/Drill page of the WIAA website.

<http://www.wiaa.com/subcontent.aspx?SecID=325>

State Tournament Manager: Lara Lindersmith, laralindersmith@gmail.com.

PART 6: WIAA BOUND FOR STATE REGULATIONS

WIAA Bound for State Regulations apply throughout the dance/drill season. You can view the regulations here:

[MyWIAA](#) < State Tournaments < Bound for State Regulations

PART 7: PRE-APPROVALS, PENALTIES, APPEALS, GAMES COMMITTEE

SAFETY TECHNICAL PRE-APPROVAL GUIDELINES AND FORM

Pre-approval forms do not exempt a team from a penalty. A skill or a costume may be pre-approved as legal on a video submitted; however, penalties are assigned based on the execution on the day of the performance. An incorrect execution of a skill or problem with a costume may result in a penalty. Music edits presented for pre-approval must be the same edit used for performances.

1. Download the 2021-2022 Pre-Approval Form from the WSDDJJA website www.wsddja.org.
2. You must have one form for each routine and title them accordingly.
3. Complete the form describing the skills using specific details. Indicate the number of bases.
4. Return the form in a Word doc to the ST Director at wsddja.st@gmail.com **by Monday evening in order to receive a response that week. Forms will be returned by Thursday night each week. Forms submitted after Monday may not be returned until the following week.**
5. Attach any photos as necessary.
6. Attach music in an MP3 format and include printed lyrics. Search various lyrics sites to check songs. Note a specific part of the music if there is a concern.
 - a. Send music in an MP3 format.
 - b. Include a song list used in the music.



- c. All lyrics used in music **must** be included.
7. Attach any videos using a YouTube link. Title and number skills. For example, say “this is Hip Hop skill #1,” so it can be matched to the written form. Make sure the link has the correct settings that will allow the Safety Technical Director to access the video (i.e. unlisted link).
 - a. Tape close enough that the bases’/spotters’ hands and grip are visible.
 - b. Tape from an angle that shows what bases and spotters are doing. If need be, film from two different angles. We need to see where spotters are standing.
 - c. Suggestion: tape using music so the ST Director can see the speed of the skill.
 - d. Suggestion: tape in costume in order to determine legality with the costume
 - e. **Only send videos via a YouTube link www.youtube.com.**
8. If the form has not been returned within 10 days, email the ST Director again, as follow-up.
9. As skills are added or deleted, send revised forms for approval. Use one form for each category.
10. Make and keep copies for competitions and give to ST judges prior to the event. Coaches who want their copy back should pick it up when they pick up their ST penalty form after their performance.

SAFETY TECHNICAL PENALTY FORM

Following each performance, coaches should pick up their team’s penalty form at the Safety Technical (ST) table. ***It is always STRONGLY recommended that a coach pick up this form as soon as possible after each performance.*** Coaches may appeal the application of a rule. Remember, ***judgement calls are unlikely to be overturned on appeal.*** Ask ST for an Appeal Form. See Forms and Documents section for the ST Penalty Form and Appeal Form.

APPEAL FORM AND PROCESS

Coaches have 20 minutes from the time they pick up their ST Penalty Form in which to file their appeal. The time of pick-up is referred to as Time of Notification. The coach returns the appeal to the ST table and will be notified when the ruling is completed. ***Appeal Forms submitted after the 20-minute deadline will be automatically denied.*** See the Forms and Documents section to access the Appeal Form.

GAMES COMMITTEE PROCESS AND FORM

At the State Championship, if an appeal is denied and the coach wishes to further contest a penalty, the coach must file a Games Committee form. Request one at the ST table. Complete and return the form to the same table. Access the Games Committee form in the Forms and Documents section.

The WIAA Bound for State Regulations state: “For the purpose of ruling on appeals, the Games Committee shall consist of the event manager, the head judge, a safety/technical judge not involved in the original decision and two participating coaches, athletic directors or school administrators not involved in the dispute in question (either competing in a different category or in a different classification). If the Games Committee cannot agree to support the appeal, then the original decision will remain in effect.”

WIAA/WOA/WSDDJA Games Committee Guidelines

1. The Head Judge and Event Manager should establish who will serve on the Games Committee each day before competition begins.
2. Coaches must complete a Games Committee Ruling Request form **within 20 minutes** of receiving notification their appeal has been denied. Forms are available at the ST table. **Any form submitted after the 20-minute deadline will be automatically denied.**
3. The Head Judge will convene members of the Games Committee to a designated meeting location.
4. Committee members are free to read the Appeal Form from the requesting team/coach.
5. Games Committee members discuss, vote on the appeal, and write their ruling on the bottom portion of the Games Committee Request form.
6. The Games Committee must:
 - a. Overturn the assigned penalty **OR**
 - b. Deny the Appeal and assign the original total points deducted as designated by the ST penalty form.
7. In the event of a split decision (with an even numbered Committee), the WIAA representative on site will make the final ruling.
8. The Request for Ruling form will be returned to the penalty table for pick-up by the coach.
9. Games Committee decisions are final.
10. The coach is responsible for checking back at the ST table to pick up the results.

PART 8: DRILL DOWN GUIDELINES

General Guidelines for Coaches and Participants

1. Only students from registered teams may participate in a competitive drill down
2. Competition drill downs will be called only by certified callers
3. Students participating in drill down must follow all NFHS Spirit Rules in regards to apparel and accessories (e.g. no jewelry or pins).
4. Participants are encouraged to wear team uniforms/warm-ups.
5. Participants must be silent during drill downs (including practice)
6. Coaches and students should educate their family and friends about the importance of being silent during drill downs (turn off those cell phones!)

General Drill Down Information

1. **Posture**
When standing, heels must be touching; toes do not have to touch, but should be close together; arms should stay at sides except for hand salute, dress right dress, and marching (arm movement optional); hands must be in blades at all times
2. **Tempo**
All movements must be executed at the speed of the caller's voice
3. **By the numbers**
Commands are performed only when numbers are called that correspond with stationary commands; a caller may call several commands in a row—commands are not executed until the numbers are called; caller will initiate this format by saying “by the numbers”; the caller must cancel this format by saying “cancel by the numbers” **and/or** “cancel all previous commands”; if

marching commands are given and by the numbers is not cancelled, by the numbers is still in effect after marching has stopped

4. As you were

Participants are required to say “as you were” when the caller calls a command that cannot rightfully be executed; the caller may say “as you were” back to the participants; if participants are at parade rest and caller calls commands that cannot be executed, these commands are automatically cancelled when participants are called to attention

5. Tricks

Callers should not attempt to eliminate participants with tricks that are out of the ordinary while a majority of the participants are still on the floor, but should allow participants to demonstrate their expertise in executing standardized drill down commands

Stationary Commands

1. A-ten-hut—1 count command

Feet side by side and heels together; arms at sides; there must be some arm movement; participants must remain at attention at ALL times during the drill down, ***including when the floor is cleared.*** Head movement is determined by team style.

2. Parade rest—1 count command

Step out with left foot; feet shoulder width apart; the only command that can be executed from a parade rest is a-ten-hut; if another command is called, participants must say “as you were” after the caller says “1”; hand position and/or head drop is determined by team style

3. Hand salute—2 count command

Bring right hand in blade position to right brow on 1; drop arm quietly to side on 2; participants may bring left hand to waist as a style variation

4. Dress right dress—2 count command

Right hand to left shoulder on 1; extend right arm out to right and look right on 2; the only command that can be executed from a dress right dress is ready front; this command can be used to make lines; team style may vary slightly

5. Ready front—2 count command

Both arms extend straight out in front, palms facing each other on 1; arms drop to sides quietly on 2; ready front can only be executed after dress right dress

6. Faces—2 count commands

1. **Right face:** Right heel, left toe pivot turn to the right; 90 degrees on 1, bring in left foot to right on 2 to close
2. **Half right face:** Same as above, but a 45 degree turn
3. **Left face:** Left heel, right toe pivot turn to the left; 90 degrees on 1, bring in right foot to left on 2 to close
4. **Half left face:** Same as above, but a 45 degree turn
5. **About face:** Place right toe approximately one inch behind left heel on 1; rock weight back on left heel on pivot 180 degrees on 2

NOTE: 1 and 2 are provided to show the order of movements; movements should be executed according to the speed of the caller’s voice if not by the numbers

NOTE: Head delays are optional as they tend to be dictated by team styles

Marching Commands

1. Mark time march

Begin marching in place with left foot first; this is used to start marching and set the marching pace; feet must clear the ground when marching; hands positions determined by individual/team styles; caller will say “mark time march” not “mark time *harch*”; saying “up left” after “mark time march” is optional

2. Squad halt

Used to stop marching; this command may be called on either foot; once the command is called, the participant halts two beats (marches) later (i.e. halt 1, 2)

3. Flanks

Marching commands should not be executed until the command “march” is given; several commands can be given in succession before the command “march” is given; participants must wait until the command “march” is given, then execute the commands in the order they were stated; delayed heads are optional

1. **Right flank march:** This command is signaled when “march” is called on the right foot; to execute a right flank, step forward with the left foot, pivot 90 degrees to the right, and continue marching; right flank must be called on the right foot
2. **Double to the right flank march:** Same as above, but two right flanks are executed, the second immediately following the first
3. **Left flank march:** This command is signaled when “march” is called on the left foot; to execute a left flank, step forward with the right foot, pivot 90 degrees to the left, and continue marching; left flank must be called on the left foot
4. **Double to the left flank march:** Same as above, but two left flanks are executed, the second immediately following the first
5. **To the rear march:** This command is signaled when “march” is called on the right foot; to execute a to the rear, step forward with the left foot, pivot 180 degrees to the right, and continue marching; to the rear must be called on the right foot

NOTE: If caller calls command on incorrect foot, caller will acknowledge error immediately and students will **not** be called out for that command

Obliques

Obliques are for teams who want more of a challenge; currently they are not used in competitions in Washington. Obliques can be called to increase the level of difficulty while calling marching commands. An oblique is a 45 degree pivot, rather than a 90 degree pivot while marching; however, when “halt” is called, the participant must return to the last axis (see below).

1. **Right oblique march:** This command is signaled when “march” is called on the right foot; to execute a right oblique, step forward with the left foot, pivot 45 degrees to the right, and continue marching; right oblique must be called on the right foot
2. **Left oblique march:** This command is signaled when “march” is called on the left foot; to execute a left oblique, step forward with the right foot, pivot 45 degrees to the left, and continue marching; left flank must be called on the left foot
3. **Axis:** Participants have two axis (you could think of them as north/south and east/west). When marching, participants must remember the last axis they faced. If halt is called while the participant is not on an axis, the participant must return to the last axis when

they come to a halt. This requires a three count halt, as the participant must turn to the correct axis and then execute a two count halt.

PART 9: FORMS AND DOCUMENTS

Coaches should familiarize themselves with these items before the competition season begins each year. As rules change, forms will adapt and change. Forms are updated annually and can be accessed at www.wsddja.org.

COSTUMING CUE CARD

Formerly called the “On Deck Check”

Judges will not attempt to correct any violations prior to the team taking the performance floor. They will note the violations on the penalty form for each team.

PENALTY CUE CARD

The judges will use this form as a quick-reference sheet during safety/technical judging.

OFFICIAL SCORESHEET

This score sheet is used to judge all categories at all WIAA sanctioned events.

LEVELS OF ACHIEVEMENT

This rubric is a tool for both coaches and judges. It can be an excellent tool to use with students.

SAFETY TECHNICAL PRE-APPROVAL FORM

This form must be submitted for all pre-approvals. Coaches may access this form and additional information at wsddja.org. Be sure to follow *all* directions.

WIAA/WOA DANCE/DRILL SAFETY-TECHNICAL PENALTY FORM

This form is used to notify coaches of penalties at competitions.

WIAA/WOA DANCE/DRILL PENALTY APPEAL FORM

If coaches wish to appeal a safety-technical penalty, they must complete this form and submit it within 20 minutes of notification.

REQUEST FOR GAMES COMMITTEE RULING FORM

Coaches who are not satisfied with the outcome of an appeal may submit a request to be reviewed by the Games Committee. This only applies at the State Championship or with permission of the hosting school athletic director .



PART 10: GAME DAY

The Game Day category will be an option for teams during the 2021-22 regular competition season only. It will not be offered at districts or state.

CATEGORY DEFINITION

A game day routine consists of a combination of dance styles, that include; Pom, Hip Hop, Dance, Kick or Military. Your routines' primary focus should be on school spirit, school pride and crowd involvement. This routine should include your school's fight song, spirit raising performance and a performance routine. All should be traditional in nature. You may fill the time between routines with rallying, chants or transitions.

