

2009-2010 OSAA/DDCA NFHS Rule Interpretations

▪ Definitions:

- **Stunt/Lift:** An action is considered to be a stunt or lift ONLY if both feet of the partner/flyer are lifted off of the ground.
- **Cheerleading Style Lift:** For the purposes of these rule interpretations, a lift is considered to be a “Cheerleading Style Lift” if the lift involves hand to foot contact/support of base(s) and flyer, and both feet of the flyer leave the ground.
- **Dance Style Lift:** For the purposes of these rule interpretations, a lift is considered to be a “Dance Style Lift” if the lift is from a dance origin where a single base **or multiple bases** lift a flyer/dancer **and** both feet **of the flyer** leave the ground, there is no hand to foot contact, and the head of the partner/flyer does NOT drop below his/her own waist level. **The lift can be prep level or extended.**
- **Inverted-NFHS 08-09 changes Rule 1-3-1:**
One in which a participant’s shoulders are below waist. (Ex: chorus line flip, back handspring, needle scale, arch back) Comment: defining as shoulders below waist instead of “head below waist” more accurately reflects the intent of the inverted flyer rule and allows for low risk stunts to be legal that we have been previously illegal.
- **Tumbling Levels**
Level 1 – Basic rolls, bridges, handstands, cartwheel, round-off handstand forward roll, back walkover, front walkover
Level 2 - Standing back handspring, round-off back handspring, standing back handspring series, aerial cartwheel
Level 3 – Round-off back handspring series, standing back tuck, round-off back handspring, whip backs, half twists, full twists.
- **Knee Drops: Rule 1/sec. 5/art 2 pg. 16 /Rule 3/sec. 2/art 1 pg. 40 REMINDER/Clarification:** "Knee, thigh and split drops from a jump, stand, or inverted position are illegal unless most of the weight is first borne on the hand(s) or foot/feet or is controlled, to absorb the impact of the drop" (emphasis added). When the knee(s) come into contact with the floor, the movement must be controlled in such a way that another part of the body is assisting in absorbing the impact to the performance surface.
- **Metal on Costumes: Rule 3/sec. 1/art 2 & 5, pg. 39 REMINDER:** All are "legal "if securely affixed to costume and will not interfere with the safe execution of a dance move or stunt. Teams wearing costumes with metal zippers, snaps, belt buckles, etc. that comes in contact with the floor will not receive a safety technical penalty. However, if damage to the floor occurs, that team's school shall be responsible for the repair of the damaged floor.
- **Jewelry: Rule 3/sec. 1/art 2 pg. 39.** There is a subtle difference between dance and cheer in the jewelry rule. In cheer, no jewelry is allowed. However, in dance, only "hard" (made of metal or hard plastic) jewelry is considered **illegal** when a team is stunting with the exception pertaining to whether or not it is affixed to a costume or hair. Jewelry of any sort is legal as long as the team is NOT stunting and the jewelry is appropriate for task at hand. Jewelry can be used for Level 1 tumbling only.
- **Jewels or rhinestones affixed to face or hair.** Glued jewels to hair and face are legal if no risk is involved and the dancer is not stunting or Level 2 and 3 tumbling.

- **Dance shoes: Rule 3/sec. 1/art 6 pg. 39** Generally, any dancers who are performing “Cheerleading Style Lifts”, stunts or Level II or III tumbling must wear shoes that cover the toes and entire sole of the foot.
Exception A: Dance division team members who are not performing “Cheerleading Style Lifts”, stunts or Level 2 or 3 tumbling must wear some type of dance shoe, but lyrical sand sols/paws are acceptable.
Exception B: Show division team members who are not performing “Cheerleading Style Lifts”, stunts or Level 2 or 3 tumbling may dance without shoes so long as a floor is being used AND any lifts are “Dance Style Lifts” not above prep level.
- (SEE Definitions of “Cheerleading Style Lift” and Dance Style Lift” at the beginning of these Interpretations.)
- **Safety in Costuming: Rule 2/sec.1/art 1 and Rule 3/sec. 1/art 5.** A performers costume/apparel Must meet NFHS safety rules. Costume must not create or become a Safety risk for the performers.
 - **Dropped item-**If a dancer or dancers are dancing on or over a dropped item and/or a dropped item becomes an immediate safety risk to the dancers, a safety penalty will be assessed.
If the dropped item is recovered at an appropriate time before it becomes a safety hazard, no penalty will be assessed. (revised 9/20/08)
- **Spotters: Rule 2/sec.4/ art 1-7 and Rule 3/sec.4/ art1-5 (pg. 21 & pg. 40.** Spotters are not required for “Dance Style Lifts” UNLESS the lift is extended above prep level. For “Cheerleading Style Lifts” and stunt spotter requirements, please refer to NFHS Spirit Rule book for rules and exceptions. **(SEE Definitions of “Cheerleading Style Lift” and Dance Style Lift” at the beginning of these Interpretations.)**
- **Glitter: Rule 3/sec. 1/ art. 9 pg.39** Loose glitter may be made legal through mixing it in gel or some sort of solution prior to application. For props "glitter paint" or laminated glitter must be used.
- **Height of Props: Rule 3/sec. 3/art 1 p. 40.** REMINDER "The weight-bearing surface of props used as bases must not exceed five feet in height." This means that participants should not be on top of any prop over five feet high.
- **Stunting on prop: Rule 3/sec. 5/art 4 pg. 41. Stunting on prop is illegal.**
 When layered as "Prop" then "dancer" followed by another dancer/flyer for a lift/stunt on that prop is lifted with both feet off the ground.
 Exceptions: There are a few exceptions to the rule if Dancer is not lifted above the base/dancer's waist.
- **Basket Tosses: REMINDER-** Since all dance/drill competitions/performances take place on a gymnasium floor, basket tosses should not occur unless a proper soft-yielding surface is used.
- **Tumbling in costume: Rule 2/sec.2/art.4 pg. 20.** Tumbling is illegal when done in a dress or costume that causes the tumbling to be unsafe for the dancer or dancers around them. All dance/drill and show team dancers are required to wear shoes that cover the entire foot from toe to heel if performing level 2 tumbling as determined by the NFHS rule book. Level 1 tumbling permitted without shoes that cover entire foot, but some type of dance shoe needs to be worn.
- **Prop moving with dancer on it: rule 3 sec. 5 art 9 pg. 39.** Clarification: Dancer may stand on a moving prop, but must be holding onto a stable piece on that moving prop. Without the stable piece for dancer to hold, then a spotter that is not touching the prop is required to make it legal.

- **Comments/suggestions vs. Violations:** Teams are not entitled to a warning before they receive a violation. Suggestions/comments are given when the TECH judge think they might have seen a violation, but are not 100% sure or both judges do not see/agree on violation. The judges have been trained that if they are "on the fence" on a call they should give a warning. *Please take suggestions seriously. It could mean saving your team from receiving a violation in the future.*

- **Appeals: (NOTE:** These Appeals interpretations apply to invitational contests; appeals are NOT allowed at the OSAA State Championships.) The appeal process can be a wonderful tool if it is used correctly. Great care should be taken in presenting your protest to a TECH Judge. A few reminders (these are actually printed on the appeal form):
 - 1.) Appeals are the responsibility of the coaching staff. All appeals must be submitted by US postage mail to the Technical Committee for review. Tech. Committee Appeals Form must be accompanied by the questionable material. This form is available on the DDCA website under technical Judges. Appeals are not permissible at the State Championships.
 - 2.) Coach must provide a written statement as to what and why they disagree with the ruling. No appeal will be heard on judgment calls of the officials.