



NJCDCA STATE DANCE CHAMPIONSHIP RULES

The NJCDCA seeks to represent the principles of dance subscribed by our constituency. The rules for the NJCDCA State Dance Championship are a collaboration of National Federation of State High School Associations (NFSHA), National Dance Alliance (NDA) and Universal Dance Association (UDA) competition rules.

Section 1: TIME LIMITS/ MUSIC/ENTRANCES

- I. School teams will have a maximum of 3 minutes performed entirely to music.
- II. Timing will begin with the first choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever is last.
- III. If a team exceeds the time limit, a penalty will be assessed for each violation. A 5-point penalty will be assessed for overtime.
- IV. In order to keep the competition on time, all team rituals and traditions need to take place prior to entering the performance floor. Teams should enter the floor and immediately start their routine. Teams with excessive and choreographed entrances will be assessed violation points.

Section 2: CHOREOGRAPHY AND COSTUMING

- I. Suggestive, offensive or vulgar choreography, music that is inappropriate for family audiences is prohibited.
- II. 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.
- III. At least one shoe must be worn during the competition. Dance paws are acceptable. Wearing socks and/or footed tights only is prohibited.
- IV. Jewelry as a part of a costume is allowed.

Section 3: GENERAL RULES

The NJCDCA will follow the General Safety Rules & Guidelines as set forth by UDA and NDA.

- I. UDA Safety Rules & Guidelines: (pg. 9)
 - a. [22-23-UDA-School-Rules.pdf \(varsity.com\)](#)
- II. NDA Safety Rules & Guidelines: (pg. 12)
 - a. [22-23 nda rule book school.pdf \(varsity.com\)](#)

Section 4: AWARDS

- I. Team trophies awarded will be contingent upon the number of entries in each division.
- II. Banners will be awarded to division in the varsity division only

Section 5: COMPETITION GUIDELINES

- I. At least one coach must attend the mandatory coach's virtual meetings.
- II. DIVISIONS CANNOT BE CHANGED ONCE THE MEETING TAKES PLACE.
- III. Coaches will not be permitted to speak to the safety judges before their performance time.
- IV. All safety questions must be sent to the Safety Committee at least one week before the competition.
- V. We suggest that you have a backup/contingency plan if any team does not have a coach or a representative for virtual meeting. No Exceptions!



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GAME DAY TEAM GUIDELINES

GAME DAY SCORING, COSTUME / PROP GUIDELINES, TIME LIMIT, QUALIFICATION, JUDGING & SAFETY RULES

1. Teams will be evaluated and scored on each section of the Game Day Format.
 - a. Each component should have a beginning and an ending.
 - b. Each component will begin once movement or music begins after stopping point of the prior section.
2. The performance will consist of 3 sections: Fight Song, Spirit Raising Performance, Performance Routine - in any order.
3. Teams may use poms, but they are not required. Signs are allowed for fight song and spirit raising section only. No other props are allowed. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
4. Mascot uniforms are allowed and must remain in the performance area throughout the entire performance.
5. The entire Game Day performance should not exceed 3:00 total, including transitioning from section to section. Each component has a maximum time limit of 1:00 per section.

GAME DAY FORMAT

1. Fight Song
 - a. Skills and choreography should represent a traditional Fight Song that your team performs at games and community events.
 - b. Recorded band music must be used and off stage musical instruments may also be utilized.
 - c. Scoring in this section is based on the ability of the performers to perform a traditional school fight song displaying high energy and solid performance techniques effectively and accurately.
2. Spirit Raising Performance
 - a. Teams will choose to perform ONE of the following:
 - i. Sideline Routine
 - ii. Stand Routine
 - iii. Drum Cadence
 - iv. Band Chant
 - b. The performance of your choice should have an emphasis on crowd appeal.
 - c. Scoring in this section is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.
3. Performance Routine
 - a. A routine (hip hop, jazz, kick, or pom) that is designed for crowd entertainment.
 - b. This is the best time to showcase your team's energy and connection to the crowd.
 - c. Scoring in this section is based on the ability of the performers to entertain and connect to the crowd.



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GAME DAY FORMAT DESCRIPTIONS

FIGHT SONG

Routine should be comprised of visual effects that are relevant to game day (typically performed on the sidelines/ court); choreography that represents your schools traditional Fight Song that teams perform at games and within the community. Characteristics of a Fight Song include motion work, crowd interaction and other traditional engagement. This routine should have a clear finish before transitioning to the next section.

SPIRIT RAISING

Routine should have an emphasis on crowd appeal. These routines are intended for quick, spur of the moment game day situations; there may or may not be a repeated sequence of choreography. Teams will choose one of the following: sideline, stand routine, drum cadence, call & repeat chants, and/or band chants with or without vocals. This routine should have a clearly defined start and definite finish before transitioning to the next section.

PERFORMANCE ROUTINE

Routine should showcase the team's energy and connection to the crowd with high energy, game day specific choreography designed for entertainment in either jazz, pom, hip hop or kick or any combination of these styles. This routine is pre-planned and choreographed to a specific piece of music; a highlight piece for the dance team at a game. The routine should complement the team's strengths while also providing exceptional visuals and crowd appeal. This routine should have a clearly defined start to this section.