



DANCE TEAM RULE BOOK

PROGRAM TYPE

1. **ALL STAR:** All athletes must be registered with the USASF in the Athlete ID system. A team that does not dance for any sport, but is formed for the primary purpose of competing/training. The team works out in a private gym/studio and/or is coached by a paid professional. USASF Dance Rules apply.
2. **ALL STAR PREP:** All athletes must be registered with the USASF in the Athlete ID system. A team that does not dance for any sport, but is formed for the primary purpose of competing/training. The team works out in a private gym/studio and/or is coached by a paid professional. USASF Dance Rules apply.

DANCE ROUTINE CATEGORIES

1. **JAZZ:** A jazz routine encompasses traditional or stylized hard-hitting, crisp and/or aggressive approach to movement and can include moments of softness while complementing musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills.
2. **POM:** A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). Poms must be used 80% of the routine.
3. **HIP-HOP:** A Hip Hop routine can incorporate any street style movement with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation.
4. **PREP:** The Prep Category is offered for emerging teams and dancers. All Category styles in each Age Division will compete together in Prep (Prep Jazz, Prep Pom, or Prep Hip Hop), or may be split when the Splitting Rule for Prep applies. A dancer may not compete in a Non-Prep Category and a Prep Category within the same style. Youth League/Rec programs may compete in this category.

NON-COMPETING DANCE TEAMS

1. **SHOW/EXHIBITION TEAMS:** Each participant receives an award. Maximum time limit is 2:15. Routine can be in any style. All routines must follow USASF Dance Rules. No scores will be given, however, we will include comments on their performance.
2. **DANCEABILITIES (SPECIAL ATHLETE) TEAMS:** Each participant receives an award. Maximum time limit is 2:15. Routine can be in any style. All routines must follow USASF Dance Rules. No scores will be given, however, we will include comments on their performance.



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MGSE GENERAL SAFETY GUIDELINES

A Safety Violation will be assessed for violation of the following:

1. CHOREOGRAPHY AND COSTUMING:

- a. Suggestive, offensive, or vulgar choreography, costuming, and/or music are not allowed.
- b. 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, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
- c. All choreography must be age appropriate.
- d. All costuming and makeup should be age appropriate and acceptable for family viewing.

2. ROUTINE MUSIC:

- a. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family listening.
- b. Music or words unsuitable for family listening, which includes, but not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body.
- c. Removing improper language or words from a song and replacing with sound effects or other words, may still constitute 'inappropriate'.

3. JUDGE'S DISCRETION: Judges reserve the right to assess warnings and/or deductions when a team's choreography, costuming, makeup, music, etc. do not meet the standards of what MGSE deems 'appropriate'.

4. TIME VIOLATIONS: Maximum time limit is 2:15, minimum is 1:45. Timing will begin/end with the first/last choreographed movement or note of music.

- a. Teams must enter and exit in a timely manner.
- b. Organized entrances are not allowed. Teams should walk on the floor, place their props and immediately go to their starting positions.

5. COACHES AREA: Coaches must remain seated on the colored rugs (one coach per rug) that are placed in front of the floor during the team's performance. Coaches will not be allowed to assist the team during the team's entrance, routine performance or exit.

6. SPOTTERS: Please refer to our 2018-2019 Competition Policies & Procedures form on our website for more detailed information.

7. SPORTSMANSHIP: Coaches must display good sportsmanship and require the same from members of their program. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or MGSE Staff member may result in potential deduction, team disqualification, removal from the event and/or barred participation from future MGSE events.



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MGSE COMPETITION POLICIES

1. **MUSIC GUIDELINES:** MGSE will follow the Varsity Spirit Music Guidelines for all competitions. Please refer to the 2018-2019 Competition Policies & Procedures form on our website for more detailed information.
 - a. You must provide a representative from your program to play music.
 - b. If playing music from MP3 player or phone, it **MUST** be in airplane/do not disturb mode.
 - c. We highly recommend using an iPod or other music-playing device without cellular connection for music playback. Avoiding using a cellular phone during performances is best, however if this is a must follow these tips:
 - Use a phone with a headphone jack. The newest phones, including the iPhone 7, 8, 10 and Samsung Galaxy S7 do not have headphone jacks and this can cause issues during playback.
 - Take off the case! Failure to do so may disconnect the phone jack from the playback system causing a skip in the music or complete cut off.
 - Make sure the device is turned on airplane mode.
 - Download the music directly to the device and play using the playback software. Using a secondary platform, online services, or streaming music can cause disruptions during playback due to internet connections within convention centers and venues.
 - Update the Operating System on the device. Failure to do so may cause interruptions during playback.
2. **INTERRUPTION OF PERFORMANCE POLICY:** Please refer to the 2018-2019 Competition Policies & Procedures form on our website for more detailed information.

DANCE RULES AND AGE DIVISIONS

MGSE will adhere to USASF Dance Rules, Age Divisions, splitting/combining divisions, World splits, etc.

Go to usasfdance.net for more detailed information.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.



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2018-2019 ALL STAR DANCE AGE GRID

JAZZ			
Tiny	4 years – 6 years	Female/Male	4 or more members
Mini	5 years – 9 years	Female/Male	4 or more members
Youth	7 years – 12 years	Female/Male	4 or more members
Junior	9 years – 15 years	Female/Male	4 or more members
Senior	11 years – 18 years	Female/Male	4 or more members
POM			
Tiny	4 years – 6 years	Female/Male	4 or more members
Mini	5 years – 9 years	Female/Male	5 or more members
Youth	7 years – 12 years	Female/Male	4 or more members
Junior	9 years – 15 years	Female/Male	4 or more members
Senior	11 years – 18 years	Female/Male	4 or more members
HIP HOP			
Tiny	4 years – 6 years	Female/Male	4 or more members
Mini	5 years – 9 years	Female/Male	4 or more members
Youth	7 years – 12 years	Female/Male	4 or more members
Junior	9 years – 15 years	Female Only	4 or more members
Senior	11 years – 18 years	Female Only	4 or more members
PREP			
Tiny	4 years – 6 years	Female/Male	4 or more members
Mini	5 years – 9 years	Female/Male	4 or more members
Youth	7 years – 12 years	Female/Male	4 or more members
Junior	9 years – 15 years	Female/Male	4 or more members
Senior	11 years – 18 years	Female/Male	4 or more members