



## Oregon School Activities Association

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### Dance SRI Updates:

- 1) Based on feedback from Oregon dance coaches, Technical Judges will communicate penalties and or cautions by text messaging to a coaches during competitions. Tech Judges will ask Coaches to meet them at the Judges room for a discussion. This communication procedure will eliminate concerns around performer anxiety and allow for direct clarity on rule interpretations.
- 2) Two changes in tumbling rules were approved in dance. In an effort to minimize risk, Rule 4-8-8 now prohibits headstands, head spins and head springs in which the hands are not used for support. In Rule 4-8-2b, soft props may now be used during airborne or non-airborne tumbling skills in which hand(s) are not being used for support. The props cannot be made of hard material, or have corners or sharp edges.  
Comment: Poms with straps, rather than handles, do not meet the expectation of hands-free.

- 3) The below rule was reviewed and discussed at the DDCA Fall Coaches meeting. This is provided for Coaches who were unable to attend and learn of this rule.

#### **Rule Change for Show Teams & Novelty Performances: Props as Bases:**

4-10-2 Performing on props is limited to two levels high, meaning that the prop is the first level, and the participant(s) in direct weight-bearing contact with it is/are the second level. A single, unfolded mat on the performing surface is not considered a prop.

NOTE: Oregon Interpretation: A mat is also defined as a tarp or single layer floor covering and is not considered a prop. Additional flooring/mats/etc. on top of the base tarp would be considered a prop and therefore no stunts could take place on the additional floor/mat/etc. on top of the tarp.

- 4) Timing Rules:

Judging and timing shall begin with the first beat of the music or recorded sound. Judging and timing will end with the last beat of the music or when the last member crosses the performance area boundary line at the end of the routine, **whichever comes first.**

TIMING PENALTY: 1 point.

- 5) Time Requirements for each category:

1. Jazz: two (2) to three (3) minutes
  2. Hip Hop: two (2) to three (3) minutes
  3. Modern: two (2) to three (3) minutes
  4. Contemporary: two (2) to three (3) minutes
  5. Kick: one and a half (1.5) to two and a half (2.5) minutes
  6. Pom: two (2) to three (3) minutes
  7. Novelty: two (2) to three (3) minutes
- D. Time Requirements for Traditional Season:
- a. Dance/Drill Teams: two and a half (2.5) to five (5)

### Recommended Reading:

#### **Spirit Coaches Responsibilities**

Includes information on Organizing an Effective Practice Schedule, Strength and Conditioning, Partner Stunt Progression and Tumbling Skills Levels.

<https://www.nfhs.org/sports-resource-content/spirit-coaches-responsibilities/>