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## Dance SRI Bulletin #1

**General Risk Management, Rule 2, Section 1 (NFHS, pages 14-17):** Recommend reading situations to support the rules. **2.1.7 - Performing surfaces and areas must be suitable for spirit activities.** Please note the need for coaches, judges to error on the side of participant safety, rather than participant skill and confidence level.

**Music Judging & Timing, OSAA 2.2.2:** Judging and timing shall begin with the first beat of the music. Judging & timing shall end when the last member crosses the performance area boundary, or the last beat of music, which ever comes first.

**Dance, Rule 4, Section 1 (NFHS, pages 34, 35):** Recommend reading rules and situations.

Definition of midriff: the middle part of the body, between the chest and the waist.

Coaches & judges must utilize the rules in this section as "black and white" and when selecting costuming is likely to be reflective of school values, culture, etc.

**SRI Request:** Process change - Coaches seeking feedback on inversions, stunts/lifts, tumbling should include the following within the email:

- a) Video footage related to question
- b) Written description of what is being performed
- c) List the rule(s) in which said stunt/lift/ inversion, etc. is "legal".

And - Have fun this season! Find fun ways to incorporate Technical rules into your rehearsals - give prizes to those who can list the most general risk rules. Make protecting the head, neck and shoulders a "standard" cheer for your group. Attached is a worthy article about positive sport experiences:

<https://www.shapeamerica.org/uploads/pdfs/2018/publications/strategies/Keep-Em-Playing.pdf>

For questions, contact Christine Andersen at [dance\\_drill.sri@osaa.org](mailto:dance_drill.sri@osaa.org)