



## Oregon School Activities Association

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December 14, 2021

### Dance Updates:

Congratulations to Oregon dance teams participating in the Fall Category competition season. It's been a long road to get performers back into in-person performances, and yet, the Dance Drill Coaches have endured and made it possible for a successful transition.

Kudos go out to ALL the teams – Dance Coaches truly took to heart the emphasis on keeping dancers safe and evaluating the capabilities of their dancers. Technical penalties were at an all-time low for the Fall season. Less than a handful of penalties were assigned during the November-December events, and penalties were because of event dynamics, rather than unplanned, unknown skill requirements. Good Job! Thank you for the work you do to make sure student athletes are safe.

One of the noticeable costuming adjustments was the focus on “clean” hair and fewer hair accessories. The simple, scaled back hair made it less likely to incur a penalty related to Rule 2, Section 1, Article 5. Coaches are encouraged to read the Situations and Rulings for Rule 2, Section 1.

### Quick Definition Review:

**Prep Level:** A top person's base of support is at approximately shoulder height.

Comment: When planning Stunts/ Lifts, please note the different requirements for spotters and bases.

**Bridge:** Static position, not defined as tumbling

**Inverted Position** – Shoulders are below the waist.

### Technical Judge Recruitment

Seeking candidates interested in Technical Judging! Please reach out to Christine Andersen, [dance\\_drill.sri@osaa.org](mailto:dance_drill.sri@osaa.org). Training for the Winter season will be conducted in early January 2022.

Have a wonderful holiday season.