



Dance Rules, Regulations, and General Information

(Adapted from CADTD Guidelines)

COMPETITION RULES:

1. Entry fees must be paid in full before the Line-up and final instructions will be sent.
2. Team fees will increase to \$150.00 each if received after the deadline. .
3. NO REFUNDS will be issued after the deadline.
4. Divisions/routines will not be allowed to switch to a different division after the final line up has been sent. Advisors, Coaches must be certain of what division is being assigned at the time of receiving the final line up.
5. All participants must have their own accident/medical insurance. The Director/Advisor or Coach will download our INDIVIDUAL FORM that reads MEDICAL AND MEDIA RELEASE FORM at the top from our website and have each member of your team's family read and sign. You will keep that form with you all season. Next download the form that has NRG DANCE AND CHEER TEAM WAIVER at the top. Use that form ONLY to fill out the top information with the particular event you are attending, list all of your team members that will be coming to the event, have each parent sign it and bring JUST THAT ONE PIECE OF PAPER WITH YOU TO THE EVENT! NRG must have that form for each team or they will not be allowed to perform.
6. Teams are allowed to enter more than one team per division HOWEVER, a routine may only be used once in that division
7. All teams are required to have a Director, Coach, Advisor, or District Employee present to accompany their team and stay with them during all NRG events. The team/soloists will not be allowed to perform without above said person with them.
8. All backdrops and props must have protective coverings to protect gym floor regardless of the division. (carpet, felt, or rubber/tape MUST be used) Skateboards, roller blades, bicycles, etc. will not be allowed on the gym floor. No combustibles (fire, gasoline, etc.) are allowed and any of the above will be subject to disqualification and well as accessing damages to the team.
9. NRG is at liberty to disallow any props that may cause damage to the performance facilities..
10. **Knotts Berry Farm State Championship requires footwear that covers the toes and bottom of the feet to provide protection from the theater wooden stage.**
11. NRG safety guidelines will be enforced

DIVISION SIZES:

1. Jazz, Lyrical, Contemporary/Modern, Military and Hip Hop will ALL have the SAME size divisions
 - a. Small – up to 10 members
 - b. Medium – 11-17
 - c. Large – 18+
2. Dance/Drill
 - a. Small - 6-14
 - b. Large – 15+

NRG reserves the right to add, delete, combine and/or split divisions.

Maximum age limit is very important. A younger student is permitted to perform with an older group, however, an older student must not compete on a team with younger student

The age of the oldest student will determine in which division the team will compete.

DIVISIONS:

1. **MILITARY** – Routine must be military in nature with emphasis on precision, straight-arm sequences, and military transitions using various marching styles and pattern formation.
2. **JAZZ** – Routine should be performed using Jazz Dance movement and vocabulary including: theatrical, technical, stylized, classical, and pop. Choreography should include the aesthetic foundation of jazz emphasizing bold dramatic body movements, isolations, contractions, rhythm, musicality, energy/expression and dynamics.
3. **CONTEMPORARY** – A routine that rejects the limitations of classical ballet and favors movement deriving from an abstract source. This division replaces the generic “dance” division and is now separated from the Lyrical division.
4. **LYRICAL** – A routine that is any fusion of ballet and/or classical jazz techniques. Routine should express deep emotion or observations derived from the lyrics or feeling of the songs. This form includes the use of legwork, balance, and facial/body emotion.
5. **HIP HOP** – Content of routine should consist of popular “street dance” or other related forms not defined by other NRG divisions. Difficulty should be emphasized by specific hip hop styles including but not limited to: pop/lock, tutting, whacking, krumping, and breaking. Divisions should be split by gender: female/male/Co-ed.
6. **CHARACTER** – Routine should depict a specific theme or character through the music, costuming and choreography. Choreography may be of any movement style (s) providing they are central to developing the theme or character. Routine may not rely on any prior knowledge (from audience or judges) of the theme’s origin. (Eg: just dancing little people with Dorothy, no story) No minimum number of dancers.
7. **NOVELTY** – Routine emphasis must be on creating and expressing a full storyline, and may not rely on any prior knowledge (from audience or judges) of the theme’s origin. Every aspect of the routine, including music, costuming, movement styles and choreography, or optional use of sets, backdrops, or props, should go directly toward enhancing the storyline. (Eg: Wizard of Oz story to the Emerald City, house storm, etc.) No minimum number of dancers.
8. **KICK** – Routine must be 50% full team kick sequencing. Routine should contain significant line work as well as a variety of different types of kicks. Routine may be thematic in nature using any dance style or styles, but the focus should be on the kicks/kick sequencing. No minimum number of dancers.
9. **CO-ED DANCE** - Routine may be of any style, or combination of styles. Emphasis should be on interaction between males and females. Teams should try to have a minimum of 3 couples, preferably even number of males and females, to compete in this division.
10. **PROP** – Routine emphasis must be on the use of a prop, or a variety of props, used as the major focal point. Routine may be of any style, or combination of styles that is not defined by another NRG division (Eg: pom) as long as the prop is the main focus of the routine. No minimum number of dancers.
11. **POM** - Routine may be dance of any style, or combination of styles that is not defined by another NRG division (Eg: prop) that includes the USE OF POMS as the main focus. Routine may be thematic in nature but the poms **MUST** be used in 80% of the routine and should focus on visuals, formations, and strong arm movements and dance technique, turns, leaps, and tricks with poms in hand. No minimum number of dancers.
12. **DANCE/DRILL** –Routine must consist of 50% dance choreography and 50% military. Teams should dance as well as use marching and pattern formations.
13. **SHOW PRODUCTION** – Routine emphasis must be on characterization or be of unique thematic nature. Teams must use clever costumes, make up and unusual or innovative choreography together with backdrops, props and thematic music to create a “total show”.

14. SOLOS/DUETS – Routine may be of any style or combination of styles. Male or female. The routines may be split according to age and/or style. Males may be combined with Females. Divisions with more than 10 teams entered, should be sub-divided into at least 2 separate divisions. If divisions are combined, directors/coaches should be notified in advance.

TIME LIMITS:

- 1 team -3 minutes maximum.
- 2 Solo - 2 minutes maximum.
- 3 Show Production - 5 minutes maximum and allowed 1 ½ minutes for set up and same for strike without penalty
- 4 The timing of the routine begins with the first note of music and ends with the last note.

DEDUCTIONS:

All deductions are at the discretion of the judges and the NRG Directors and are taken off of the total average score

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| 1. Dropping of Equipment/Accessories | .5 per occurrence |
| 2. Timing of routine | .1 per second over or under |
| 3. Inappropriate music | 2.0 |
| 4. Unnecessary delay of competition (not ready to perform) | 2,0 |
| 5. Safety Guidelines violation | 2.0 |
| 6. Routine entered in wrong division (style) | 2.0 |
| 7. Performing same routine in more than 1 division | 2.0 |
| 8. Damage to the gym floor | Disqualification |
| 9. Use of combustibles | Disqualification |

All disqualifications should be communicated and explained to the team’s director prior to the awards ceremony.

SOUND SYSTEMS AND MUSIC:

1. NRG audio systems allow for MP3/IPOD players. Cell phones must be put into airplane mode before performance. CD’s may still be used as a backup, but should NOT be the primary music source.
2. Each team must provide a SEPARATE/SINGLE playlist with ONE song only on their MP3 or CD. Directors/coaches will give music to audio table as their team is taking the floor and pick up as their team is leaving the floor.
3. No music check will be allowed.
4. A team representative must be in close proximity to the music system during performance in case of technical problems. Coaches should ALWAYS have a back up to their main music source!

AWARDS:

1. Ties will be broken by the high score for execution, then if needed showmanship, then routine content.
2. Scoresheets, Recaps, and Judges Audio Recordings will be available to participating directors at the end of the event. Participating Director may make arrangements for a representative.
3. NRG is not required to mail trophies, recaps, or scoresheet

VIDEO RECORDING:

It is requested that ALL Directors, coaches, performers AND spectators record ONLY their own teams/solos/duets routines. **NRG is NOT responsible for monitoring video recording!**

DRESSING ROOMS/AREAS - NRG will not be responsible to provide changing rooms as not all of our venues provide locker, dressing rooms or classrooms for multiple costume changes.

