



Dance Safety Guidelines

(adapted from CADTD)

Safety is a priority with all of the gymnastic and partnering stunts that are an integral part of Dance/Drill choreography.

NRG's philosophy is that all stunts should be:

1. SAFE
2. IN CONTROL at all times
3. Include an appropriate PREPARATION
4. Include an appropriate LANDING (with spotters wherever warranted)

With all partnering, the base should maintain constant contact with the lifted dancer for safety. The following is a list of stunts and specialties that are considered UNSAFE:

1. Front/Back Standing tucks
2. Toe pitches
3. Shoulder STANDS
4. UNCONTROLLED partner tossing/releasing
5. Un-assisted/spotted standing flips

Any other specifics/details regarding stunts/specialties will be at the Director/Coach's discretion. Our hope is that choreography will continue to be creative and innovative, but safe for the performers. For a safety violation, 2 out of 3 judges must concur and the specific stunt should be noted on the penalty sheet from the above list.

All props, sets and shoes must have protective, non-marking pads to ensure that the gym floor is not damaged. NRG allows bare feet and half-soles/paws, (with the exception of Knotts Berry Farm Western Regionals – must have shoes that cover the feet). Footwear violations will be at the discretion of the NRG Directors as some facilities will NOT allow performers without shoes.

BE SURE TO READ THE RULES FOR EACH EVENT SO THAT YOUR TEAM IS NOT UNNECESSARILY PENALIZED.