



2026 - 2027 MSAA DANCE RULES & REGULATIONS

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COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the National Federation of State High School Associations (NFHS) Board of Directors.

- **Coaches** shall be aware that they have a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- **Coaches** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators and staff, the state high school athletic association, the media, parents, and the public, coaches shall strive to set an example of the highest ethical and moral conduct. Communication with all parties should be wholesome, appropriate and positive.
- **Coaches** shall respect and support contest officials. Coaches shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical and inappropriate.
- **Coaches** shall take an active role in the prevention of drug, alcohol, tobacco and other substance abuse.
- **Coaches** shall avoid the use of alcohol and tobacco products when in contact with players.
- **Coaches** shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.
- **Coaches** shall master the contest rules and shall teach the rules to their team members.
- **Coaches** shall not seek an advantage by circumvention of the spirit or letter of the rules.
- **Coaches** shall utilize their positive influence to enhance sportsmanship by spectators, both directly and by working closely with dancers, other school club sponsors, booster clubs and administrators.
- **Coaches** shall promote a culture that encourages diversity and inclusion.
- **Coaches** shall ensure they familiarize themselves and their teams with their schools' emergency action plans and, where applicable, with concussion and heat illness prevention plans.
- **Coaches** should meet and exchange cordial greetings with the opposing coach to set the positive example and correct tone for the event before and after the contest.
- **Coaches** shall not exert pressure on faculty members to give students special consideration.
- **Coaches** shall not scout opponents by any means other than those adopted by the league and/or state high school association.

Each high school coach is first a TEACHER. The student-athlete is participating within the school's activity program because he or she desires to do so. Consequently, that student is often more attentive to a coach's lessons than to those offered by teachers in required courses.

The function of an interscholastic coach is to educate students in "LIFE LESSONS," through their participation in educational athletics. Every student athlete should be treated as though they were the coach's own children. Their welfare must be uppermost at all times. The following abridged guidelines for coaches have been adopted by the National Federation Interscholastic Coaches Association Board of Directors.

1. The coach must be aware that he or she has a tremendous influence, either for good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
2. In all personal contact with student athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
3. The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and under no circumstances should authorize their use.
4. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
5. The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
6. Coaches shall actively use their influence to enhance sportsmanship in the broadest possible manner.
7. Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct, which will incite players or spectators against the officials. Public criticism of officials or players is unethical.
8. A coach shall not exert pressure on faculty members to give student athletes special consideration.

1. School Sponsored Team:

A school team must be sponsored by and under the control of the school committee and registered with the MSAA through an annual registration process. A school team must have: a coach(es) appointed by the principal; a regular practice schedule through the season; a meaningful schedule of contests through the season defined for that sport; and school uniforms.

Teams not registered with the Association are not eligible for tournament participation. All school teams must be registered with the Association during the annual Student Activities Registration renewal process.

2. Application of Rules:

As a condition of a high school's participation in dance under MSAA Rules and Regulations, prior to the first fall season contest, each principal or their designee must read entirely, understand, abide by and be prepared to enforce all MSAA dance rules, regulations and policies. Further, the principal and their designee must assure that each member of the school dance coaching staff is knowledgeable of and will enforce all requirements contained therein.

- A. MSAA rules apply to all member school teams and all individuals at all levels of competition. Teams must comply with safety standards in accordance with UDA rules, guidelines and recommendations at all times and in all aspects of its program.
- B. In order to be eligible to represent a school in all dance competitions, teams must conform to all MSAA rules.
- C. In the case of a postponed event, the eligibility of participants does not carry over. The students who participate in any event must meet all eligibility requirements on the date that the event is actually held.
- D. No special privileges, such as extra examinations, delayed marks, makeup opportunities or other opportunities not granted to every student in the school, are to be granted to dancers.
- E. School dance teams may not compete against teams that do not represent a school.
- F. A principal may not make a private agreement with another school or any other party to evade MSAA or UDA Rules and Guidelines. Regarding the participation of an ineligible student, no ineligible high school student can participate in any dance activity (games, competition, etc.) regardless of any proposed agreement between school and competition host school. Schools hosting MSAA sanctioned open invitational competitions must follow the MSAA rules.
- G. Neither schools nor school committees may make rules that are in any way less restrictive than those set by MSAA or UDA.
- H. A principal or their designee must report suspected rule violations to the principal of the school in question and to the MSAA Executive Officer in charge of dance.

3. Loyalty to the High School Team: Bona Fide Team Members:

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

- A student-athlete must be a team member for a minimum of 50% of the regular season schedule for that team to participate in any MSAA Tournament competition.
- A team member is defined as any student-athlete who attends practices or games for their team.
- Bona Fide waiver requests for Saturday and Sunday practices only do not need submission to the MSAA rather approval determined by the High School Principal or principal's designee.
- MSAA Bona Fide waivers are only allowed during the pre-season or regular season. Bona Fide Team Member Waivers (for missing any practice or game) are not permitted during MSSA post-season.

PENALTIES: First Offense: Student-athlete is suspended for one (1) contest and shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule or in tournament play.

Second Offense: Student-athlete is suspended for an additional 25% of the season and is ineligible for tournament play immediately upon confirmation of the violation.

Penalty Carry Over: An unserved portion of the penalty for a violation toward the end of a season will carry over to the very next high school season in which the student is a legitimate participant.

4. Subsidizing Out-Of-Season Activities

A school or a member of that school's coaching staff may not subsidize or support students who might attend any activity outside of the authorized seasonal limits for that sport. In addition, a coach may not provide transportation for candidates of their team to an out-of-season activity/camp.

- A. Student participation in out-of-season activities may be funded by booster clubs or organizations if approved by the school administration.
- B. Students may not wear school uniforms, or be identified as a school team, out-of-season and/or during non-school events.
- C. Schools may issue equipment (but not uniforms) during the out-of-season period, but school districts should review any liability issues that could arise from such issuance.

5. Gender and Participation

No student shall be denied in any implied or explicit manner the opportunity to participate in any interscholastic activity because of gender. A school may establish separate teams for

males and females for competition in a sport provided that both teams receive equal instruction, training, coaching, access to available facilities, equipment, opportunities to practice and compete.

If a school offers a single team in a particular sport, it may not restrict eligibility based on gender unless such a restriction is necessary to ensure that the school's gendered designation of athletic opportunities complies with Title IX (either by demonstrating proportionality or the absence of unmet interest among members of the underrepresented sex).

If a school offers a girls' team and a boys' team in a particular sport (including offering the same sport in two different seasons), it may restrict eligibility based on gender.

A student shall not be excluded from participation on a gender-specific sports team that is consistent with the student's bona fide gender identity.

When a school district submits a roster to the MSAA, it is verifying that it has determined that the students listed on a gender-specific sports team are eligible to participate either based on the gender listed on their official birth certificate or based on their bona fide gender identity and that no students are included on the roster solely for the purpose of gaining an unfair advantage in competitive athletics. The MSAA shall defer to the determination of the student and the student's school regarding gender classification.

Nothing in this policy shall be read to entitle a student to selection of any particular team or to permit a student to transfer from one gender-specific team to another team of a different gender during a single sports season.

It is a recommended best practice that schools communicate with their opponents as necessary about the gender-specific needs of their team in order to promote inclusion – e.g., to ensure that appropriate locker room facilities are available, that announcer use athlete's correct pronouns, etc.

6. Private Promoters and Sponsors

In any activity involving one or more MSAA members, schools should not endorse any private promotion and/or sponsorship, which might result in the exploitation of students or direct financial gain to the promoter or sponsor.

Schools should refer to the MSAA Office – and when appropriate to the Board of Directors – all outside financial offers for supporting athletic programs among several school districts.

7. Adult Representation:

The principal, headmaster, or director of the school in all cases is responsible to the Association for the acts of school teams and other school organizations. All teams and individual participants must have adult representation present and responsible for them at all times. Such adult representation must be an employee or a designated representative of the school district. If the representative is not the coach of record, then the designee must provide written introduction on school letterhead, signed by the principal, or the student(s) will not be permitted to participate.

8. Medical Coverage:

Each member school should employ a licensed certified athletic trainer. Licensed physicians, athletic trainers, and coaches should receive sport medicine training. For all MSAA sanctioned events/competitions, the host school must employ a licensed physician, licensed athletic trainer or certified EMT for the event. The host site is required to have an AED onsite (and accessible) or with their medical provider.

9. Parental Permission:

Principals should secure from each athlete's parent written consent to participate in interscholastic sports. Eligibility rules and an assumption of risk statement should be part of this form.

10. Missing or Diseased Paired Organ:

To participate in interscholastic athletics, an athlete with a missing or diseased paired organ must provide his/her principal with a parental permission form and a medical specialist's written permission to participate. Such an athlete must wear during all practices and competitions the protective equipment recommended by the specialist.

11. Coaches Education:

Each school must employ a dance coach that is qualified and trained in dance safety. If the administrator finds it necessary to hire a coach that is untrained, training should be provided before the team performs stunts or tumbling. All dance coaches must meet the same requirements set for other coaches in the school system.

All coaches hired prior to August 1, 1998, are exempt from taking the Fundamentals of Coaching Course. Coaches hired after 8/1/1998 but before 7/1/2005 must complete the NFHS Fundamentals of Coaching Course with the exception of Certified Massachusetts teachers.

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2005 must complete the NFHS Fundamentals of Coaching Course, and an approved Sports First Aid course INCLUDING CERTIFIED TEACHERS.

- The NFHS Fundamentals of Coaching Course requirement must be met through attending an MIAA/MSAA sponsored Fundamentals of Coaching Class with MIAA/MSAA Certified Instructors. Must be completed and passed prior to coaching a second year.
- The NFHS Sports First Aid may be met by completing on-line courses with the NFHS <http://www.nfhslearn.com>. Must be passed prior to coaching a third year.

Additional requirements for all coaches:

- Massachusetts requires coaches to be certified in CPR per Section 1. Section 47A of chapter 71 of the General Laws. Additionally, AED training is required and will most likely be done in conjunction with the existing mandated CPR training.
- All MSAA member school coaches (paid or volunteer) are required to take annually the on-line National Federation Concussion Course, or other MA Department of Public Health recognized education program, prior to the start of their season.

The MSAA recommends that all coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2025 complete a cheer/dance specific course from the NFHS Learn catalog within the first 12 months of hire.

12. Concussion Training Requirements:

In accordance with Massachusetts General Law 105 CMR 201.000, “the following persons annually shall complete one of the head injury safety training programs approved by the Department of Public Health as found on the Department’s website: (1) Coaches; (2) Licensed athletic trainers; (3) Trainers; (4) Volunteers; (5) School and team physicians; (6) School nurses; (7) Athletic Directors; (8) Directors responsible for a school marching band, whether employed by a school or school district or serving in such capacity as a volunteer; (9) Parents of a student who participates in an extracurricular athletic activity; and (10) Students who participate in an extracurricular athletic activity.” Additional information can be referenced here: [Department of Public Health](#) in regard to the Concussion Law.

Each school’s medical person/staff is responsible for the members of that team. In the event of injury, that medical person/staff will make the final judgment as to whether a student-athlete may return to play. Whenever a medical person is on duty at an athletic event, they shall be responsible for both teams (unless the other team has its own medical person present). When a physician is not present at an athletic event, a licensed/certified athletic trainer, if available, shall be considered the higher medical authority on-site when an EMS is providing medical coverage at the same event. Their judgment will be final. Physical disqualification by the medical provider renders the student ineligible.

PENALTY: The penalty for playing an ineligible student, due to physical disqualification specified above, is forfeiture.

Medical Alert Bracelets/Anklets are approved for wearing in all sports, provided they are taped to the body and marked in red.

Any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the practice or competition and must not return to practice or competition that day. Refer to Massachusetts General Law 105 CMR 201.000 for mandated concussion management protocols.

13. Physical Examination:

All students must pass a physical examination prior to participation in High School Athletics. A physical exam covers the student for 13 months from the exam date. A student’s eligibility will terminate once a physical has reached the 13 month limit.

Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant or Nurse Practitioner. The MIAA Sports Medicine Committee has recommended the use of the American Academy of Pediatrics (AAP) Preparticipation Physical Evaluation forms. For reporting purposes of the 13-month physical examinations, only the Medical Eligibility Form can be used for submission to the school.

Note: Written doctor medical clearance notes do not take the place of an annual physical

PENALTY: A student in violation shall be suspended for the number of contests in which they participated without a proper physical. Teams do not have to forfeit these contests.

14. Return to Participation:

Subsequent to any serious injury, and prior to further participation in dance, a dancer must receive a medical release from a physician. This form should be kept on file at the school.

The assigned athletic trainer at all MSAA sanctioned events will have the final approval for participation of any injured dancer.

15. School Attendance Policies:

Each school should establish the same school/class requirements for dancers that are set for other school activities provided that such requirements are not in conflict with MSAA Rules and regulations.

16. Academic Requirements:

Dancers must follow the same requirements established for other school activities.

17. Academic Awards:

The MSAA will provide a certificate to the school for every varsity dance team that achieves a minimum combined GPA of 3.00 (gold) or 2.50 (silver). The school administrator in charge of dance should contact the MSAA office regarding this award when applicable.

18. Equipment:

Each school is to provide their dance team with a suitable practice facility and ascertain that all equipment is in good, safe condition and not defective in any way.

19. Transportation:

Each school should transport its dance team by common carrier such as bus lines, vans, or taxicabs. The school administrator should discourage the use of any private vehicle to transport dancers to away games or competitions.

20. Baseline Eligibility Requirements

For a student to practice with, or to represent a MSAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student's daily attendance and achievement).

An ineligible student who is duly enrolled in your school, may practice with team if approved by your school administration.

21. Student Eligibility: Home Educated Students and Commonwealth Virtual School Students
Home Educated Students

A home-educated student is eligible to participate in interscholastic athletics if the following conditions are met:

- The local school committee of a MSAA public school member institution has adopted a policy regarding participation of home educated students on the high school teams, and the local building principal has indicated such on the annual MSAA membership form while including all home schoolers in the MSAA enrollment report.
- The Educational Plan for the home-educated student has been approved by the public school Superintendent or designee.
- The principal has determined appropriate high school grade level placement (9-12) for each home educated student in conjunction with chronological age and educational plan.
- The student resides in the school district that serves the high school and is living with their parents or legal guardians in the family residence. In multiple school districts, a home-educated student must be assigned to the school of record in the same manner as other students.
- The principal is satisfied that the student meets the standards for athletic participation required for all other students as defined in the current MSAA Rulebook. This includes, but is not limited to, those rules governing transfers, academic eligibility, age requirements, and the number of consecutive seasons of athletic eligibility beyond grade eight.
- MSAA requirements relative to academic eligibility must be certified by the principal at the same times that all other student-athletes are to be certified as academically eligible.

If the principal determines that all eligibility standards detailed above have been met, the principal may declare the student eligible to participate in interscholastic competition. The rights, privileges, and responsibilities associated with all other student-athletes attending MSAA member schools will apply to home educated students who have satisfied the requirements above.

Note: home school student access to a MSAA member school program is limited to the traditional comprehensive high school within the district in which the student resides. In multi comprehensive high school districts, the home school student access is limited to the school pre-determined by that school district's protocol or process as adopted by that school committee.

Commonwealth Virtual School Students Commonwealth virtual school students residing in Massachusetts are eligible to apply to the Superintendent of Schools of the school district in which the student resides, and if approved, shall be able to participate in interscholastic athletics within the district.

22. Middle School Students on Senior High Teams:

A middle school student is eligible to represent a senior high school on its teams only when the MSAA member high school includes those grades and they are under the direct jurisdiction and supervision of the high school principal.

Note: Consideration can only be given to middle level students when school district residency creates the direct path to a single high school and does not require application for admission or have any other conditions impacting a students' matriculation.

23. Mixed Gender/Coed Teams:

Mixed gender teams are those teams having both male and female participants. A minimum of one opposite gender participant defines a team as coed.

24. Penalty for Participating if Ineligible:

The school administration of a school that allows a student to dance who is later found to be ineligible shall notify in writing the MSAA representative and the tournament director of all dance competitions in which they have received award recognition as a team or individuals (trophy for placements, most valuable dance awards, spirit awards, etc.). The team will return all recognition awards to the MSAA office, forfeiting every dance competition in which the ineligible student competed during that season.

25. Out-of-Season Coach-Athlete Contact Limitations:

Unless otherwise permitted in this rule, between seasons a coach may conduct a meeting(s) with team candidates only to elect captains, collect equipment, issue equipment, to provide for physical examinations, to conduct legitimate fund-raising events, or to offer wellness workshops or activities. Teams may participate in school or community events.

- A. A coach is defined as any paid or volunteer member of the athletic staff.
- B. The MSAA considers the last coach of record as holding that position until replaced by the Administration.
- C. A coach may not directly or indirectly require an athlete to participate in a sport or a training program outside of the MSAA defined sport season. Additionally, a coach may not penalize an athlete for not attending an out of season program.
- D. Voluntary conditioning sessions open equally to all students in a school and which are entirely devoid of sports-specific activity may be conducted between seasons provided no candidate is either required to participate or penalized for not doing so.
- E. A high school coach may be employed by a park or recreation department or other organization or may volunteer for such a group to teach their sport out-of-season provided the following conditions exist:
 1. The coach adheres to all conditions of MSAA Rule 45; and
 2. School funds are not used.

F. A coach's high school candidates must constitute the minority of those taking part in any out-of-season sport's program. Candidates of that high school coach must be fewer than 50% of those participating in the overall program.

G. A "candidate" is defined as:

1. A varsity or sub-varsity athlete who:

i. Is enrolled at the MSAA member school where the coach is employed or volunteers for the specific activity in question;

ii. participated in a high school program at some interscholastic level the previous year; and

iii. has eligibility remaining; or

2. Students in the grade immediately below the designated structure of the school, such as a sixth-grade student for a 7-12 school, a seventh-grade student for an 8-12 school, or an eighth-grade student for a 9-12 school.

Note: For private, vocational, charter, and school choice schools, all students in the grade immediately below the designated structure of the school are considered candidates.

Students who reside outside the school's established residency admission criteria are not considered candidates under this rule (e.g., for vocational schools that serve a specific group of towns/cities, only students that reside in those towns/cities are considered candidates).

26. **Sportsmanship/Taunting:**

Student-athletes, coaches, administrators, spectators, contest officials and all other persons connected directly or indirectly with a member school shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all interscholastic events in which they participate and/or attend.

Taunting includes any actions or comments by coaches, participants, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.

Examples of taunting include but are not limited to: "trash talk", defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing their skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including, but not limited to "in the face" confrontation by one participant to another. A violation of this rule may result in disciplinary action as outlined in the Violation of Rules and Regulations section of this Rulebook

27. Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco:

- A. From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state.. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by their doctor.

This MSAA/MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports/activities due to injury or academics, the penalty will not take effect until that student is able to participate again.

If a violation of this rule occurs while the student is serving a school suspension (either in-house or out-of-school), the chemical health violation penalty period will not begin until the school suspension period has concluded.

If on the other hand, the school suspension is directly related to the violation of the Chemical Health Rule, then the suspension and chemical health penalty will be served concurrently.

Minimum PENALTIES:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the event site as determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the students of their own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MSAA activities after a minimum of 40% of

events provided the student was fully engaged in the program throughout the penalty period.. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue certificate of completion. If the student does not complete program, penalty reverts back to 60% of the season.. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

B. During practice, game or competition, a coach shall not use any tobacco product (penalty: same as students' above).

28. Membership Position on PED:

Anabolic androgenic steroid use and performance enhancing drugs (PED's) are of grave concern. Coaches need to send a clear, unequivocal message that unauthorized steroid use and PED's are not acceptable. This discussion should highlight the fact that the penalties for other substance use apply. Short and long-term health effects can also motivate student athletes to protect their future. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes.

Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most "get-rich-quick" schemes, steroid use has serious short and long term consequences.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances are a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be.

The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

29. Good Citizen Rule:

Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension. A suspended student is ineligible for practice or competition for at least the number of days (or partial days) equal to the number of days of the suspension. Individual school policies will determine the actual days of ineligibility. The MSAA suggests that policies be included in local Student Handbooks.

30. Registering Dance Team with MSAA:

The school administrator is responsible for Membership Registration for Fall and Winter. All teams must be registered by September 30. Teams not registered with the MSAA will NOT be allowed entrance into any MSAA sanctioned competition. Each school must register the Fall and Winter team(s) separately.

31. Team Rosters:

The school administrator must maintain a current roster for each team registered with the MSAA. All participants must be listed on the roster (including alternates). Student-athletes not listed on the roster are ineligible for competition.

- A. Competition Rosters – Sanctioned teams are allowed to compete at MSAA sanctioned tournaments. When a coach submits a competition roster for purposes of competing at a sanctioned tournament, they are verifying that all members listed have been actively participating in practices and games throughout the current season. Competition rosters are limited as follows:

Only team members are allowed to enter the competition free of charge. All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission.

32. Try Outs

- A. Participants may try out for the fall team in the spring. Tryouts may not be held before the Tuesday following Memorial Day and must be completed by June 30. Spring tryouts may last for no more than five (5) days. Fall teams may continue their tryout process in the fall after the designated start date determined by the MSAA/MIAA. All tryouts must be concluded by September 15th.
- B. Participants may try out for the winter team in November. Tryouts may not be held prior to the Monday after Thanksgiving

33. Sanctioned Events:

A multi-school event form must be approved by the Member School Principal and forwarded to the MSAA for approval. MSAA must sanction all local open/invitational and league competitions. It is recommended that all teams entering competitions be placed into divisions using the MSAA divisional alignments. Only MSAA member sanctioned schools will be allowed entrance into open/invitational, league, regional and state competitions.

34. Definition of School Sponsored Events/Competitions:

- A. **Open or Invitational** – hosted by an MSAA member school – any sanctioned member may participate.
- B. **State Final** - held in fall and winter. All eligible member teams who complete an Intent to Enter may participate – there is no qualifying competitions for the State Championship.
- C. **New England Tournament** – held in the winter. Top four (4) teams in Jazz, Pom and Hip Hop will receive a bid to attend the New England Tournament. If any of the top four teams are unable to attend, the MSAA will allow the next place team to attend in their stead until all of the Massachusetts slots are filled.

- A. In-State Teams Competing Out of State: Out of State competitions listed on the Sanctioned Events list have been approved for participation by Massachusetts sanctioned teams. An out of state host must allow only those Massachusetts teams sanctioned by MSAA to participate. Out of state hosts allowing non-sanctioned Massachusetts teams to compete will not receive MSAA sanctioning. All tournaments must adhere to the UDA rules.
- B. Out-of-State Teams Competing in MSAA events: Out of state teams may receive a waiver to compete in a MSAA open invitational if the host site director obtains a registration form with written signed approval from the registering school administrator that includes:
 1. Total enrollment figures (9-12);
 2. Team roster sheet not to exceed twenty (20) competing members and four (4) alternates;
 3. Coach's contact information;
 4. Signed verification of physicals; and
 5. A release of liability to the MSAA and the school hosting the event while competing and/or transporting participants to and from the event.
- C. Exhibition of Non-Sanctioned Teams: Non-sanctioned teams, including but not limited to college teams, all star teams, pop warner and youth teams, are not allowed to exhibition or compete at an MSAA sanctioned dance tournament unless MSAA allows any JV teams to compete.

35. Hosting Competitions (Open/Invitationals AND League):

- A. A multi-school event form must be submitted to the MSAA for approval by the member school in order to sponsor an invitational or league competition. Approved events will be posted on the Sanctioned Events section of the MSAA website. Only teams properly registered (sanctioned) will be allowed to compete.
- B. The host school is responsible for verifying the eligibility of the teams that enter the competition. This can be done on the MSAA website. **Non-sanctioned teams (college, all star, youth, pop warner) are not allowed to exhibition or compete at an MSAA sanctioned event.** If the host site allows a team that is not sanctioned to compete or exhibition at its tournament, it will receive a warning letter. If there is a subsequent violation by the host site, the host site will no longer be allowed to host tournaments.
- C. All interstate dance competitions must be sanctioned by MSAA and abide by all UDA rules and recommendations.

36. Recognized Activity and Competition Limits:

- A. Dance teams will be allowed entrance into MSAA sanctioned competitions with approval of their school administrator. A team must be actively supporting its school's athletic program in order to be eligible for competition in EACH season it wishes to compete. The number of competitions should be large enough to ensure that the student participants have an opportunity to experience win and loss situations and to learn the values associated with athletic participation such as, commitment, sacrifice, teamwork, leadership, sportsmanship, etc.

- B. Competition Limits: Dance teams are allowed participation in a maximum of seven (7) MSAA sanctioned competitions per season which includes: (a) up to six (6) open or invitational tournaments, (b) state championship. Teams competing but not advancing to state competition may choose to attend extra open or invitational tournaments but may not exceed a total of seven competitions per season.
- C. Fall Season: The fall dance season must not begin before the designated date determined by the MSAA/MIAA. The Fall season must end with completion of the regular varsity season schedule except for a team completing their participation in the MSAA tournament.
- D. Winter Season: The winter dance season must not begin before the Monday after Thanksgiving. The Winter season must end with completion of the regular varsity season schedule, except for a team completing their participation in the MSAA tournament.
- E. Limitation Exceptions:
1. Approved participation in tournaments sponsored by the Council of New England Secondary School Principals' Associations is allowed.
 2. Approved participation in a national competition is allowed subject to the terms and conditions set forth in the National Competition section of this Rulebook.

37. Competition Routine Parameters:

- MSAA Score Sheets will be used at all MSAA competitions. The score sheet will be divided into 3 categories for a total possible score of 100. Three line judges, one penalty judge and a head judge will be assigned to each state tournament. No scores are dropped.
- Team members are required to be in costume/uniform and participate in the awards ceremony.
- No team may compete with less than six (6) on the competition floor at any time and no more than twenty-three (23).
- CATEGORIES – Teams may perform any style or dance or a combination of styles. Some are listed below.
 - Jazz: This is the most broad category offered in a dance team competition. Teams can perform classic jazz, contemporary, "lyrical" style, or a combination of these styles within a routine. Regardless of the jazz style chosen, judges look for creativity, musicality, technical ability, and use of team strengths.
 - Pom: This style continues to evolve adding multiple genres packed within a high energy routine. It can include a mix of cheer motions, technical elements, hip hop tricks, and power moves. Judges look for these elements along with a visually appealing, powerful, and well executed routine. Note: Poms must be held 85% of the routine when competing Pom.
 - Hip Hop: Routine can encompass street-style movement with an emphasis on style, creativity, originality, control, and body isolations. Judges should look

for strength, power and authentic styles of movement, while routine maintains style and flow

- Performance Area - Performance surfaces and dimensions may vary by competition based on venue, size and restrictions, divisions offered, and other factors. Competition floor markers will be used.

38. Interruption of Performance

The Safety Judge or Head Judge reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a Regional or State Competition, the team will have time to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Head Judge. The routine must be performed full-out from the beginning of the routine. All safety deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category.

All other circumstances in which there is an interruption of a team's performance will be under the discretion of the Head Judge or MSAA Tournament Director at Regional and State Championship events. In all instances where a team is allowed to present its routine again, the routine must be performed full-out from the beginning of the routine. All safety deductions accumulated to that point will carry over and judging will resume from the point at which the interruption occurred.

39. Ties:

If a tie occurs, ties will be broken by adding the following categories:

- Execution of Skills
- Overall Impression

If the tie remains, both teams will receive recognition and the tie will stand.

40. Dance Safety:

Dance teams should be provided the assistance of all school medical personnel and/or athletic trainers/Certified Athletic Trainer. Dance coaches should be given an equal amount of practice time in a safe environment conducive with dance activity. Dance coaches should be equipped with a team medical kit, which is readily available to them at all practices, games and MSAA sanctioned competitions. MSAA recommends that all dance coaches have some training in First Aid and CPR (See Coaches Education).

41. Award Ceremonies:

- A. Student athletes should be apprised of the potential risk of injury associated with victory celebrations including activities such as "piling on". This is of particular concern at presentation of awards during dance competitions. Coaches are responsible for discouraging their teams from responding in a manner that could cause injury to others.
- B. During the award ceremony of any MSAA sanctioned event, dance teams and coaches should behave in an appropriate and sportsmanlike manner.

- C. Teams must be in full uniform for award ceremonies.
- D. Score sheets will be distributed to the coach of record only following the conclusion of awards.

42. National Competition:

Only eligible member varsity dance teams in the earning a bid to attend a National Event in the manner below are allowed to compete. A National Bid may only be used in the academic year and division in which it is earned.

National bids are subject to the approval of school administrators. Once approved, teams must notify the MSAA office in writing of their intention to use a National Bid including where and when the bid will be used.

43. Dance Training/Camp:

Coaches may attend one (1) session (no longer than 5 consecutive days – not to be split into separate weeks) of training/camp out-of-season with their team. This training session must be in the interest of learning technique and safety. This session may not be used for the purpose of choreographing competition routines or portions thereof.

44. Definition of Practice:

Practice is a reporting of a group of potential athletes who are under the direct or indirect supervision of a member of the high school coaching staff, and who are receiving instruction in skills or techniques.

45. Captain's Practice:

The term "Captain's Practice" usually refers to a situation in which the team's captain(s) organizes and conducts out-of-season practice for dance without adult supervision. The MSAA does not in any way sanction, encourage, or condone "Captain's Practice." "Captain's Practice", depending on the member school's involvement, may be a violation of MSAA rules. There is also a serious practical consideration. If it can be demonstrated that a school is allowing "Captain's Practice", the liability responsibility for an injured athlete may be quite serious.

46. Costumes

Shoes, on both feet, are commended but not required while on the performance surface. Please note that dancers should choose to wear shoes, anything with wheels is not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks, and or footed tights only is not allowed (Clarification: Socks designed for dance that provide shock absorptions, arch support, ankle stability, traction are allowed.)

- When all dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bottom of the sternum/diaphragm down, front of the body only. Nude body liners are acceptable. This rule applies to all POM, Jazz and Hip Hop divisions.
- Tights are HIGHLY recommended to be worn for all athletes with costumes not but required.
- Costuming must be well secured and appropriate for a family friendly environment.
- Jewelry as part of the costume is allowed. Safety of the dancers should be considered.

PERFORMANCE

PROPS

1. Props are NOT allowed.
2. Wearable items used to enhance the routine are allowed but must remain connected to the garment/costume throughout the entire performance. If taken off and danced with, it becomes a prop. Wearable items cannot be taken off and discarded.
3. See page 13 for Game Day Prop rules.
4. Signs and/or rally towels being used in a Game Day routine ONLY, will not count as props.

HANDS FREE POMS

The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers' hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

ENTRANCES AND EXITS

1. Formal entrances which involve choreography, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
2. Teams have 30 seconds from the team's introduction to start the routine and 30 seconds after routine completion to exit the stage. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 or more seconds will be assessed. This 30 second time limit is not included in your two (2) minute max routine time limit.
3. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a 1.0 deduction. Excessive celebration includes, but is not limited to, alternates/coaches entering the competition floor, head/hair swinging, inappropriate gestures, and/or other similar moves.

ROUTINE TIME LIMITATIONS

1. Timing will begin with the first choreographed movement, voice, note of music, or whichever comes first. Timing will end with the last choreographed movement, voice, note of music, or whichever comes last.
2. If a team exceeds the time limit by 3-5 seconds, they will be issued a 0.5 deduction. If a team exceeds the time limit by (6) six or more seconds, they will be issued a 1.5 deduction.
3. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance listed above.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave cushion to allow for variations in sound equipment.

PERFORMANCE ROUTINE TIME

1. School teams will have a **maximum** of 2:00 minutes for performance routines (Pom, Jazz, Hip Hop, and High Kick).

1. Ripple/Contagions: When a kick is performed in a ripple or a contagion by most of the team, it will count as one (1) total kick toward the required minimum. Chasing ripples will count as one (1) kick however many times it is completed by a majority.
 - a. *Example:* A chasing ripple of 3 high kicks goes down the line of an entire team, and all 3 kicks are performed by all dancers. This will count a 3 kicks total towards the minimum requirement.
2. Contracted/Can-Can Kicks: Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks.
3. Passe, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks. Leg placement in the attitude position will not be counted as a kick, front or back attitude.

TUMBLING AND SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward rolls and backward rolls are allowed).
 - a. The proper use of hands-free poms for hip over head skills is allowed. *Please reference the Hands-Free Poms section for more details*
2. Tumbling skills with hip over head rotation:
 - a. Airborne skills with hand support may not be airborne in approach but may be airborne in descent. (Exception: Dive Rolls are not allowed).
 - i. Standing back handsprings are allowed but cannot be connected to any other hip over head tumbling skill.
 - b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
 - c. Non airborne tumbling skills with hip over head rotation are limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Hip over head airborne skills without hand support are not allowed. (Exception: Aerials and/or side somis not connected to any other hip over head rotation skill are allowed.)
 - a. Recommendation: If using non-hands free poms in an aerial and/or side somi, dancers should place both poms in non-dominant hand. If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, the dancer would be in violation of rule 1 and a deduction will be assessed.
 - b. Aerials/Front Aerials that include a twisting motion or blind landing are allowed.
 - c. Aerial "snap downs" or aerials to a seated position are allowed.
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
6. Landing in a push-up position onto the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a shushanova are not allowed. (Exception: Standing Back Handsprings can have alternate landings, including a push up position.)
7. Airborne skills without hip over head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulder, and/or hands.
 - a. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band"/" bronco" kip up

skill, as well as any skill jumping backwards into a headstand/handstand stall.)

Below are some examples of commonly known dance skills. This does NOT mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. The above rules still apply*

ALLOWED:

Aerial Cartwheels	Front/Back Walkovers
Front Handsprings	Round Offs (with or without hands)
Side Somi	Stalls/Freezes
Forward Rolls	Head Spins
Backward Rolls	Windmills
Cartwheels	Kip Ups
Handstands	Shoulder Rolls
Headstands	Headsprings (with hands)
Backbends	Front Aerials
No handed Kip Ups	Standing Back Handspring
Webster	

NOT ALLOWED:

Front Tucks	Dive Rolls
No Handed Headsprings	Shushunova
Layouts	Toe Pitch Back Tucks
Back Tucks	

DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. At least one Supporting Dancer must maintain contact with Executing Dancer(s) throughout the entire skill.
 - a. Lifting with poms is allowed.
 - b. Extensions, pyramids, and basket tosses are NOT allowed.
3. Hip over-head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
4. Vertical Inversions are allowed if:
 - a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.
 - i. (Exception: When there are 3 or more Supporting Dancers, an additional spot is not required.)

RELEASE MOVES/UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
 - a. The highest point of the release does not elevate the Executing Dancer's feet

- above head level of the Supporting Dancer.
 - i. Exception: toe touches off a dancers back/leapfrog jumps will be allowed
 - b. The Executing Dancer may not pass through the prone or inverted position after the release.
 - c. Toe pitch back tucks are not allowed.
2. A Supporting Dancer may release/toss an Executing Dancer if:
- a. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the Supporting Dancer.
 - b. The Executing Dancer is not supine or inverted when released.
 - c. The Executing Dancer does not pass through a prone or inverted position after release.
 - d. Toe Pitch back tucks are not allowed.

MSAA Dance Web Site:

www.MSAA.net – check for updates on dance events throughout the season.

Dance Calendar of Events:

A Dance Calendar of Events will be published at the beginning of each season. This information will be available on the MSAA website (www.MSAA.net).

Violation of the Rules and Regulations:

- A. A violation of any of the rules contained herein may result in one of the following actions being taken, including but not limited to:
- a. Written warning;
 - b. Suspension from competition for the remainder of the school year;
 - c. Suspension from competition for one season;
 - d. Suspension from competition for one year.

GLOSSARY OF TERMS

- **Aerial:** An hip over head airborne tumbling skill that takes off from one foot and lands on one or two feet without placing hands on the ground.
- **Airborne (executed by individual):** A state in which the dancer is free of contact from a person and/or the performing surface.
- **Airborne Hip Over Head Rotation (executed by individual):** An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (e.g. Round off or a Back handspring).
- **Airborne Skill (executed by individual):** A skill in which the dancer is free of contact with the performance surface (e.g. Tour Jeté or Butterfly).
- **Attitude (a-tee-tewd):** A position in which the working leg is lifted front, side, or behind with the knee bent at an angle of 90°; can be executed as a turn.
- **Axle (aka Axel) (AK-sel):** A turn in which the working leg rond de jambes to passé as the supporting leg pushes off the ground and tucks under the body-after rotation in air, land on original supporting leg.
- **Back Bend:** A face-up body position where the hands and feet are in contact with the surface and the hips are pushed upwards into an arch position.
- **Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.
- **Battement (bat-mahn):** A kick; the working leg is brushed/raised from the hip, with a straight knee, into the air and brought down again.
- **C - Jump:** A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.
- **Calypso (ka-lip-SO):** A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.
- **Cartwheel:** A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- **Category:** Denoting the style of a performance piece/competition routine (e.g. Jazz, Pom or Hip Hop).
- **Châiné (sheh-NAY):** A turn, or series of turns, executed with feet in 1st position, typically following one line of direction. Can be executed in a rapid series, and can be executed en relevé or en plié.
- **Chassé (sha-SAY):** A step in which one foot “chases” the other and assumes its original position.
- **Consecutive/Connected Skills:** An action in which the dancer connects skills immediately, without step, pause or break in between (e.g. Double Pirouette or Double Toe Touch).

- **Costume Jewelry:** Jewelry that enhances the costume and is worn by ALL members of the team.
- **Coupé (koo-PAY):** Meaning to cut or cutting; when one foot quickly takes the place of the other.
- **Dance Lift (executed as partners or in a group):** A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Supporting” dancer(s) and “Executing” dancer(s).”
- **Dismount (executed by Groups or Pairs):** An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.
- **Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously.
- **Division:** Denoting the composition of a competing group of dancers (e.g. Varsity, Junior Varsity, Junior High, etc.).
- **Drop:** An Action in which an airborne dancer lands on a body part other than his/her hands or feet without first bearing weight on the hands/feet.
- **Drops:** Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
- **Elevated Dancer:** A dancer who is lifted from the performance surface as a part of a Dance Lift.
- **Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.
- **Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.
- **Extension (executed by individuals):** Term used to describe the ability of a dancer to raise and hold the extended leg in the air.
- **Extension (executed by groups):** A group lift in which the supporting dancers, standing straight, hold the executing dancer’s feet with straight arms, so that the executing dancer is standing straight up.
- **Firebird:** See Ring Jump.
- **Fouetté (foo-eh-TAY):** A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (Fouetté a la Seconde).
- **Fouetté a la Seconde:** A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.
- **Front Aerial:** (an airborne hip over head rotation skill without hand support) A skill which emulates a front walkover but is executed without placing hands on the ground.
- **Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.

- **Hands-free Poms:** Poms specifically made so that performers do not have to hold the poms but rather they are affixed to the performers hand. Proper use means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface. (Clarification: No part of the pom can be between the hand and the floor when used correctly.)
- **Hand-held Props:** Items that are used by performing team as an extension of the arm/hand, that are easily carried by one person. Hand held props include, but are not limited to, boas, scarves, top hats, derby hats, or canes, etc.
- **Handstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.
- **Head Level:** A designated height; the height of standing dancer's head (at the "crown") while standing upright with straight legs. (Clarification: This is an approximate to measure space and is not changed by bending, inverting, etc.)
- **Headspring:** (an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.
- **Headstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.
- **Hip Level:** A designated height; the height of a standing dancers' hips while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Hip Over Head Rotation (executed by individuals):** An action where a dancers hips rotate over the head in a tumbling skill (e.g. Back Walkover or Cartwheel).
- **Hip Over Head Rotation (executed in groups or pairs):** An action where the Executing Dancers' hips rotate over the head in a lift or partnering skill.
- **Inversion:** A position in which the dancer's waist and hips and feet are higher than his/her head and shoulders.
- **Invert:** A Freeze utilizing strength, flexibility and balance where the dancer's weight is placed on both hands with head facing knees and legs parallel to the floor.
- **Jeté (juh-TAY):** A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jeté can be executed in various directions, sizes and positions.
- **Jump:** Movement taking off and landing on same foot or both feet.
- **Kip Up:** A skill where the dancer begins in a supine position, rolls back onto their shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance

surface keeping the body inline and following to an upright position.

- **Leap:** A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg (also known as grand jeté).
- **Leap Frog:** The executing dancer places hands on supporting dancer's shoulders, jumps in a straddle position and presses over the back/head of the supporting dancer.
- **Lifting Dancer:** A dancer(s), who is part of a dance lift and lifts an Elevated Dancer as a part of a Dance Lift. The supporting dancer may also be considered a Lifting Dancer.
- **Lifts:** An action in which the partner is elevated to any height and set down. Refer to the rules for Dance Lifts and Partnering for a full definition.
- **Parallel:** A position in which the thighs, knees and toes of both legs are facing straight ahead.
- **Partnering (executed in pairs):** A skill in which two dancers use support from one another. Partnering can involve both "Supporting" and "Executing" skills.
- **Passé (pa-SAY):** A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.
- **Pencil Turn:** A turn executed with the working leg held straight and next to the supporting leg.
- **Penché (pahn-SHAY):** Leaning, inclining. As, for example, in arabesque penché.
- **Perpendicular Inversion (Executed by individuals):** A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.
- **Piqué (pee-KAY):** Stepping directly onto a straight leg in relevé; can be performed while turning and in various positions (arabesque, attitude, etc.)
- **Pirouette (peer-o-WET):** A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.
- **Pivot:** Movement step used to change direction; working leg steps forward assuming weight of body, body changes direction, support leg reassumes weight of body; can be executed front to back, side to side.
- **Plié (plee-AY):** A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.
- **Prone:** A position in which the front of the dancers' body is facing the ground, and the back of the dancers body is facing up.
- **Prop:** An object that can be manipulated. A glove is a part of the uniform. If it is taken off and danced with, it then becomes a prop.
- **Relevé (rell-eh-VAY):** Dancer rises from a plié to balance on one or both feet on at least demi-pointe (balls of the feet), or possibly full pointe
- **Shoulder Level:** A designated height; the height of a standing dancers' shoulders while

standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).

- **Shoulder Roll (forward/back):** A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.
- **Shushunova (Shush-A-nova):** A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).
- **Sign:** A hand held object that can be manipulated to showcase team letters, colors, mascot, etc.
- **Sous-sus (soo-SYEW):** In tight fifth position relevé.
- **Soutenu turn (soot-NEW):** From sousus, turning towards back leg one revolution, the other foot ending in front.
- **Supine:** A position in which the back of the dancers' body is facing the ground, and the front of the dancers body is facing up.
- **Supporting Dancer:** A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a Lifting Dancer.
- **Supporting Leg:** The leg of a dancer that supports the weight of the body, during a skill.
- **Switch Leap:** A jump popping straight up in the air, not traveling forward; working leg stays straight and lifts front, support leg pliés, working leg swings back while support leg lifts to assume a split position in the air.
- **Technical Skill:** Any leap, jump, turn or move that emphasize technical foundation/ability. (Clarification – a roll or slide to the floor is not considered a technical skill.)
- **Tendu (tawn DEW):** To stretch, pushing the foot away from the supporting leg while keeping the toe on the floor
- **Tick – Tock Kick:** Tik Tock Kicks are defined as a kick sequence performed by two or more groups (lines) of dancers who alternate kicks on separate counts. One group executes a kick while the other group remains stationary, then alternates on the following count(s). Alternating kicks between groups are considered separate counts, not simultaneous.
- **Tilt:** A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.
- **Toe Pitch (executed by groups or pairs):** A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and she/he is propelled upward causing the executing dancer to rotate hip over head, landing unassisted on the performance area.
- **Toe Touch:** A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.
- **Toss:** A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. The Executing Dancer is free from the performance surface

when toss is initiated.

- **Tumbling Skill(s):** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface (clarification: tumbling skills do not have to include hip over head rotation).
- **Vertical Inversion (executed in groups or pairs):** A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.
- **Weight Bearing:** A skill in which the dancer's weight is supported by one body part without any other body part on the ground.
- **Working Leg:** The leg that moves, stretches, and/or extends; the leg that is responsible for Momentum and/or position.