



CADTD Safety Guidelines 2009-2010

Enforcement Recommendations: The penalty sheet has a simple “safety guideline violation” notation. If a violation has occurred, 2/3 judges must concur with the violation, a judge briefly notes the violation on the sheet, initials sheet, and a 3-point penalty will be deducted per infraction from the averaged score.

Footwear violations will be at the discretion of the Competition Director. Please make sure to review the competition’s rules for footwear violations provided by the Competition Director.

Divisions (including dance, lyrical, hip hop, kick, officers, solo’s, duets, pom, song, military, prop, novelty, coed) (**Does not include any spirit guidelines**)

1. **No stunts or specialties** that includes partner work that has one performer with “shoulders over head”, without performer bearing their own weight.
 - a. No shoulder stands. Shoulder sits are as high as allowed, as with lifts, all stunts and specialties, the base must maintain constant hand, and/or arm, and/or torso contact with the lifted dancer throughout the entire lift/stunt.
 - b. Non-weight bearing spots are recommended
2. **Tumbling/Rolls**
 - a. Acceptable Tumbling Skills – Somersault, Cartwheel, Round-off, Walk-over, aerial, Handspring/flip-flop
 - b. All other tumbling skills are illegal (this includes front and back tucks)
3. **Dance Lifts/Stunts & Partnering**
 - a. The base must maintain full control of the dancer leaving contact with the performance floor, from lifting the dancer from the performance floor to returning the dancer to the performance floor.
 - b. The base must maintain contact with the performance surface at all times.
 - c. The base must maintain constant hand, and/or arm, and/or torso contact with the lifted dancer throughout the entire lift/stunt.
 - d. Lifted dancers may not be thrown, tossed/swung off, or jump on/or off of the base(s).
 - e. Hip over head rotation of the lifted dancer is permitted as long as his/her hips maintain a level at or below the shoulders of the base.

- f. Lifted dancers may be lifted above the base(s) shoulder level in a vertical/upright position. Shoulder sits are permissible from the front with a vertical prep.
 - g. Lifted dancers may not be lifted in a horizontal or upside down position above a bases(s) shoulder level.
 - h. Thigh stand is not permitted. This includes using the thigh as a prep or mount.
 - i. Dancers are not permitted to stand, sit, or kneel on another dancer's torso.
4. **No toe pitches or thigh pitches.** Performer becomes airborne with the assistance of another off a thigh or hand. Usually done with a back flip.
5. **A performer may not jump over another performer** while one is on the floor. Includes any body part.
- a. For example, one performer is on the floor and another jumps over leg. One group is on floor in splits; back group jumps over to end in front of split group.
6. A performer may not jump off a set piece regardless of height. A performer may step off a set piece if lower than 12”.
7. No combustibles, explosives, firearms. Any compressed air accelerants are acceptable but remnants must be cleared within the time allowed.
8. All props and set pieces must have protective, non-marking pads to ensure no marks or damage happens to the performance floor. There are no skateboards, roller skates, roller blades or other items with wheels allowed on the floor during the routine. Sets with wheels used for load-in or changes during the routine must be non-marking. The Competing School is responsible for the repair costs of the damages.