

Reminders and Guidelines for Non Member teams competing at IDTA events

IDTA welcomes non-member teams to compete at our regional contests. The Starters category and a category for Step teams we created just for this purpose! However, we expect all teams competing to adhere to certain guidelines, since we are required to follow rules governed by Illinois High School Association (IHSA). In addition, to allow for the smooth running of any contest we have set some guidelines.

Length of Routine

- ◆ Starter routines – minimum 2 minutes and no longer than 3 minutes (same as IDTA categories)
- ◆ Step team routines – minimum 3 minutes and no longer than 4 minutes

In planning your performance at an IDTA Regional event, please note the following:

- ◆ **Jewelry** is NOT allowed. Jewelry is defined as any adornment that is not part of your body and includes rings, watches, necklaces, piercings, pins, & hair bands worn on wrists. The exception is for religious or medical medals. The medal must be removed from the chain and taped to the body under the costume. Adhesive stickers are okay, but NOT rhinestones glued to the face.
- ◆ **Fingernails** – cannot be more than 1/8 inch above the fingertip
- ◆ **Footwear** - toes and the entire sole of the foot is completely covered
- ◆ **Illegal glitter** – loose glitter is NOT allowed – glitter lotion and shimmer make-up IS allowed
- ◆ **Manufacturer's logo** NO LARGER than 2¼ square inches
- ◆ **Hair** devices are safely secured
- ◆ **Flags** must have rubber caps on ends

Performers MAY NOT take the floor until these violations are rectified. ANY performer may receive a penalty point for the above violations, which are checked prior to taking the floor.

Music

- ◆ Bring 2 tapes/CD's to the designated music table
- ◆ Only 1 song/track per tape/CD – this includes the back-up
- ◆ A representative must stay at the music table to alert the music technician to begin the music and then may watch the team from any area
- ◆ Only the coach/representative may adjust the variable speed player
- ◆ Only the coach can stop the music if something is wrong
- ◆ Coach MAY enter the floor in case of injury/emergency
- ◆ The music ends the performance!

Out of Bounds

- ◆ The performance floor is within the boundary lines of the basketball floor.
- ◆ A performer cannot step on or over the line and will be penalized for doing so.
- ◆ Poms & Props may go out of bounds, but cannot hit a spectator.
- ◆ Production/Prop/Novelty/Flag Show – may pre-set equipment out of the boundary lines -- the hands are the only body part allowed to touch outside the boundary lines to retrieve or discard equipment.
- ◆ Any part of the body which touches the boundary line IS out-of-bounds, but violating the plane above the boundary line is NOT a penalty.

IHSA Safety Violations – common errors to avoid – the Rule numbers refer to the IHSA Spirit Rule Booklet

- ◆ Drops - knee/seat/thigh/split/front/tension – Rule 3-2
- ◆ Inverted flyers in partner stunts – Rule 2-8 (Flyer must be inverted on their own before making contact with another performer – However, an inversion may begin from the floor as long as the person on the floor does not become a flyer [hands lose contact with the floor]).
- ◆ Tumbles over or under a stunt, person, or prop (includes poms & props in hands) – EXCEPTION – forward roll – Rule 2-9
- ◆ Kicking or moving items on the floor – Rule 2-1
- ◆ Dancing on the hem of long pants – Rule 3-1

If there is any question regarding a move, the head judge may ask to see that particular move again before any penalties are assessed.

You are more than welcome to show the move to the head judge before the contest!!!

After the Performance

Talk to Head Judge regarding performance - if you do not sign the penalty sheet, you cannot appeal a penalty.

Music/Lyrics/Choreography

If your lyrics are difficult to understand you are encouraged to bring a printed version to the pre-contest meeting. The Head Judge can read them at this time to avoid questions throughout the contest. Choreography must be suitable for a family audience.

Sportsmanship/Conduct

Use of profane, disrespectful language or gestures during the performance or throughout the contest does violate IHSA Spirit Rules – Rule 2-15. This includes ill-behavior towards the judges, contest hosts, other coaches, or other participants.