



2019-2020
DANCE
RULES AND
REGULATIONS
10th Edition

The NDC reserves the right to add, change, delete, or combine any information provided below

General Rules

1. All teams are required to submit all necessary documents by the given deadline to be eligible. The deadline for the submission of **COMPLETE** documents is **one (1) month** prior to the qualifiers the team will be joining.

If unable to submit at the given deadline a fine of **Php 3,000.00** will be implemented. The fine should be paid **BEFORE** the date of the qualifiers or else the team will **NOT** be allowed to perform.

For teams joining more than one division, only one (1) late fee applies for all deliverables.

2. All teams should be supervised during ALL official functions by a qualified advisor¹/coach.
3. **All directors, advisors and coaches should have an emergency response plan in the event of an injury.**
4. On the day of the competition all official team members must report to the competition area for verification. Only those on the Final Roster submitted a month before the Qualifiers will be allowed inside the competition area.

The Final Roster consists of the following:

- a. Complete list of performers. **A minimum of 8 and a maximum of 16 performers will compose 1 team** except for pairs divisions where exactly **two (2)** performers are allowed.
- b. Complete list of reserves. Only **five (5)** reserves are allowed. The list of reserves may **NOT** be changed once the team has registered.
- c. The coach, asst. coach and 2 other team officials (**including the music representative**) are allowed to enter with the team provided they are included in the roster list.

Note: Failure to abide by the number of performers prescribed will result in a 50 point deduction and/or disqualification from the competition.

Note: The NDC will be providing each team three (3) backstage passes. This may be used by school officials and the like to enter for free.

5. Drawing of lots
 - a. For the Qualifiers, if a team arrives at the competition venue two (2) slots prior to its own performance slot it will be assessed a sanction of **thirty (30) points** and will be allotted the performance slot of two (2) slots after arrival.
 - b. At Qualifiers, the last performance slot is reserved for the defending champion of that regional competition.
 - c. If any team is not present during the drawing of lots, then the NDC reserves the right to draw a number on behalf of the team after all the other teams who are present have drawn. Once the number has been picked, it is final.
 - d. For the Finals, order of performance will be determined by drawing lots prior to the competition day ~~(date and venue to be announced). For teams with no coach present at the convention, the NCC reserves the right to draw a number on their behalf.~~
 - e. If a team misses its performance slot, it is automatically disqualified from the competition.

6. Run through²

¹ Someone who can be held responsible for the Team/Squad.

² Only for Finals

- a. Music should be provided at the time of the run through.
 - b. If a team misses their slot in the run through, they forfeit that time to rehearse.
 - c. Each team has a maximum of seven (7) minutes for its run through.³
7. All teams are required to take part in the Introduction of Teams. A penalty of **twenty (20) points** will be given to any team who doesn't comply.⁴
8. The NDC follows **ICU Anti-Doping Rules and Regulations- Guidelines and Operations Procedures**
The NDC is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.
http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf
9. The NDC adheres to the **ICU Rules and Regulations against Illegal Betting and Competition Fixing**
The NDC is committed to fair play for our athletes and the integrity of the sport, and follows rules and regulations in the fight against illegal betting and competition fixing.
http://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Rules_Competition-Fixing.pdf

Eligibility of Participants

1. SCHOOL BASED DIVISIONS

All grade school, high school and collegiate participants must be official students of the school they are representing and must meet all of their eligibility requirements.

a. Junior Division

- i. Officially enrolled in **Grades 1 through 8** at the time of the competition.
- ii. Should be in good academic and disciplinary standing.
- iii. Teams joining should comprise of ALL GIRLS ONLY.
- iv. Teams may join any of the following categories:
 1. ALL GIRL JUNIOR JAZZ
 2. ALL GIRL JUNIOR JAZZ PAIRS
 3. ALL GIRL JUNIOR HIPHOP

b. Senior (High School) Division

- i. Officially enrolled in **Grades 7 through 12** at the time of the competition.
- ii. Should be in good academic and disciplinary standing.
- iii. Teams may join any of the following categories:
 1. ALL GIRL SENIOR JAZZ
 2. ALL GIRL SENIOR JAZZ PAIRS
 3. ALL GIRL SENIOR HIPHOP
 4. MIXED SENIOR HIPHOP
 - a. Teams under this category may be composed of a mix of boys and girls OR all boys only.
 5. COED SENIOR CONTEMPORARY

c. College Division

- i. Officially enrolled at the time of the competition in a non-audit⁵ course towards an Undergraduate degree.
- ii. **RESIDENCY RULE WAIVED FOR THIS SEASON**
- iii. Master's degree students are allowed to compete and represent the school they are currently enrolled in upon submission of necessary documents and a supporting letter from the dean.

³ Time allotment might vary depending on the number of participating teams.

⁴ Late = not ready

⁵ A 4-year Bachelor's Degree Course

- iv. Cross enrollees are only allowed to represent the school they are cross enrolling from. Pertinent documents should be submitted.
- v. Participants are eligible, if upon submission of documents, are still officially enrolled at the school they are competing for.
- vi. Should be in good academic and disciplinary standing.
- vii. Participants who are on Leave of Absence (LOA) status in the school they are representing are not eligible to compete in the NDC.
- viii. There is no maximum age limit for participants.**
- ix. Teams may join any of the following categories:
 - 1. ALL GIRL COLLEGE JAZZ
 - 2. ALL GIRL COLLEGE JAZZ PAIRS
 - 3. ALL GIRL COLLEGE HIPHOP
 - 4. COED COLLEGE HIPHOP
 - a. Must have a minimum of 5 girls in the team
 - 5. COED COLLEGE CONTEMPORARY

2. **OPEN Division**

Participants in this division should be at least **sixteen (16)** years of age by the date of the competition. There is no age limit for this division.

- a. Teams may join any of the following categories:
 - i. Open All Girl Jazz
 - ii. Open All Girl HIPHOP
 - iii. Open Mixed HIPHOP
 - iv. Open Elite Contemporary

NOTE: A dancer can compete in 2 or more separate divisions provided he/she is qualified and all required documents are submitted for **EACH** division he/she is participating in. Registration fees for each division apply.

- 3. Teams must submit the required official NDC forms on the specified deadline (***in alphabetical order of participants' last name***).
 - a. The following should be submitted via email at nccphilippines.reg@gmail.com
 - i. NDC Registration/Waiver Form and Roster List inclusive of the following:
 - 1. Name of all Participants, Reserves and Team Officials.
 - 2. Once submitted, names CANNOT be changed.
 - 3. If a participant is a minor, Guardian/Parent's signature is required.
 - ii. Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
 - iii. Payment Deposit Slip (SCANNED COPY)
 - b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION
 - i. Signed original NDC Medical Waiver and Release Form
 - ii. Signed original NDC Rules and Regulation Agreement Form
 - iii. FOR SCHOOL BASED DIVISIONS ONLY: Official Registrar's List with registrar's signature with school dry seal.
- 4. Substitutions may be made on a team only in the event of an injury or academic probation; all substitutes must meet the eligibility requirements stated above. The necessary documents must be submitted together with the team's eligibility forms and must be made known to NDC Officials.
- 5. Athletes with any injuries and/or medical conditions should be cleared to perform both at the official run-throughs and at the actual competition by a certified doctor/physician. The NDC is not liable for any undeclared medical conditions.

1. All participants and competitors must exhibit the highest level of sportsmanship before, during and after the competition.
2. All participants must take part in the oath of sportsmanship and be at the competition venue at the designated time.
3. All winners must come forward to accept their award immediately after their school is called for all prizes regardless of ranking.
4. All winning teams are to have a photo taken upon receipt of the award.
5. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team.
6. NDC officials can assess a **ten (10) point penalty** per occurrence against any team found to have violated the NDC's sportsmanship standards. Multiple sportsmanship infractions can result in disqualification and disbarment of the team from future NDC events.
7. Grave acts against sportsmanship such as but not limited to sabotage, physical violence, homicide, collusion, libel, stealing, vandalism, untoward incident, internet posting and the like shall be dealt with the full force of the law after an appropriate investigation is concluded.

Apparel and Accessories

1. Team costumes should have their school's/team's name more prominent than any brand or sponsor name.
 - a. The NDC is not liable for the use of any proprietary name (i.e. school or brand) as part of the team name / uniform.
2. HIPHOP: Performers **MUST** wear soft or non-marking rubber soled shoes that cover the entire sole of the foot.

JAZZ and CONTEMPORARY: Performers may wear jazz shoes/boots, soft-soled shoes or go barefoot.

High heels, roller blades, roller skates or any other footwear inappropriate for dance sport is NOT allowed.

3. Inappropriate and vulgar clothing will not be allowed. Emphasis will be on a balance of aesthetic appeal and functionality taking into consideration the length, fit and style of the uniform, and age appropriateness to its wearer. This applies to both male and female athletes. No cross dressing allowed. The focus should be on safety while doing the routine. Any violations will result with a minimum penalty of **ten (10) points per occurrence to a maximum of disqualification** depending on the gravity of the offense.
 - a. Skirt: maximum Thumb level short
 - b. Shorts: buttocks are fully covered/concealed and not skin tone
 - c. Top: no cleavage, fully supported, and appropriately covered.
 - d. Appropriate undergarments must be worn by all dancers both male and female at all times.
4. Removing pieces of clothing during the performance is permitted provided it is not offensive or out of character. Discarded clothing should be placed outside the competition area and never thrown off the stage into the audience. Appropriate undergarments must be worn by all dancers both male and female at all times.
5. Body oils or other substances applied to the body or clothing that may affect the clean dry surface of the stage and the safety of fellow competitors are prohibited. A minimum deduction of **ten (10) points** will be given per occurrence.
6. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.

7. Neoprene, spandex supports, sleeves and the like are allowed. Braces, casts, etc., which are hard and unyielding or have rough edges or surfaces are prohibited.
8. Cycling and panty shorts cannot be skin-toned.
9. Tights should be worn under hot pants or excessively short shorts.
10. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.
11. Jewelry as part of the costume is allowed.

Competition Area, Flooring and Venue

1. All competitors must start within the performance area and everyone must be supporting their own weight with at least one foot on the performance floor.
2. Teams will perform on a 42 feet by 42 feet dance floor.
3. Performance area shall either be linoleum, marley dance floor, wooden parquet floor or other material as decided upon by the NDC.
4. The floor shall be devoid of any other visible promotional material other than the NDC logo unless otherwise agreed on by the NDC.
5. There is no penalty for stepping outside the performance area.

Routine Timing

1. The minimum length of the performance is two minutes (2:00) and the maximum length is two minutes and thirty seconds (2:30). A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.
2. A one-minute pre-set will be given to each team.
3. Timing will begin with the first organized movement of the dance / lift or the first note of music and will end with the last beat of the music or exit from the performance floor.
4. The team should leave the floor immediately after their routine together with their props.

Music

Performance music must adhere to the standards and practices of the official NDC rules and regulations. The music must be of good quality as this could affect the scoring by the judges.

1. Profane, vulgar, suggestive, offensive and inappropriate language is strictly prohibited. Such language should be edited out of the routine music. A penalty of **ten (10) points per occurrence** will be given to teams whose music/cheer has this content or anything that may be construed as the above.
2. Designate one representative from your group to run your music.
 - a. This person must remain at the sound table throughout the entire performance.
 - b. That representative is not allowed to touch the sound board except to push the play button (once) at the beginning of the routine and the stop button (once) at the end of the routine. Note: Teams will be penalized with a **ten (10) point** deduction if this is not followed.

3. Only **audio CD formats OR USB drives** are allowed in the competition. **If bringing CDs, please have** four (4) quality-recorded compact discs of your music to the competition. **If bringing USBs, please ensure that no more than 2 files are in the drive (both of which should be your routine music).** CDs /USBs should be properly labeled with the schools Name, contact person, and contact number. When burning own music on CD, you MUST use a CD-R NOT CD-RW.
4. No digital music player will be allowed to be used in the competition (i.e. iPods, MP3 Players, CD Players).
5. Each team will be allowed to test their music at a given time before the competition. An NDC representative will properly time the music to be recorded and have it signed off by the team's coach and the NDC representative.⁶
6. **Music Copyright: The NDC is not responsible nor liable for music that teams use. It is the team's responsibility to secure all required copyrights should it be necessary.**

Medical Attention

1. It is the responsibility of the team or coach to report a dancer's injury or illness to the event organizer(s).
2. If at any time prior to or during competition a dancer is ill, injured, or his/her physical or emotional condition is at risk by participating, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organizer(s), Competition Director and/or Head Judge reserves the right to withdraw any competitor who appears to have such serious disability or injury or needs medical attention.
3. The NDC reserves the right to request the submission of a physician's written authorization of a dancer to compete who is deemed medically or emotionally at risk by the competition organizer.

Interruption of Performance

1. Unforeseen Circumstances
 - a. **If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.**
 - b. The team shall be given the option to either resume their performance from the place where the interruption occurred or repeat their entire performance. **The degree and effect of the interruption will be determined by the competition officials.**
 - c. **If a team re-performs a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.**
2. Fault of Team
 - a. **In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.** Same holds true of an interruptions is caused by any competitor or their coaches.
 - b. **The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.**
 - c. **If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.**

⁶ Qualifiers: sound check; Finals: run-through. This can change depending on the number of competing teams.

Note: If any competitor and/or their coach are found guilty of deliberately undermining another team's routine, they will be disqualified from the competition and the NCC has the right to suspend the team for two (2) years.

3. Injury

- a. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
 - b. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
 - c. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
 - d. The injured participant that wishes to perform may not return to the competition floor unless:
 - i. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - ii. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - iii. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
 - iv. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.
1. In the event injury happens on the day of the competition, prior to the competition performance, the team is given the option to continue or withdraw.

Props and Equipment

1. A prop can be anything that is used to dance with that is NOT attached to the performer's costume. Items that can be worn as clothing are not considered props. If these articles of clothing are taken off and danced with, then these become props.
2. Props that are small, handheld and wearable are allowed in both categories. These may be moved and discarded from the body.
3. Large, free standing props (i.e. chairs, ladders, trampolines, stools, boxes, benches, stairs, bars etc.) are NOT allowed.

Disqualification

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

Technical Rules

Scoring Information

1. A minimum of three (3) judges will score each routine.

2. Judges may score on a half point system (i.e. 40.5 points).
3. The total number of possible points for each routine is a maximum of **300 points** (given there are three judges).
4. A penalty of **ten (10) points** will be deducted per occurrence for inappropriate choreography, music, language, uniforms/costuming (as set by the school). A routine including choreography, music selection and outfitting should be suitable for family viewing and listening.
5. A tabulator will compute final scores based on judges' scoring, including deductions and penalties based on the NDC Dance Rules.
6. Tie Breakers are left up to the discretion of the judging panel.
7. **The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NDC.**

JUDGING CRITERIA for the HIPHOP CATEGORY	
	<i>POINTS</i>
I. Overall Effect	
▪ Overall Impression	10
• Routine energy and dynamism	
• Costume	
• Music	
▪ Communication and Projection	10
• Expression and emotion throughout routine	
• Audience impact	
• Showmanship	
	<hr/> 20
II. Choreography	
▪ Creativity and Musicality	10
▪ Difficulty	10
▪ Formations and Transitions	10
	<hr/> 30
III. Technique	
▪ Execution of Style(s) and Clarity of Movement	10
▪ Placement / Control / Extension / Strength of Movement	10
	<hr/> 20
IV. Group Execution	
▪ Synchronization	20
▪ Spacing	10
	<hr/> 30
TOTAL	100

JUDGING CRITERIA for the JAZZ and CONTEMPORARY CATEGORY
<i>POINTS</i>

I. Overall Effect	
<ul style="list-style-type: none"> ▪ Overall Impression 	10
<ul style="list-style-type: none"> • Routine energy and dynamism • Costume • Music 	
<ul style="list-style-type: none"> ▪ Communication and Projection 	10
<ul style="list-style-type: none"> • Expression and emotion throughout routine • Audience impact • Showmanship 	
	20
II. Choreography	
<ul style="list-style-type: none"> ▪ Creativity and Musicality 	10
<ul style="list-style-type: none"> ▪ Difficulty 	10
<ul style="list-style-type: none"> ▪ Formations and Transitions 	10
	30
III. Technique	
<ul style="list-style-type: none"> ▪ Execution of Style(s) and Clarity of Movement 	20
<ul style="list-style-type: none"> ▪ Placement / Control / Extension / Strength of Movement 	10
	30
IV. Group Execution	
<ul style="list-style-type: none"> ▪ Synchronization and Spacing 	20
	20
TOTAL	100

Penalties and Deductions

Penalties
10 Points <ul style="list-style-type: none"> * Not meeting the NDC’s Performance Requirements * Violating the NDC’s Rules (unless there’s a designated point value associated with a particular rule) * Inappropriate movements, music, language (including music), uniform/wardrobe * Wardrobe malfunction leading to exposed body parts or where safety is a concern * Routine Timing violations

NOTE: If an injured competitor walks off the floor, no penalty will be assessed. A competitor that walks off should not return to the competition floor.

Procedural Questions

A. Rules & Procedures —Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Competition Director. Such questions should be made **prior** to the team's competition performance.

B. Performance — Any questions concerning the team's performance should be made to the Competition Director **immediately after** the team's performance and/or following the outcome of the competition.

Interpretations and/or Rulings

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

Protests on Eligibility

1. All official protests on **eligibility** must be submitted one (1) week before the Qualifiers. Any protests on eligibility submitted after the given deadline shall not be entertained.
 - a. All protests must be accompanied by supporting documents.
 - b. Protests may be appealed once, after which the decision of the NDC board is final.
2. Questions on Eligibility
Any team found to have violated eligibility requirements, found at any time, will be assessed a two (2) year suspension from NDC competitions and other related activities and their participation in the current year will be null and void.

Finality of Decisions

By participating in this championship, each team agrees that all decisions by the judges **ARE DEEMED FINAL**. Reviews and corrections shall also be at the sole discretion of the judging committee. Clarificatory questions and issues shall be addressed at the discretion of the same. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

Video Taping of the Event

Videotaping of the NATIONAL DANCE CHAMPIONSHIP High School and Collegiate Cheer Program for commercial purposes is NOT permitted. The NDC holds the sole copyright to any reproduction.

Categories

Hip Hop

Incorporates street style influenced movements and rhythms (Street Dance, Funk, Freestyle, B-boy/Breakdance, etc.) with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. There is also an additional focus on athletic incorporations such as jumps, stalls, and other tricks.

Jazz

Incorporates stylized dance movements and combinations, formation changes, group work and technical elements. Emphasis must be on proper technical execution, extension, control, body placement, style and continuity of movement along with team uniformity.

Contemporary

A style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Emphasis must be on fluid dance movements, the level of the dance movements carried out, as well as the theme and story line. The story, the building of a plot, is possible, but not so much emphasized here as, for example, for Show dance. It is primarily about pictures, moods.

Choreography

- 1. Suggestive, offensive, or vulgar choreography is prohibited. Choreography should be appropriate for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. A **minimum 10 point penalty per occurrence** will be assessed for violators with a maximum of disqualification depending on the discretion of the judges.

Note: A story, theme, idea or concept used in routines for NDC competitions MUST always be in good taste and be acceptable to viewing by all ages.

- 2. No cheers or chants allowed.

Tumbling and Tricks

Tumbling

- 1. Tumbling is allowed in all categories as long as one hand, foot or body part remains in constant contact with the performance surface. These skills may be performed individually or as part of a combination. Airborne skills involving hip over head rotation are NOT allowed. (Exception: aerial cartwheels are allowed.)
- 2. Tumbling while holding props is NOT allowed. (Exception: forward and backward rolls.)
- 3. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, airborne or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.

ALLOWED	NOT ALLOWED
Forward / Backward Rolls	Dive Rolls
Shoulder Rolls	*Round-offs
Headstands	*Front Handsprings
Handstands	*Back Handsprings
Backbends	Front Tucks
Front / Back Walkovers	Back Tucks
Stalls	Side Somi
Head Spins	Layouts
Windmills	
Kip Up	
Cartwheels	
Aerials	

*These airborne skills are allowed ONLY for the Hip Hop Division. The hip over head rotation must involve hand support with at least one hand while passing through the inverted position.

Dance Lifts and Partnering

General Guidelines

1. Jumping or tossing from one dancer to another is NOT allowed
2. Jumping or tossing from one dancer to or from the performance surface is NOT allowed.
3. Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.
4. All cheer partner stunts, building on others and pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit and back arch)
5. All tosses including toe-pitches are prohibited.

Dance Lifts

1. Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down.
2. A lifting dancer must maintain direct physical contact with the performance surface at all times.
3. A lifting dancer(s) must have constant hand/arm contact with the body of the lifted dancer(s) at all times.
4. A lifting dancer(s) must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s).
5. Swinging lifts are allowed provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.
6. Hip over head rotation of the lifted dancer(s) may occur as long as her hips maintain a level at or below the shoulder height of a standing dancer. (Exception: Chorus line flips and assisted back tucks are NOT allowed.)

Partnering

1. Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another but are NOT elevated.
2. Body to body contact must be maintained throughout the duration of the skill. One partner must maintain constant contact with the performing surface.

GLOSSARY of TERMS

1. Aerial Cartwheel: An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.
2. Airborne (executed by Individuals, Groups or Pairs): A state or skill in which the performer is free of contact from a person and/or the performing surface.
3. Airborne Hip Over Head Rotation (executed by Individuals): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).
4. Category: Denoting the style of the routine. (Example: Pom, Hip Hop, Jazz)
5. Connected/Consecutive Skills: An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)
6. Contact (executed by Groups or Pairs): The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
7. Division: Denoting the composition of a competing group of individuals. (Example: Junior, Senior)
8. Drop (executed by Individuals): An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.
9. Elevated: An action in which an individual is moved to a higher position or place from a lower one.
10. Executing Individual: An individual who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual(s).
11. Head Level: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
12. Hip Over Head Rotation (executed by Individuals): An action characterized by continuous movement where an individual's hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).
13. Hip Over Head Rotation (executed by Groups or Pairs): An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.
14. Lift (executed by Groups or Pairs): A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).
15. Partnering (executed by pairs): A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills. are considered part of the uniform.
16. Shoulder Level: A designated and average height; the height of a standing performer's shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
17. Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end

on the performance surface.

NDC OFFICE ADDRESS

**National Dance Championship Office
209 M. Paterno St.
San Juan, Metro Manila**

NDC ACCOUNT NUMBER

**National Cheerleading Championship
BPI Checking Account # 2421002269
Megamall Branch**

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