

CATHOLIC YOUTH ORGANIZATION

POM PON/DANCE RULES/REGULATIONS

I. PARTICIPATION RULES:

- A. **Official Rules:** The rules of the CYO Pom Pon/Dance are those established specifically for pom pon/dance. It is imperative that each coach have a working knowledge of the CYO rules for contest, league or non-league contests, and CYO sponsored competitions, in addition to those rules governing CYO Athletics.
- B. **Music Selection, Choreography and costumes:** Carefully scrutinize the music, choreography, and costumes that are used. Teams will be responsible for the content and should be certain that the values present in the Catholic Parish/School are upheld. Dances, music, and costumes in poor taste should be avoided and eliminated. Pictures of costumes should be submitted by February 15.

II. LEAGUE RULES/REGULATIONS:

- A. **Officials:** The CYO will assign officials for this competition.
- B. **Competition Sites:** Balloons and any signs with glitter will not be allowed in the competition sites.
- C. **Insurance:** Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. This coverage is in effect if the student has no medical coverage. Information can be obtained through School Principals or Parish Pastors.

III. VIOLATION AND PENALTIES:

Violations of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion.

IV. SPORTSMANSHIP AWARD: A Sportsmanship Award will be presented to the team voted on by all participating teams. Teams will be judged on the following criteria:

- A. **Coaches Behavior –** With own team, opponents and officials during and after competition; reaction to scores; crowd interaction; control of emotions.
- B. **Dancers Behavior and Attitude –** Interaction with own team, opponents and crowd; positive promotion of other teams; positive control of emotions.
- C. **General Activity of Spectators -** Sportsmanlike attitude; cooperative with host site and competing schools; accepting official scores.

V. COMPETITION RULES:

Time limits for each round are a minimum of 1 minute and 30 seconds, maximum 3 ½ minutes. Timing begins with the first beat of music and ends with the last beat of music. For any time over/under the minimum or maximum, a 10% deduction will be taken from the total score for that round. EXPECT STRICT ENFORCEMENT OF THE TIME LIMITS.

a. Participation

Teams are not required to have the same number of participants for each routine. For example, a 20 member team could have 18 participants in the Dance Round and 13 participants in the Pom Round and not be in violation.

b. Routine

The routines must be original. All teams must have each routine recorded on separate CDs clearly marked with the school name and ready to play. **Each team is responsible for testing, starting and stopping their own music.**

Coaches please use discretion in your choice of music, choreography and costumes. Words, actions and routines should be appropriate and in good taste.

Butt Slams/Slides/Split Slams are allowed with bracing hands. Body Slams with both hands bracing. "Football" starting position is permitted. Pretzel Slams are allowed with bracing of both hands. Dive Rolls, Knee Slams, Base Slides, and Swedish Falls are illegal.

c. Dance Lifts & Partnering. Dance Lifts, Tricks and Partnering are permitted and defined as follows:

Lifting/Supporting Dancer must maintain direct contact with the performance surface. At least one Lifting/Supporting Dancer must have hand / arm to hand / arm / body contact with the Elevated / Executing Dancer(s) at all times during the Lift, Trick or Partnering skill. These lifts may be stationary or moving.

d. Clarification on Lifts and Mounts

A deduction will occur (10% penalty) if any participant is being lifted above the shoulders by only one other performer (when the base is in a standing position). For example, propeller stunts, standing or sitting on shoulders are not allowed. In addition, standing on backs is not allowed. Partner moves are permitted as long as there are more base members than what is being lifted. A dancer can be lifted one on one as long as the dancer's full body does not go above the partner's shoulders.

Example: 1 person can be lifted above shoulders as long as 2 or more members holding the person on top.

Individual gymnastics are optional in routines; extra points will not be awarded. Moving mounts are not allowed. The mount partner move is as follows: When the total weight of the performer, with both feet off the ground is supported in a stationary position. (Example: A performer sitting, kneeling or standing on the back of one or more team members.) A moving mount is when a performer is supported off the ground in a stationary position, but the base person continues to move. A backward flip/ frontward flip over the supporting arms of two performers is allowed because it is considered a stunt not a mount."

e. Scoring

There will be TWO routines judged: Pom Round and Dance. Please see below for specific routine requirements.

POM PON ROUTINE REQUIREMENTS

1. Must use pom pons; pom pons may be dropped for a maximum of 32 consecutive counts.
2. Pom uniforms must be worn.
3. Three formation changes are required.
4. Kick requirement: 8 waist or higher kicks (kicks do not have to be in a connected kick line.) Kicks must be "hip high" to be counted as a kick. Anything less than hip high will be considered a leg extension, not a kick. If this routine does not contain 8 kicks, (as defined here), a 10% deduction from total points for this round will be taken.

JAZZ/DANCE/KICKLINE ROUTINE REQUIREMENTS

1. No flashlight routines allowed; gym lights will not be turned off.
2. Change of uniform is optional.
3. Use of gloves is optional.
4. Gymnastics allowed, but no extra points will be awarded.
5. Routine must include a full team double pirouette and a full team right or left split leap.

A 10% deduction from total points for this round will be enforced for each missing requirement.

Any violation of the rules and restrictions listed above will result in a 10% deduction from the round in which the violation occurred. If in doubt about a stunt or move, call the league office and ask first.