



## SECTION 7: SAFETY & LOGISTICS

### General Safety Expectations

At Dance Team World, safety always comes first. Coaches and advisors are responsible for making sure that all movement, tricks, and choreography performed by their dancers are appropriate for the team's skill level and safe to execute.

Every element (including tumbling, lifts, or transitions) should be carefully evaluated by the coach before competition. If you're unsure about the safety of a skill, please reach out... We're happy to help.

For School dance team programs, all routines must comply with the **current NFHS Spirit Rules Book – Dance (Rule 3)**, the details of which are outlined below to help ensure dancer safety at our National Championship event.

All-Star/Studio dance programs are also encouraged to abide by our general safety regulations as outlined below, but not required.

---

### Tumbling & Tricks

We expect all tumbling and weight-bearing movements to be executed with control and with dancer safety in mind. The following restrictions apply:

1. Aerials, cartwheels, or other movements where weight is fully supported on the **hands or head** should not be performed with poms in both hands unless using **hands-free poms**.
2. **Direct drops** to the knee, back, seat, or head are not permitted: Dancers must first absorb weight through their hands or feet.
3. Jumping to a **push-up position** from a leap or front jump is not recommended due to risk of injury.
4. **Landing directly on the head/neck** from an airborne skill is not allowed. Kip-up style movements must begin from the **shoulders/back**, not from direct neck/head contact with the floor.



---

## Lifts & Partnering

We love seeing innovative partnering work, but all lifts must be safe & technically sound:

1. The dancer performing the lift (Executing Dancer) must be **supported by another dancer in contact with the floor** for the entire skill.  
*(Exception: Kickline leaps.)*
2. Hip-over-head rotations are allowed **if the Executing Dancer is safely returned to the floor** on their feet or hands with proper support. **Hip-over-head rotations/inversions in partnering** must follow NFHS Dance restrictions; if there is any doubt, the skill should be removed.
3. Simultaneous flipping/tumbling over or under another dancer that involves hip-over-head rotation **for both dancers** is not permitted.
4. As noted above, **direct drops** to vulnerable areas without proper support are not considered safe.

---

## Release Skills

We allow supported tosses & dismounts as long as they meet the following guidelines:

1. A Supporting Dancer may release or assist a leap/lift as long as it's executed with control and the Executing Dancer maintains a **safe body position**.
  2. "Basket tosses", "Elevator tosses" or cheer-style airborne launches are not allowed.
  3. Assisted jumps are allowed **only** when controlled and don't function as a toss.
-



## Routine Logistics & Floor Dimensions

- 1. Planned floor dimensions are as follows:**  
Showroom Theater (3/20 & 3/21): 60' L x 35 W'  
French Quarter Ballroom (3/22): 60' L x 50 W'  
Performance floor in all event venues shall have a Marley covering, with ten 6' foot wide marley panels that run vertically from the perspective of the audience. The stage-right and stage-left sides shall have additional open space for routines that may need to stretch beyond the floor boundaries during the performance. The above dimensions are subject to change as needed to accommodate the event.
  - 2. If your routine exceeds 3 minutes, you must notify Dance Team World **at least two weeks before competition so that we can accommodate extra time in the performance schedule.** While there is a **5-second time limit** grace period without penalty for team, ensemble, and solo routines, we strongly recommend that you keep your routines within the time limit ranges outlined in Sections 2 & 3.**
  - 3. A designated adult** must be present to assist with music playback.
    - Uploading music at least **2 weeks before competition** is required.
  - 4. Dancer Substitutions** are allowed in case of injury, but any alternate performer must be listed on your official roster submitted at registration.
  - 5. Any equipment or items** that could damage the marley floor are NOT allowed (including floor markers)
- 

## Jewelry

Jewelry is allowed unless deemed unsafe by Dance Team World staff. We reserve the right to ask teams to remove any item considered hazardous.

---



## Props

Props are allowed in all divisions as long as they are:

- Wearable, handheld, or freestanding
- Safely managed by performers
- Not causing any floor damage or obstruction (i.e. rubber wheels, non-marking)

**Prohibited items include:** dry ice, confetti, glitter, liquids, flammable materials, glass, pipe/drape backdrops that are not mounted upon rubber wheels, or anything else that can't be moved by a single performer.

If you have any prop questions, feel free to send us a photo/video **before competition**.

**Note:** Poms are only allowed in the Pom, Team Performance, and Gameday categories (acceptable in Novelty/Open Division, as long as all other entry requirements are met for that category).

---

## Audience Involvement

We love a great crowd, and energy from the audience is always welcome! However, judges will only score what happens on the competition floor.

If you're competing in the **Spirit/Gameday** category, you're allowed to incorporate additional "Fan Zone" performers, provided that:

1. All performers are registered and paid
2. Additional participants stay **within the Fan Zone** throughout the routine
3. All safety rules still apply to anyone involved in the performance