

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

TO: CIAC Member Schools  
FROM: CAS-CIAC  
RE: CAS-CIAC / CSAC Dance Team Championships

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the third time conduct an Association Dance Team Championship. In order to more accurately estimate the number of schools competing, CAS/CSAC requests that you complete the enclosed **Entry Form** if you intend to enter.

Please submit the entry form via the password-protected online eligibility center by **January 30, 2009**. Your promptness is appreciated.

The competition that is planned will be as follows:

- A. **State Championship** – Saturday, February 28, 2009  
Site – Branford High School Gymnasium  
Branford, CT  
Snow date – Sunday, March 1, 2009
- B. **Entry fee** of \$75 per member school team will be charged.
- C. Each team will perform a routine not to exceed 2:15 (two minutes and 15 seconds).
- D. 2008-2009 National Federation Rules will be followed. It is the responsibility of each Advisor/Coach to become familiar with the national Federation guidelines for High School Spirit groups (dance teams). **BE ADVISED OF THE FOLLOWING RULES FOR THIS CHAMPIONSHIP: NO JEWELRY, NO GLITTER, NO BARE FEET OR SPIKED HEELS, AND NO STUNTING** (stunting is best described as follows: when two (2) people (or more) are touching, all people must have at least one hand or foot on the ground. If two people or more are touching and one or more person does not have one hand or one foot on the ground, it is a partner stunt and therefore it is illegal).
- \*\* NOTE – NEW FOR THIS YEAR – THE FOLLOWING TUMBLING MOVES WILL BE ALLOWED: Forward/backward rolls, shoulder rolls, cartwheels, headstands, handstands, backbends, front/back walkovers, stalls, head spins, windmills, and kick-ups. **TUMBLING MOVES THAT WILL NOT BE ALLOWED ARE:** dive rolls, round-offs, aerials, front/back handsprings, and front/back tucks.
- E. Teams entering may compete in more than one division but a separate entry fee of \$75.00 must accompany their registration. **A maximum of two (2) routines per team will be allowed this year.**
- F. Appropriate awards similar to CIAC awards will be presented to the Champion (1<sup>st</sup> place), First Runner-up (2<sup>nd</sup> place) and Second Runner-up (3<sup>rd</sup> place) teams in each division.

Questions or concerns may be addressed to the CAS office – telephone (203) 250-1111 or fax (203) 250-1345.

**Please share this information with your Dance Team coach/advisor.**

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Telephone (203) 250-1111 / Fax (203) 250-1345

TO: CAS/CSAC Member Secondary School Dance Team Advisor/Coaches  
FROM: CAS/CSAC Dance Committee  
RE: 3<sup>rd</sup> Annual CAS/CSAC Dance Team Championships

The information in this packet covers in detail the 2009 CAS/CSAC Dance Team Championships.

Your school is encouraged to participate in this activity, which has been well received in the last two years. If you intend to enter, please do the following:

1. **Complete the entry form and submit it via the password-protected online eligibility center by Friday, January 30, 2009.** Mail the \$75 entry fee, payable to CAS, to the CAS-CIAC office, 30 Realty Drive, Cheshire, CT 06410.

NOTE: An intent-to-enter form is no longer required. Place all dancers in your Varsity dance team program on the entry form. There is no limit to the number of dancers who may compete, but they must be certified by your school's principal as being a "student in good standing."

The CAS/CSAC Dance Committee encourages you to participate and support this program. These championships are a worthwhile activity for all high school youth.

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30 Realty Drive, Cheshire, Connecticut 06410

**3<sup>rd</sup> Annual CAS/CSAC Dance Team Championship 2009**

Sponsored by IGA and Macy's

1. **AUTHORITY** – The decisions of the CAS/CSAC Dance Team Committee and/or Meet Directors relative to the operation of the competition shall be final.
2. **AWARDS** – In each division, a plaque and individual medals will be awarded to each of the champion, 1<sup>st</sup> and 2<sup>nd</sup> runner-up teams.
3. **DATE OF COMPETITION / SITE / STARTING TIMES**

Date: State Championship – Saturday, February 28, 2009  
Snow Date – Sunday, March 1, 2009

Time: To be announced with a follow-up communication

Site: Branford High School Gymnasium

The CAS/CSAC dance committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **ENTRY FEE / ENTRY FORM** – Each dance team entering the Championships will be assessed an entry fee of \$75.00, which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the dance team options in the password-protected online eligibility center.

Entry form and fee must be in the CAS office not later than January 30, 2009. Entry forms are to be submitted via the password protected online eligibility center.

5. **LATE ENTRY POLICY**

- C No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- C Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to the seeding/pairings data published on the web site will be assessed a fee of \$50 per correction to a maximum of \$250.
- C All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

6. **MEET REGULATIONS**

- A. Only member schools of CAS/CSAC may enter these championships.

- B. EACH DANCE TEAM MUST PERFORM A ROUTINE THAT LASTS NO LONGER THAN TWO MINUTES AND FIFTEEN SECONDS (2:15). Teams that perform for more than the allotted time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. TIME OF PERFORMANCE FOR EACH TEAM WILL START WHEN THE MUSIC BEGIN OR AT THE FIRST MOVEMENT AFTER THE TEAM HAS TAKEN THE FLOOR AND WILL STOP WHEN THE MUSIC ENDS. Formal entrances and exists are not allowed.
- C. A disc jockey equipped with a tape and CD player will be provided at the site, however, a team may use their own tape player if they so choose. *It is highly recommended that each squad bring a back-up of their music.*
- D. Three or four performance judges and a safety judge will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges.

Kathy Swillinger, Hamden High School, is the Tournament Official Coordinator – Cell phone – (203) 675-6237 / e-mail: [kscoach@comcast.net](mailto:kscoach@comcast.net). Kathy will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Dance Committee. Safety judges **will not** preview the teams.

- E. The 2008-2009 National Federation Rules for Spirit teams must be followed. Actions judged to be illegal by the National Federation Rules will result in penalty points assessed. NO JEWELRY, NO GLITTER, NO BARE FEET OR SPIKED HEELS, NO STUNTING. THE FOLLOWING TUMBLING MOVES WILL BE ALLOWED: forward/backward rolls, shoulder rolls, cartwheels, headstands, handstands, backbends, front/back walkovers, stalls, head spins, windmills and kick ups. TUMBLING MOVES WHICH ARE NOT ALLOWED ARE: dive rolls, round offs, aerials, front/back handsprings and front/back tucks.
- F. **NO “props” are permitted in this competition other than “poms” for teams entering the Pom Division.**
- G. Judges decisions on scoring will be final and binding on entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Dance Committee will determine the “order of performance” for the championship prior to the competition and will post such at [www.casciac.org](http://www.casciac.org) under CSAC (Student Activities) and/or email such to each coach/advisor..
- I. Only one team per member school may enter the competition.
- J. All competitors must be in grade 9, 10, 11 or 12.
- K. Each team will receive five complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, NOT parents.

There will be no pre-sale tickets. Ticket prices will be:

Children five (5) and under are free	
Students (Grades 1-12) –	\$5.00
Senior Citizens (Age 65 and older) –	\$5.00
Adults (All others not in any of the above categories) –	\$7.00

- L. Dance team advisor/coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.

- M. Competitors will not be permitted to compete without the presence of their dance coach/advisor, or having in writing from the principal of the school a statement designating an adult replacement.
  - N. Coaches are to bring a large plastic bag so that what their team “packs in” may be “packed out”.
  - O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
  - P. Scoring will be done in accordance with the score sheet. A detailed score sheet will be mailed to those entered in February, 2009.
- 7. **TEAM COMPOSITION** – Schools must be represented by a team of Varsity dance team members, who are certified to be students “in good standing” at the time of the championship by their school’s principal.
  - 8. **TRAVELING EXPENSES** – Competing schools must provide their own transportation at their expense.
  - 9. **WARM-UP AREA** – A warm-up area will be provided at the competition site for use by teams prior to the start of the competition.
  - 10. **DRESSING FACILITIES** – Facilities will be available at the site.
  - 11. **PERFORMANCE AREA** – See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court.
  - 12. **MEDICAL SERVICE** – Medical personnel will be on-site at the competition to attend to any emergency needs of competitors.

2009 CONNECTICUT HIGH SCHOOL DANCE TEAM CHAMPIONSHIPS

Sponsored by CAS/CSAC, IGA and Macy's

**Form to be submitted via the password-protected online eligibility center.  
For the attention of the principal as well as the Athletic Director.**

2009 Dance Team Entry Form

1. This entry form must be filed in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 30, 2009. The \$75 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 30, 2009.
2. There is no limit to the number of dancers who compete. Submit the names of all the dancers in your Varsity dance program (even if you are not sure if they will be competing at this time).
3. If schools require a P.S. for fee payment, indicate that payment of the entry form will be forthcoming. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the dance options in the password-protected online eligibility center.

**Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 30, 2009.**

**LIST ALL THE MEMBERS OF YOUR DANCE TEAM ON THIS ENTRY FORM (varsity members only).**

**REMINDER: All of the dancers, whose names appear on the entry form, must be certified as being students "in good standing" from the school that they are competing with.**

The principal certifies that the individuals listed on this official entry form have satisfied the State Health Statutes and local regulation regarding physical examination and are physically fit to participate in this competition.

School _____	City/Town _____
Principal _____	Principal's School Phone ( ) _____ Principal's Home Phone ( ) _____
Athletic Director _____	AD's School Phone ( ) _____
AD's E-mail _____	AD's Home Phone ( ) _____
Coach/Advisor _____	
Coach/Advisor Home Address _____	
Coach/Advisor School Phone ( ) _____	Coach/Advisor Home Phone ( ) _____
coach/Advisor E-mail _____	

Please list area code with all telephone numbers.

Teams entering may compete in more than one division, but a separate entry fee of \$75 must accompany registration. A maximum of two routines per team will be allowed. Please select the appropriate division(s) (limit of 2).

Divisions:	Pom	_____
	Jazz	_____
	Hip Hop	_____

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BASKETBALL COURT

BASKET

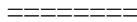


Table Officials



8 judges, timer, and disqualification judge

RISERS **ö**



===== center court line =====

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performance area

BASKET

