



**2010
MANITOWOC
COUNTY FAIR
POM / DANCE
COMPETITION**

Competition Booklet



MANITOWOC COUNTY FAIR
POM / DANCE COMPETITION
CHECK LIST

_____ August 1, 2010

- A. Registration & Payment of Registration Fee
- B. Original Medical/liability Release forms for each participant are due.
- C. Typed roster of team members and Coaches

Mail to:

Manitowoc County Expo

Poms Competition

PO Box 1011

Manitowoc, WI 54221-1011

Phone: 920-683-4378

Fax: 920-683-5058

Email: expo@lakefield.net

[Web Site: www.manitowocountyexpo.com](http://www.manitowocountyexpo.com)

_____ August 13, 2010

Check www.manitowocountyexpo.com for tentative schedule and performance line up.

_____ August 26, 2010

Attend Manitowoc County Fair Competition

MANITOWOC COUNTY FAIR DANCE COMPETITION

Registration

- **Deadline**
Original Registration Form with Fee
Team Roster
List head and assistant coaches
List all team members per Pom/Dance routine.
Athlete's Original Medical/liability Form
(There is a no refund policy)

Must be Postmarked by August 1, 2010.

Mailing Address: Manitowoc County Expo
 Poms Competition
 PO Box 1011
 Manitowoc, WI. 54221-1011

- **Confirmation**
Confirmation will be sent via letter, e-mail and/or web site upon receipt of registration and payment. Admission tickets will be sent to your home address unless otherwise noted.
- **Order of Performance**
Order of performance is randomly assigned prior to the event. Any team competing in two categories will be guaranteed thirty minutes between performances.

Introduction

The purpose of these guidelines is to provide explanation of the safety and competition rules for the Manitowoc County Fair Competition. We want all coaches to have the same information well in advance so that questions can be dealt with before the competition. Please familiarize yourself with all aspects of this handbook and contact the Expo Office if you have any questions. The Judges will be individuals that have been part of the dance and cheer industry.

Coaching Ethics

The term ethics is defined as “conforming to professional standards or moral conduct.” While it is impossible for sites or judges to “police” all teams on ethical behavior, these rules exist on an honor system. Whether or not a point deduction results from unethical coaching, your own and your schools’ reputation among peers is at stake. No prize is worth a damaged reputation.

Examples of unethical coaching subject to a point deduction includes, but not limited to:

- Using a routine from camp or tape in its entirety or in large sections.
- Displaying poor sportsmanship during or after the competition.
- Using members from a higher-level team (i.e. Varsity in a lower level competition (i.e. Junior Varsity).

General Competition Rules for Pom/Dance

- Medical/liability release forms must be **mailed** by August 1, 2010.
- Teams must be comprised of eligible, active team members for the 2010-2011 school years.
- Repairs for any damages caused during routines are the responsibility of the performing school/group.
- Routines will be preformed on a 45’ X 32’ X 4’ stage.
- Routines with pyramids, stunts, or tumbling are not permitted. Splits and forward, backward, and jazz rolls are permitted.
- Teams must report to the “in the hole” area to be checked for fingernails, hair, and jewelry. Failure to do so will result in a 10-point deduction.
- Any violations of the National Federation guidelines will result in a 5 to 10 point deduction.
- Inappropriate music or dance moves will subject to a 10-point deduction.
- Unsportsmanlike, rude, or disrespectful conduct by team members, coaches or fans, will be subject to a 10-point deduction.
- All routines, music and costuming should be appropriate for family viewing.

General Information

The competition will be in the Manitowoc County Ice Center, August 26, 2010, on a professional stage with lighting and sound system that will also be used for two main stage acts on Friday and Saturday nights. The Stage is a 45' X 32' X 4', that is 45 feet across, 32 feet deep and 4 feet high. The stage will open from 4:30 P.M. to 5:00 P.M. to inspection and marking on a first come first serve basis. Competition will start at 5:00 P.M.

Registration fee is \$25 per team for a single entry, \$10 for a second entry in a different division. Each school or club will receive a minimum \$50 donation for participation. Donations will be made to each school/gym or club for placing in each Division, First - \$150, Second - \$100, Third - \$75, all others \$50. No refunds of the registration fee. There will be a trophy awarded to team with the High Score of the Day.

The Pom/Dance categories will be Pom, Jazz, Funk, Kick & Cheer Dance. Each Category will be divided into Varsity (grades 9 – 12), JV (grades 9-10) and Junior Divisions (grades 6 – 9). Each Division will be divided into two group sizes for the teams, 6 through 11 dancers, 12 and up.

Judging

Judging will be done by dance and cheer professionals. Judges will have experience from national performance troupes, college teams and professional studios or clubs. Decisions of Judges will be final. All judges scores are included with no high or low score thrown out. Score sheets are provided at the back of this booklet so you may better prepare your team for competition.

Music

While the only requirements on music selection are timing and appropriateness, the following is offered as helpful hints:

- Use a high quality cassette tape or CD. Be aware of speed control settings.
- Have high quality back-up tape/CD in hand at the time of performance.
- Test tapes/CD on amplified system before competition.
- Make sure both of the tapes/CD's are at the correct starting position. Failure to queue may result in a penalty.

- Avoid making a copy of a copy that will sound distorted over amplified system.
- Avoid using a practice tape that has been played a large number of times.
- Inform your team about what a “time out” involves. Anything can happen with a tape, CD, and/or sound system.
- Should the error be the fault of the site, your team will be placed in rotation at a later time.

Timing Routines

When your team is first called for performance, it is referred to as “in the hole” which means there are two groups performing before yours. The second call is referred to as “on deck”, and one group is ahead of you.

As soon as this team has exited the performance area, your team should line up off the floor in preparation for entrance when announced.

At the competition, the clock starts with the first beat of music or sound and stops with the final sound. Entrance and exits are not times and should not be planned. Quickly enter and leave the floor. Total performance is limited to 2 minutes and 30 seconds. Timing violations will result in a 10-point deduction.

HINT: Time your entire routine on several stopwatches. Execute routine at 5 to 10 seconds under the time limit at practice to allow for margin of error at the competition.

Time Outs

A coach may call a time out by **walking onto the performance area** and signaling to one of the timers or Judges under the following circumstances:

- An unsafe situation detected by coach or team member(s)
- An injured athlete
- Technical difficulties with music

Procedures for dealing with a time-out will be determined by the situation. Minor adjustments in music, equipment, etc. will be corrected immediately, and the team will start performance over. In case of injury, the coach will remove the team from the performance area so the next team can perform. The trainer and coach will assess the injury to determine if the injured member can still perform. A competition official and the coach will then consult to reassign placement in the competition line-up. The team will be allowed to perform its entire routine without penalty or deduction.

Time outs should be viewed as an emergency measure only.

Day of Competition & Information

Weather – Competition will not be canceled. Allow extra time for inclement weather.

Payment – Make sure your payment has been mailed in August 1, 2010. No team with an outstanding balance will be allowed to perform.

Medical/liability Release Forms – Have all forms completed and mailed in by August 1, 2010. A signed Medical/liability Release Form for all competition participants must be submitted by the due date.

Floor Time – Sign-up is available on a first come, first serve basis. Report to the registration table upon your arrival. The entire team will be allowed on the floor prior to the competition. There is not guarantee that every team will get time, so sign up early. Come prepared to compete. Performance is on a stage.

Coaches' Meeting – There will be a coaches' meeting on the day of competition. Last minute changes and rule enforcement information could effect your team's scoring for the competition. It is in your best interest to attend this meeting.

Athletic Trainer – A qualified athletic trainer is always present at the competition for medical/physical concerns. If you are not sure of the seriousness of an illness or injury, contact the trainer immediately. Bring your own first aid kit for taping and minor injuries.

Admission – General Admission to the Fair is \$10 per person. This is a one price system so the \$10 per person allows the person to most rides and events on the grounds for that day. There is no parking charge. Coaches and dancers will be given passes to get onto the grounds but the passes will not get them onto any rides or into any other events.

Items for Sale – Concessions will be available throughout the day.

Confer with Judges – Meet with the Judges immediately following the competition to discuss your score sheets and to receive suggestions for improving your team's performance. Please be constructive and respectful.

Categories

ALL of the following Dance Categories have a routine time limit of 2 minutes and 30 seconds. Each Category is divided into three divisions, Varsity (V) (grades 9-12), Junior Varsity (JV) (grades 9-10) and Junior (J) (grades 6-8). For each division is divided into two dance team sizes, (A) 6 – 11 dancers, and (B) 12 & up. Each team may enter in two categories.

POM CATEGORY / CHEER DANCE CATEGORY

Specific elements of a Pom Routine:

- Poms are the main focus and should always have a purpose
- Pom pons are required for a minimum of 90% of the routine.
- Choreography should feature the poms by creating visual effects/pictures
- A visually exciting routine incorporates a variety of movement, levels, group work, formations, and rhythms.
- The overall style of the moves should be clean and precise, with an emphasis in group synchronization.

KICK CATEGORY

A kick is defined as a lifting and extending of one leg the front, side, or back from a standing position with the foot in a pointed or flexed position. A high kick is considered to be any kick that extends above the waist.

Specific elements of a Kick Routine:

- The focus of the routine should be on proper kick form, technique, posture, and height/flexibility.
- The routine should include a variety of connections, transitions and formations; and creative/original choreography.
- Fifty or more kicks are required by the entire team.
- Sixteen or more high kicks are required by the entire team.
- Poms may or may not be used.

JAZZ CATEGORY

Specific elements of a Kick Routine:

- The overall style of the routine should be well-executed, technical movements with focus on balance, flexibility, control, and body alignment and extension.
- Choreography should feature proper dance technique.
- The routine should include a variety of turns/spins, leaps, and jumps; effective use of floor space; and creative/original choreography.
- No poms or props are used.

FUNK CATEGORY

Specific elements of a Kick Routine:

- The overall style of the routine should be high energy, “funky” dance with focus on strong, precise movements and “attitude.”
- Choreography should feature athletic, grounded/low, tight movements to a driving beat.
- A dynamic funk routine incorporates a variety of movement, rhythms, levels, group work, trick and formations.
- No poms or props are used.

The Judges use the score ranges below to guide them in maintaining consistency.

➤ 10-Point Scale

Needs work
1 – 4

Average/Fair
5 – 6

Good
7 – 8

Excellent
9 – 10

➤ 20-Point Scale

Needs work
1 – 9

Average/Fair
10 – 13

Good
14 – 17

Excellent
18 – 20

Penalties and Violations Summary

Violation	Penalty
Calling a time-out	None
Failure to report to "In the Hole"	10 points
Failure to meet 50% Requirement - Pom/Dance	Disqualified
Failure to meet 75% Requirement - 2nd routine	Disqualified
Fingernail length (corrected before performing)	10 points
Glitter that does not adhere (corrected before performing)	10 points
Improper skill execution	10 points
Illegal footwear (corrected before performing)	10 team points
Inappropriate music/movements	10 points
Inappropriate uniform/costume (corrected before performing)	10 points

Violation	Penalty
Ineligible Participant	Disqualified
Jewelry	10 team points
Missing liability/medical forms	Disqualified
Prop Violation	10 points
Pyramids, stunts, or tumbling - Dance	10 points
Routine does not meet category requirements	10 points
Timing	10 points
Uncorrected performance hazard	10 points
Unsafe hair	10 points
Unsportsmanlike/unethical conduct	10 points

Manitowoc County Fair Dance / Pom Competition Registration

Complete School/Club/Gym Name _____

School Address _____

Coach Name _____

Home Phone _____ Cell Phone _____

Coach E-mail _____

Home Address _____

*Admission tickets and confirmation will be sent to your home address unless otherwise noted.

Asst. Coach _____

Routines

(Circle One) Varsity Junior Varsity Junior

Check the Routine(s) to be performed

First Routine

Second Routine

Pom - Small (A)		Pom - Small (A)	
Pom - Large (B)		Pom - Large (B)	
Cheer Dance-Small (A)		Cheer Dance-Small(A)	
Cheer Dance-Large(B)		Cheer Dance-Large (B)	
Kick - Small (A)		Kick - Small (A)	
Kick - Large (B)		Kick - Large (B)	
Jazz - Small (A)		Jazz - Small (A)	
Jazz - Large (B)		Jazz - Large (B)	
Funk - Small (A)		Funk - Small (A)	
Funk - Large (B)		Funk - Large (B)	

Fees

First Routine	\$25	
Second Routine	\$10	
Total Due		

Registration and all other forms are due on August 1, 2010.

All Fees are Non-Refundable

Send to: **Manitowoc County Expo**
Poms Competition
PO Box 1011
Manitowoc, WI 54221-1011
Phone Number: 920-683-4378
Fax Number: 920-683-5058
E-mail Address: expo@lakefield.net
Web Site: www.manitowoccountyexpo.com

Judge # _____

Manitowoc County Fair Judging Sheet--Pom/Cheer Dance

Name of School, Club or Group: _____

Division (Circle) V-A V-B JV-A JV-B J-A J-B

(Points Possible)	Comments (Not Point Equivalents)		Score
	Very Good	Needs Work	
Uniformity/Precision: (20) Clean/Precise movement Group synchronization Maintenance of lines/Spacing Timing/Rhythmic accuracy Absence of mistakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20
Technique: (20) Posture Body position/Extension Head Movements/Focus Placement-Arms/Hands Placement-Legs/Feet Pointed toes Strength of Movement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20
Choreography: (20) Creativity/Originality Use of poms/Visual effects Contrast in rhythm within routine Formations/Use of floor/Transitions Effective use of music	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20
Showmanship/Appearance: (20) Enthusiasm/Energy/Intensity Smile/Genuine Confidence/Eye Contact Uniformity/Neatness of grooming	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20
Difficulty: (10) Pace/Tempo/Rhythm changes Intricacy in movement, levels, groups % of team demonstrating moves	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10
Overall Effect: (10) Entertaining Visually appealing Routine flow	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10
General Comments:			100
Subtotal			
Total--All Judges			
Deductions			
Final Total			

Judge # _____

Manitowoc County Fair Judging Sheet--Kick

Name of School, Club or Group: _____

Division (Circle) V-A V-B JV-A JV-B J-A J-B

(Points Possible)	Comments (Not Point Equivalents)				Score
	Very Good	Needs Work			
Showmanship/Appearance: (20) Enthusiasm/Energy/Stamina Smile/Genuine Confidence/Eye Contact Uniformity/Neatness of grooming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20
Technique: (20) Posture Body position/Extension Head Movements/Focus Placement-Arms/Hands Placement-Legs/Feet Pointed toes Strength of movement/Control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20
Kick Technique: (20) Flexibility/Height Uniform Team height Straight knees/Base leg Feet together Pointed toes/Ankles Difficulty of kicks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20
Choreography: (20) Creativity/Originality Variety of moves Contrast in rhythm within routine Formations/Use of floor/Transitions Effective use of music/Visual effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20
Uniformity/Precision: (10) Clean/Precise movement Group synchronization Maintenance of lines/Spacing Timing/Rhythmic accuracy Absence of mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
Overall Effect: (10) Entertaining Visually appealing Routine flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
General Comments:					Subtotal
					100
					Total--All Judges
					Deductions
					Final Total

Judge # _____

Manitowoc County Fair Judging Sheet--Jazz

Name of School, Club or Group: _____

Division (Circle) V-A V-B JV-A JV-B J-A J-B

(Points Possible)	Comments (Not Point Equivalents)				Score
	Very Good	Needs Work			
Showmanship/Appearance: (20)					20
Enthusiasm/Energy/Emotion					
Smile/Genuine					
Confidence/Eye Contact					
Uniformity/Neatness of grooming					
Choreography: (20)					20
Creativity/Originality					
Variety of moves/Levels					
Contrast in rhythm within routine					
Formations/Use of floor/Transitions					
Effective use of music					
Technique: (20)					20
Posture					
Body alignment/Extension					
Head Movements/Focus					
Placement-Arms/Hands					
Placement-Legs/Feet					
Flexibility					
Strength of movement/Control					
Elements of dance: (10)					10
Use/Variety of Leaps					
Use/Variety of Jumps					
Use/Variety of Turns/Pirouettes					
Uniformity/Precision: (10)					10
Clean/Precise movement					
Uniformity of style					
Maintenance of lines/Spacing					
Timing/Rhythmic accuracy					
Absence of mistakes					
Difficulty: (10)					10
Pace/Tempo/Rhythm changes					
Intricacy in movement, levels, groups					
% of team demonstrating moves					
Overall Effect: (10)					10
Entertaining					
Visually appealing					
Routine flow					
General Comments:					Subtotal
					100
					Total--All Judges
					Deductions
					Final Total

Judge # _____

Manitowoc County Fair Judging Sheet--Funk

Name of School, Club or Group: _____

Division (Circle) V-A V-B JV-A JV-B J-A J-B

(Points Possible)	Comments (Not Point Equivalents)		Score
	Very Good	Needs Work	
Uniformity/Precision: (20)			
Clean/Precise movement	<input type="checkbox"/>	<input type="checkbox"/>	20
Uniformity of style	<input type="checkbox"/>	<input type="checkbox"/>	
Maintenance of lines/Spacing	<input type="checkbox"/>	<input type="checkbox"/>	
Rhythmic accuracy	<input type="checkbox"/>	<input type="checkbox"/>	
Absence of mistakes	<input type="checkbox"/>	<input type="checkbox"/>	
Technique: (20)			
Placement-Arms/Hands	<input type="checkbox"/>	<input type="checkbox"/>	20
Placement-Legs/Feet	<input type="checkbox"/>	<input type="checkbox"/>	
Head Movements/Focus	<input type="checkbox"/>	<input type="checkbox"/>	
Strength of Movement/Control	<input type="checkbox"/>	<input type="checkbox"/>	
Grounded/Low	<input type="checkbox"/>	<input type="checkbox"/>	
Choreography: (20)			
Creativity/Originality	<input type="checkbox"/>	<input type="checkbox"/>	20
Variety of moves/"tricks"	<input type="checkbox"/>	<input type="checkbox"/>	
Contrast in rhythm within routine	<input type="checkbox"/>	<input type="checkbox"/>	
Formations/Use of floor/Transitions	<input type="checkbox"/>	<input type="checkbox"/>	
Effective use of music	<input type="checkbox"/>	<input type="checkbox"/>	
Showmanship/Appearance: (20)			
Enthusiasm/Energy/Intensity	<input type="checkbox"/>	<input type="checkbox"/>	20
Funky attitude/Style	<input type="checkbox"/>	<input type="checkbox"/>	
Smile/Genuine	<input type="checkbox"/>	<input type="checkbox"/>	
Confidence/Eye Contact	<input type="checkbox"/>	<input type="checkbox"/>	
Uniformity/Neatness of grooming	<input type="checkbox"/>	<input type="checkbox"/>	
Difficulty: (10)			
Pace/Tempo/Rhythm changes	<input type="checkbox"/>	<input type="checkbox"/>	10
Intricacy in movement, levels, groups	<input type="checkbox"/>	<input type="checkbox"/>	
% of team demonstrating moves	<input type="checkbox"/>	<input type="checkbox"/>	
Overall Effect: (10)			
Entertaining	<input type="checkbox"/>	<input type="checkbox"/>	10
Visually appealing	<input type="checkbox"/>	<input type="checkbox"/>	
Routine flow	<input type="checkbox"/>	<input type="checkbox"/>	
General Comments:			
	Subtotal		100
	Total--All Judges		
	Deductions		
	Final Total		

NAME OF SCHOOL/GYM/CLUB:

**MANITOWOC COUNTY FAIR
MEDICAL WAIVER AND RELEASE OF LIABILITY**
Each Participant **MUST** have a release on file at competition site.

I, _____ the natural parent, legal guardian and/or managing conservator of _____, do hereby acknowledge and state that said performer is presently under my care, custody, and control and that I possess the authority to grant the permission and authorization stated herein. In consideration of my child being allowed to participate in any way in the Manitowoc County Fair Pom/Dance Competition, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. My child as no conditions which would prohibit or restrict his/her participation in the Manitowoc County Fair Pom/Dance Competition events.
2. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while participation rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, my child observes any unusual significant hazard during their presence or participation, they will remove themselves from participation and bring such to the attention of the nearest official immediately; and
5. On behalf of my child, as their natural parent, legal guardian and/or managing conservator, HEREBY RELEASE AND HOLD HARMLESS Manitowoc County, its officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I authorize my representative of the Manitowoc County Fair to locate qualified and licensed medical personnel and/or transport of said performer to an appropriate medical facility in the event that it may become necessary.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANCIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

I understand I will be notified as soon as possible in the event of an emergency. My insurance company and I will assume all expenses of such treatment.

Signature of Parent, Legal Guardian and/or Managing Conservator

Date

Address

City

Zip

Home Phone Number

Cell Phone Number