

Manitowoc County Fair Pom/Dance Competition

Competition Booklet

August 21, 2008

For More Information Contact:

Manitowoc County Expo

4921 Expo Drive

Manitowoc, Wisconsin 54220

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MANITOWOC COUNTY FAIR COMPETITION
CHECK LIST

_____ August 1, 2008

- A. Original Medical/liability Release forms for each participant are due
- B. Typed roster of team members and Coaches
- C. Payment of Registration Fee and Original Registration Form Due at the Manitowoc County Fair Office:
Manitowoc County Expo
4921 Expo Drive
Manitowoc, WI. 54220
Phone # 920-683-4378
Web Site:

www.manitowoccountyexpo.com

_____ August 15, 2008

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

_____ August 21, 2008

Attend Manitowoc County Fair Competition

MANITOWOC COUNTY FAIR COMPETITION
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 the Chicago Honey Bear Dance Team who will perform a high-energy family-oriented dance show consisting of Jazz, Broadway, Tap, Country, Fifties, Swing & Hip-Hop and feature superstar singers/dancers from “American Idol” and “So you think you can dance” after the 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, 2008.

Mailing Address: Manitowoc County Expo

4921 Expo Drive

Manitowoc, WI. 54220

Confirmation

Confirmation will be sent via letter, e-mail and/or web site upon receiving your registration and payment.

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.

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, 2008.
- Teams must be comprised of eligible, active dancers for the 08 - 09 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 2008 Manitowoc County Fair Pom/Dance Competition is a first time event. The competition will be in the Manitowoc County Ice Center, August 21, 2008, 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. followed by a performance by the Chicago Honey Bear Dancers either at 6:30 or at the end of competition, if competition goes long. The performance will be a high-energy family –oriented dance show consisting of Jazz, Broadway, Tap, Country, Fifties, Swing & Hip-Hop and feature superstar singers/dancers from "American Idol" and "So you think you can dance". The Chicago Honey Bear Dancers will also be the Judges for this Competition.

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.

The Pom/Dance categories will be Pom, Jazz, Funk & Kick. 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.

If you have any questions please contact the Manitowoc County Expo Office at Phone # 920-683-4378, Fax # 920-684-5058 or E-mail expo@lakefield.net.

Judging

Judging will be by members of the Chicago Honey Bear Dance Team. Decisions of Judges will be final. All Judges scores are included with no high or low score thrown out. Take advantage of the opportunity to meet with the Judges immediately following the competition to discuss questions about your score sheets and to receive suggestions for improving your team's performance. Score sheets are provided at the back of this booklet so you may better prepare your team for competition.

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, 2008. 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, 2008. 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. Only Captains, up to 4 per 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 for 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.

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.

Categories

ALL of the following Pom/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

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 requires 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

<u>Needs work</u>	<u>Average/Fair</u>	<u>Good</u>	<u>Excellent</u>
1 – 4	5 – 6	7 – 8	9 – 10

➤ 20-Point Scale

<u>Needs work</u>	<u>Average/Fair</u>	<u>Good</u>	<u>Excellent</u>
1 – 9	10 – 13	14 – 17	18 – 20