



2024-2025 State Spirit Competition Guidelines

Dance Guidelines

Eligibility

The NMAA State Spirit Competition is open to all NMAA member high school dance teams whose coaches have attended the mandatory Spirit Coaches Clinic. Only one team may represent a school. All participants must adhere to all NMAA eligibility requirements. Each school must submit a team roster on MaxPreps by December 1st of the current year.

Performance Categories

Teams are required to perform a **Pom** routine. For the team's second routine, teams are allowed to perform one of the following routines: **Military, Jazz, or Hip-Hop**. These performances must incorporate the criteria listed on the judging scoresheets. The routines are to demonstrate the level of excellence and quality of execution of the basic skills taught in the sport of Dance. Teams are to use discretion in the selection of music, costuming, and moves. Costumes may not inhibit arms, legs, and/or body movements. No midriiffs.

Performance Categories			
POM (Required Routine)	Military	Jazz	Hip-Hop
Poms must be purposefully used at least 80% of the routine. Important characteristics of a pom routine can include creativity, pom emphasis, tempo variations, color work, and visual effects. Dance skills can be included but should not be artistic. Program concepts are allowed, but not required. Pom motions/skills should display proper pom technique/execution. Dance skills should display proper technique/execution. Pom is generally a more "traditional" category as compared to a category like Jazz, which is often more stylized. No props	The emphasis will be on synchronization, choreography, musicality, technique and execution. Military is precision in style and incorporates many sharp, concise movements that showcase formation changes, level changes, visual effects, group work, contagions, ripples, kicks, etc. Choreography should be carefully constructed to define the routine as military by incorporating difficulty consistent with the goal of team precision.	A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Use creative choreography that will capture the judges and audience. Point of Emphasis: Make it your own style as to distinguish your team apart from the rest. No props.	Routines should include street style movements with an emphasis on execution style, creativity, body isolation and control. The uniformity of all movements throughout the performance should complement the beats and rhythm of music. Performances may incorporate tricks, stunts and acrobatics but are in NOT required to do so. If tricks, stunts, or acrobatics are included they should serve a musical, conceptual or design purpose. No props.

Classifications/Divisions

- Divisions shall be made into the following classifications: A-4A, 5A.
- Teams must compete at the classification level that the school participates in for basketball.
- Each dance team has no limit to the number of registered participants and can have up to four (4) alternates. Each team will perform two separate routines with no more than four (4) team members different from one routine to the other. If more than four (4) team members are different from one routine to the other, an unsportsmanlike deduction or disqualification will be issued.
- Each school must declare the categories in which they will perform by the stated deadline on the registration form. Teams will not be allowed to change categories after the deadline.
- All performers must be listed on the state registration form submitted to the NMAA.
- Performers must be eligible per NMAA Bylaws, have competed in a minimum of ¼ of the varsity contests scheduled, and included on the team roster on MaxPreps. (See Bylaw 7.6.5)

Performance Time Limit and Music Specifics

- 1) Each performance may not exceed two minutes and thirty seconds (2:30).
- 2) A floor monitor will signal for the team to enter the floor. A team will have 30 seconds to enter the floor and get into position. Teams will begin their routine immediately after it is announced. No additional set-up or positioning time is allowed. At this point, teams will not be allowed to return to the tunnel. The time will begin with the first signal (stomp, clap, ready, music, etc.) and end when the routine is over. Teams exceeding the entrance time will receive a five (5) point deduction from their total score for that performance. Deductions will be reflected on the technical judge-scoring sheet.
- 3) There will be a deduction of 5 points from the Technical Judge on the total score for exceeding the time limit established for each performance.
- 4) No live music will be allowed during the entrance, routine, or exit. A music system will be provided. Each team will be responsible for furnishing a representative to control/start the music.
- 5) Routine music must be recorded on a tablet or smartphone with the coach providing the correct connectors for your tablet or smartphone (USBC, Apple Dongle, AUX cord). You must have your music cued and ready on your tablet or smartphone. If using a smartphone, it must be in airplane mode. Keep in mind that recording equipment differs.
- 6) In the event of music malfunction during the State Competition, the school representative controls the music, to include the sound on the tablet or smartphone. Therefore, they will make the determination whether to stop the music. The announcer will then tell the performing team to regroup and start over. There will not be a point deduction for a music malfunction. A coach may not request that the routine be repeated once the team has left the floor. Please be sure to record your music at the highest volume possible.

Trophies, Scores and Rankings

- State Championship trophies will be awarded using the following guidelines:
 1. If a class has up to four teams registered, only one trophy will be awarded.
 2. If a class has five or six teams, two trophies will be awarded
 3. If a class has seven or more teams, three trophies will be awarded
- In the event of a tie, the team's highest scoring performance will be used to determine the ranking for the state trophies.

Example:

Team	1 st Routine	2 nd Routine	Total
1	98	95	193
2	96	97	193
3	94	99	193

- All three teams would be in a three-way tie with the combination of both scores. Therefore, the highest routine score would be used in ranking for the state trophy, which would result in Team 3 winning first place (99), Team 1 second place (98), and Team 2 third place (97).
- If the tied teams have the **same** identical routine scores regardless of routine order the state trophy would be awarded to all three teams. The team that traveled the furthest would take the trophy home, and duplicate trophies would be mailed to the remaining teams.

Adjudication

- Judges for the State Spirit Competition will be impartial, qualified, and experienced professionals with a thorough knowledge and background in Dance. Judges will provide digital evaluations and comments on the scoresheets. ***The score for Dance is the total of each judge's scores from Artistic and Technical, minus any deductions, and then divided by the total number of judges for an average score. The two scores are then added together to arrive at the team's final score.*** Technical judges will rule on safety violations and time limit infractions.
- No technical protests or appeals will be accepted.
- By participating in the state spirit competition, each team acknowledges the scores, judge's decisions and validated point totals from the individual scoresheets are final.

Awards Presentation & Championship Photographs

- For second and third place, each team may send a maximum of four (4) members to the floor. For first place, the entire team may enter the floor for awards.
- The Awards Presentation will be held at the conclusion of the classification.

Regulations for Safety

- Safety rules apply to all Dance teams at all times. Violation of the safety-updated guideline(s) during the State Competition will result in penalty point deductions from the Technical Judge. Violation(s) of any rules in the current **National Federation Spirit Rules Book** will result in a deduction of penalty points from the total score for that performance.
- Technical judges will determine violations of the safety guidelines.
- Refer to the current **National Federation Official High School Spirit Rules Book** for the safety guidelines.

Performance Area and Warm-Up

- All performances will be conducted on the basketball court (94 feet x 50 feet).
- Teams will be given an adequate amount of time for warm-up. No team will be permitted to warm-up in the concourse area.
- Only coaches who are state licensed, Cheer and Dance Safety Certified, recognized by the school, attended the NMAA Spirit Coaches Clinic and listed on the official state registration form submitted to the NMAA are permitted in the competition and warm-up areas. These coaches are the only people authorized to perform coaching duties. Alternates shall also be in uniform to be permitted in the competition and warm up areas. A designated “coaches’ box” on the front edge of the performance area will be provided. Only two licensed Cheer and Dance Safety Certified coaches, recognized by the school, are permitted in that area. Coaches must remain in the designated “coaches’ box” until the completion of the routine.
- Following their performance, teams will have 15 seconds to exit the floor.

Team Entrance/Seating

- Teams will be provided with souvenir bag tags for participants who are listed on the State Registration Form and whose eligibility has been verified via MaxPreps. Bag tags will not be used for admission.
- It is required that all performing teams enter through the comp door. Only eligible participants listed on the State Registration Form will be permitted as members of the team.
- Any team member wanting to re-enter the arena or the performance area must show an ID at the comp door and be listed on the state registration form.
- No outside food and/or beverages will be permitted.
- Administrators and Coaches must enter through the complimentary entrance door. Individuals will be admitted according to the NMAA Complimentary Entrance policy.
- Teams must sit in the participants seating on the arena floor. Only the performing teams and coaches will be permitted to enter this area.
- Teams are not allowed to change in the seating area. All uniform changes must be done in the provided facilities.
- Lockers rooms will be provided for use between each routine on a scheduled basis by the NMAA.

***Registrations must be submitted to the NMAA by Monday, February 17, 2025**