

## **NORTH EAST DANCE XPLOSION 4!**

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### **RULES AND REGULATIONS**

All participants of the competition are required to adhere to this set of rules and regulations stipulated by the organisers in order to be eligible for participation in Dance Xplosion 4!

#### **1. Eligibility**

This competition is open to all Singapore citizens and permanent residents.

#### **2. Categories**

##### Modern and Hip Hop

- For example, Modern Jazz, Break Dance and Snap Dance

##### Ethnic and Cultural

- For example, Tap Dancing, Malay Dance and International folk dance

##### Cheerleading

#### **3. Requirements**

##### Dance Competition

- Each team must have a minimum of 2 dancers (excluding reserves). The maximum number of dancers per team is 10 (excluding reserves).
- The length of the dance should not exceed 3 minutes.
- All teams must dance to their own music.
- Each participant can only register under one team in one category.
- Liquids or other substances that can litter, damage or make the dance floor/ stage unsafe may not be used in any category/ discipline.
- Costumes are of one's own choice, but should be well tailored and tasteful.
- Participants are solely responsible for their own valuables during the competition.
- Stage props are permissible and must be carried by the dancers in one trip. Stagehands assistants are not allowed to carry props for the dancers. (**Note:** Cumbersome scenic props are not permitted in the competition.)
- Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music may result in disqualification.

##### Safety Rules

- Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.
- Drops (knee, seat, thighs, front, back, and split drops) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.
- Sport shoes should be worn while competing: NO jazz shoes and/or boots will be allowed.

- d) Jewelleries of all kind are prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms. **Jewelleries must be removed and may not be taped over or covered.**

#### TUMBLING

- a) Tumbling skills that exceed one flipping rotation and/or twisting rotation are prohibited. (No double backs or double fulls.)
- b) Aerial tumbling, over, under, or through a stunt, individual, or prop is not permitted.
- c) Tumbling with a prop is prohibited. Example: Back handsprings and back tucks with pom poms are illegal. Exception: forward roll over a prop is legal.
- d) All gymnastic stunts must originate from the ground level. The person performing a gymnastic stunt may (without hip over head rotation) rebound from his/her feet into a cradle.
- e) Spotted or assisted tumbling is prohibited. This includes toe and leg pitch flips. All tumbling must originate from and land on the performing surface.
- f) Double cartwheels are prohibited.
- g) Standing back tucks and standing tumbling with back tucks are not permitted
- h) All flips out of running tumbling are permitted. (Examples: tucks, layouts, whips, etc.)
- i) Twisting flips are not permitted (includes running tumbling).

#### TOSSES

- a) Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the partner.
- b) A partner may not be tossed to another set of bases or to another stunt or toss before the cradle. The bases must remain stationary during the toss. (No traveling tosses.)
- c) Basket tosses or any type of multi-based toss is limited to a total of four bases tossing the stunt. One base must be behind the partner during the toss and may assist the partner into the stunt. This base counts as one of the tossing bases.
- d) No stunt, pyramid, individual or prop may move through or under a toss/pop.
- e) Tosses/pops may not be thrown over or through the stunts, pyramids, individuals or props.
- f) Helicopter Tosses are prohibited.
- g) Toss in prone or other flat body position is prohibited. (Exception: logrolls are permitted).
- h) Toss flips are prohibited.
- i) The head of the partner must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stunt, pyramid or toss. The partner may not snap their head backwards to increase the arch position.
- j) Partners may not be inverted at any time of the toss.
- k) Tosses involving twisting rotations may not exceed two (1) rotations and must be cradled.
- l) All extended stunts are permitted
- m) Single twisting dismounts from one-legged extended stunts are not permitted
- n) Double twisting dismounts are not permitted
- o) Basket tosses exceeding one full twisting rotation are not permitted

## PARTNER STUNTS/PYRAMIDS

- a) All stunts and/or pyramid are limited to **two persons high**. However, **extended stunts are permitted to two and a half person high**. Any partner must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
- b) A spotter is required for all extended stunts.
  - a. An inattentive person is not considered a spotter
  - b. A spotter must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
  - c. A spotter's torso cannot be under a stunt
  - d. A person is not considered a spotter if the hand position includes:
    - Grabbing the hand(s) (do not confuse hands with wrist) of the base(s) beneath the top person's foot or
    - Grabbing the sole of the foot of the partner (exception: a spotter may grab the sole of the foot as long as the other hand is on the ankle).
- c) Single based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.
- d) Single based stunts (extended and non-extended stunts) when cradled must have a spotter at the head and shoulder area of the partner (exception: cradle from chair or torch).
- e) Physical contact must be maintained between the top person and the base(s) during the stunt. Exceptions: a.) A release from a base(s) is allowed for a pop, sweep, dismount to cradle or dismount directly to the performing floor. b.) see f) below. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the partner to a new base. The partner must remain in an upright (vertical) position throughout the transition.
- f) During a pyramid, minor release of physical contact between the base and the partner in a pyramid transition are allowed ONLY when: a.) the partner remains vertical and upright b.) The partner remains physical contact with the other members at the second level c.) Weight of the partner is not being borne at the second level or on another stunt.
- g) The following stunts may brace each other: chair, double/triple base dead man lift, double/triple base straddle lift, torch, and extended stunts (where both feet of the partner are in contact with the base, such as single and double based extensions and single/double based awesome)
- h) When a partner moves to a flat body position (i.e., prone, layout or on side) the stunt must originate from shoulder level or lower and the partner must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the partner does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
- i) Partners are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needles stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
- j) Hanging pyramids are allowed if and only if they are upright and stationary. Each partner at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). (No moving or rotating diamond heads.)
- k) Partners in a suspended split or sponging to the split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
- l) Single base split catches are prohibited.

- m) No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
- n) Stunts may not pop or sweep dismounts to a prone, face down position.
- o) Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the partner (physical contact must be maintain with an original base) Catchers and bases must be stationary prior to the initiation of the dismount.
- p) Non-extended stunts may dismount a partner directly to the performing surface with one spotter handson assisting the landing. Dismounting from extended stunts requires 2 hands-on spotters assisting the landing, including coed and single bases stunts.
- q) No skills may be performed when dismounting to performing surface without hand to hand contact with bases. No hip over head rotation is allowed. (Example: cradle back flips to performing surface are prohibited.)
- r) Dismounts involving twisting rotations may not exceed one rotations and must be cradled.
- s) Tension drops/tension rolls are advised to practice with extreme caution.
- t) The head of the partner must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stun, pyramid or toss. The partner may not snap their heads backwards to increase the arch position.
- u) Single based double awesome are illegal, provided there is a separate spotter for each partner in the stunt. In order for this stunt to be legal, both feet of each partner must be in contact with the main base. (Note: Single base double liberties and variations are illegal)
- v) When dismounting single based double awesome to a cradle, see #o) above, and if dismounting directly to the cheering surface, see #p) above.

#### Qualification to the Finals

- a) The teams will compete in preliminary competitions based on random groupings.
- b) The top 5 teams from each category based on the total overall scores for competition will then proceed to compete at the Finals.

#### **4. Parental Consent and Indemnity**

- a) All participants are to obtain and complete the Consent Forms and submit them together with the Registration forms.
- b) Whilst the organisers will take reasonable care in the proper and safe conduct of the competition, participants shall be personally responsible for the safety and well-being of his/her person and property during his/her participation in the competition. The organisers will not be held responsible for any injuries sustained during the course of the competition.

## 5. Prizes

The cash prizes are as follows:

Category	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Modern and Hip Hop	\$1800 worth cash or sponsored cash voucher	\$1300 worth cash or sponsored cash voucher	\$1000 worth cash or sponsored cash voucher
Ethnic and Culture	\$1800 worth cash or sponsored cash voucher	\$1300 worth cash or sponsored cash voucher	\$1000 worth cash or sponsored cash voucher
Cheerleading	\$1800 worth cash or sponsored cash voucher	\$1300 worth cash or sponsored cash voucher	\$1000 worth cash or sponsored cash voucher

## 6. Judging Criteria

- Teams will be judged by a panel of judges appointed by the organisers. The decision of the panel is final and no correspondences or enquires will be entertained. Teams are required to honor, respect and abide by this at all time during the competition.
- The organisers reserve the right not to award any of the prizes should the entries in the judges' opinion fail to meet the required standards.
- The organisers reserve the right to publicise, and or broadcast the winners name, likeness, image or character at any time the organisers deem fit.
- The organisers reserve the right to cancel any competition category if there is insufficient participation.
- The organisers reserve the right to change, amend or withdraw any of the rules and regulations stipulated without prior notice.
- The judging criteria and points allocations are as follows:

Criteria	Points Allocation
Choreography	20
Techniques (rhythm, clarity and entertaining)	30
Costumes	20
Precision (unity, spacing, coordination and timing)	30
Total	100

## 7. Preliminary Competition Dates and Time

- There will be 2 preliminaries for each category on separate weekends. The top five highest combined score for these two preliminaries will be the Finalists.
- Depending on the number of teams participating and allocated time for each team, there may be an extension to conduct the preliminaries on separate occasion/days.
- The Venue for preliminaries will be confirmed during the briefing session and the date for first preliminary is tentatively on the **14 November 2009**.

## 8. Registration

- Participation is on a first-come-first-served basis. All registration forms must be duly completed, signed and submitted with photocopies of all the members' NRICs to the organisers by **30 September 2009**. The mailing address is

Attn: Ms Diana Hooi  
Dance Xplosion! 4

North East Community Development Council  
3 Tampines Grande,  
#01-02 AIA Tampines  
Singapore 528799  
Fax: 64244066

- Organiser accepts no responsibilities for any loss, damages or delay of entries during the mailing process
- No cancellation is allowed after the submission of the registration form. If a team member is unable to participate, a replacement has to be sought by the team.
- Photocopies of the registration form are accepted. The registration form can also be downloaded at North East CDC website (<http://www.northeastcdc.org.sg>)
- Submission must include the following forms:
  - DX4 Consent Forms (all the participants included reserves)
  - DX4 Registration Form

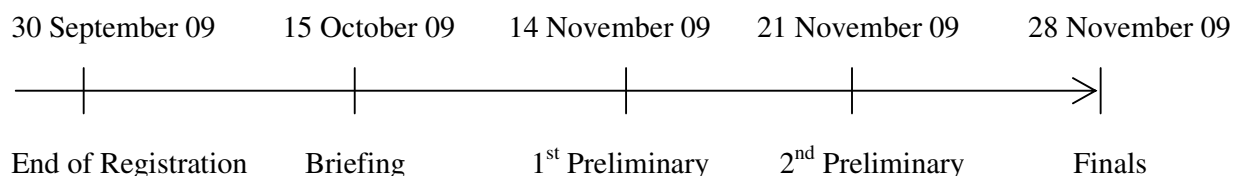
## 9. Briefing

- There will be a briefing session for all participating teams in North East Community Development Council on **Thursday 15<sup>th</sup> October 2009 at 7.30**. It is **compulsory for all** to attend the briefing session. Team members are required to send in at least **one representative** to attend the briefing.
- The venue for the preliminary competition will be **confirmed** during the briefing session.
- Each team is required to pay a **CASH** registration fee of **\$20**, payable to North East Community Development Council during the briefing session for acceptance to participate in this competition.

## 10. Final Competition Date and Time

- The date and venue for the final competition will be **confirmed** during the briefing session.

## 11. Time Line for Dance Xplosion 4!



\*Date and timing is subjected to change. The organizer reserves the right to change at any date or time without specific notice to participants.

## 12. Contacting the Organiser

- North East CDC will only accept enquiries via email (dancexplosion4@northeast.org.sg) or via DID 64244000
- North East CDC reserves the right to change/ amend the rules and regulations at any time without specific notice to participants. The amended rules and regulations will be effective immediately upon being posted on the North East CDC website.