



Oregon School Activities Association

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To: Athletic Directors, Activities Directors and Dance/Drill Coaches

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Subject: 2024-25 Dance/Drill Reminders

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to Dance/Drill that each coaching staff should review as we begin a new season. The links provided will take you directly to more detailed information regarding that specific reminder. Each school offering Dance/Drill should have received one copy of the NFHS Spirit Rules Book from the OSAA, and if your Athletic Director has your email address listed on the OSAA website under your school, you will be able to have one NFHS eBook of the rules. If your school didn't receive your copy, please let me know. Feel free to contact me if you have questions and best of luck this season!

GENERAL INFORMATION

[OSAA Handbook](#)

The 2024-25 OSAA Handbook is available on the OSAA website. This handbook contains overall association rules and policies.

[OSAA Dance/Drill Handbook](#)

The 2024 OSAA Dance/Drill Handbook is available on the OSAA website. This handbook contains information regarding important season dates, NFHS rules information, OSAA Dance/Drill rules and policies, state championship information and qualifications, etc.

2024-25 State Rules Interpreter

Lisa Hahle will be the new State Rules Interpreter (SRI) for Dance/Drill. SRI bulletins throughout the season will be issued and posted on the OSAA website. All rules interpretation requests should be sent to the [2024-2025 Technical Judging Feedback/Questions](#). Additional communication can be sent to dance_drill.sri@osaa.org.

State Dance/Drill Category Survey – Due Nov. 8th, 2024

This survey is intended to assess what competition categories each school is planning to participate in during the OSAA Dance/Drill season and OSAA State Championship. Results will only be shared with the OSAA to determine if specific categories will meet the minimum division size standard for the OSAA State Championship competition. For categories that may not acquire the minimum division size standard, the OSAA will alert those schools and provide them with the opportunity to adjust categories. If teams do not wish to adjust or do not complete this survey and wish to participate in a category that does not meet the minimum division size standard at the OSAA State Championship, they should be prepared to be placed in another classification at the discretion of the OSAA as stated in the OSAA Dance/Drill Handbook. Survey Link [HERE](#).

2024-25 NFHS Spirit Rule Changes

See the [NFHS website](#) for a complete list of changes.

OSAA Dance/Drill Handbook Changes

1.4.1

~~(g) PENALTY: Use of flooring, staging, or props beyond the limits listed below would result in disqualification.~~

~~(1) Dance Drill categories Traditional, Jazz, Hip Hop, Kick and Pom categories may use one handheld prop, or one costume change, or one item that will be manipulated while dancing (examples – a chair, scarf, flag, etc.). In a Pom routine, the Pom is the only prop allowed.~~

2.6 Props / Sets.

2.6.1 Definitions.

- (a) A "Prop" is anything that is not permanently attached or positioned on a uniform of the performer, which is manipulated in any skillful, physical or mechanical manner to add to the overall effect of the performance. Props include;
- (b) **"Handheld Prop" is something that one dancer can manipulate and be controlled by themselves. Each dancer may have a handheld prop; all props in the routine must be the same in shape, size, and function. The color of each handheld prop may be different. The item can be passed/shared by multiple dancers but must be something that one dancer could control on their own. This includes a wearable item that is put on and/or taken off during the performance.**
- (c) **A "Costume Change" is a wearable item that changes the visual appearance of the costume. If an item is permanently affixed to the costume (ie: when the costume is hanging on the rack, the affixed item is included), it is considered a part of the costume. If the item is held in a dancer's hand and not attached to their costume it is considered a "Handheld Prop".**
- (d) **"One item that can be manipulated by dancing" could include a physical item or a single set piece that is manipulated by the performers. The physical item could have multiple pieces that are permanently attached to the main structure.**
- (e) A "Set" is any piece of scenery or backdrop placed in a standing position in view of the audience to enhance the theme or overall effect of the performance.

2.6.2 ~~Backdrops, sets, props and a portable dance floor may ONLY be used in the Show category.~~

The Traditional, Jazz, Hip Hop, Kick and Pom categories may use one handheld prop, or one costume change, or one item that **can will** be manipulated while dancing. For Pom see 2.6.3 (examples—a chair, scarf, flag, etc.). In a Pom routine, the Pom is the only prop allowed.

2.6.3 **In a Pom routine, the pom is the only handheld prop allowed. Teams may also utilize a costume change or one item that can be manipulated while dancing.**

2.6.4 **Backdrops, sets, props and a portable dance floor may only be used in the Show category.**

2.6.5 Props and sets including floor coverings shall be constructed to fit through a standard gymnasium door. ~~PENALTY: Props and sets exceeding the restriction will require alteration to meet those dimensions OR elect not to use the set/prop.~~

2.6.6 Props and sets must be constructed so as not to damage the floor or any other part of the performance facility. **To prevent damage to the performance floor, carpeting should wrap up the sides of the set from the bottom and be secured with nails from the side. No nails, tacks, staples or any other potentially damaging item shall be used on the portion of the protective material that contacts the floor.** PENALTY: The school(s) responsible for any damage shall be assessed damage fees.

2.6.7 Props and sets using special lighting or requiring electricity must be run by a power pack. No electrical provisions will be made by competition or facility personnel. ~~PENALTY: Use of building electricity shall result in a 10-point deduction.~~

2.6.8 **Special Effects.** The use of special effects must be cleared through the OSAA representative (or their designee) at the Dance/Drill State Championships. No provisions will be made for special lighting effects.

2.6.9 **~~PENALTY: Use of Props/Sets beyond the limits listed in this section, will result in a 5-point deduction.~~**

~~Questions.~~ Questions regarding props and sets should be clarified by the OSAA Dance/Drill State Rules Interpreter (or ~~their~~ designee) at the Dance/Drill State Championships prior to competition.

2.7 Safety/Stunting. The current NFHS Spirit Rules Book shall apply. For more complete information, including instruction and photographs of correct and incorrect stunt positions, see the current NFHS Spirit Rules Book available from the OSAA. For deduction penalties see the [Judges Affiliation Manual](#).

Rule Category	2024 Adopted Values
Timing	0.65
Apparel	0.65
Sportsmanship	0.65
Minor	0.65
Major	2
Stunts/Lifts	5
Props (NFHS)	5

Attached and Unattached Competition/Exhibition

As a reminder students shall not represent a high school and participate in a competition or exhibition as unattached on the same day at the same venue/facility. Please find the OSAA Handbook language [here](#).

Examples of situations that are **NOT** legal;

A competition with a single round event where Panel A judges the Club teams and Panel B judges the OSAA teams.

An event that is two rounds, one round for Clubs; one for OSAA teams.

HEALTH & SAFETY

Health and Safety Information

The OSAA website contains a variety of information regarding heat and hydration, lightning safety, air quality, and concussion management. This page contains links to informational items that all coaches should familiarize themselves with as practices begin.

Pre-Event Safety Timeout

Prior to the start of each contest (at all levels) the site supervisor and/or home head coach shall gather the following personnel to review these questions; Site Supervisor, Coaches, Officials, and Medical Personnel.

- ✓ ***Who is the onsite contact for each school?***
- ✓ ***Is there a qualified medical professional present? If not, who will lead in case of an emergency?***
- ✓ ***Is there an Emergency Action Plan (EAP) for the venue? Who calls 911 and who meets the ambulance (and where)?***
- ✓ ***Where's the nearest AED?***

Air Quality Guidelines

It's important to review the updated [Air Quality Guidelines](#), which were revised in February 2024. ***School personnel are now required to use the AirNow Fire and Smoke Map at <https://fire.airnow.gov>, which includes circles for DEQ/AirNow monitors and squares for Purple Air monitors.*** The policy still allows schools to participate in practices/contests up to an AQI of 150. ***Cancellation is required for outdoor events when AQI reaches 151 (red).*** The policy suggests schools consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions.

Practice Model

The Practice Model requires athletes to have a minimum of five days of actual practice prior to participation in a jamboree or interscholastic contest. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- ✓ Prohibition on consecutive days of multiple practice sessions
- ✓ A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session)
- ✓ ***In Cheerleading and Dance/Drill, choreography sessions where students are learning routine.***
- ✓ ***choreography while working at a reduced pace, and not conditioning, are also considered teaching sessions.***
- ✓ Maximum of one hour of weight training before or after practice on a single practice session day