

Rules Changes for 2018-2019

JEWELRY:

- **Jewelry as part of a costume is allowed.**
- **Acceptable/allowed jewelry includes:**
 - pierced earrings in earlobes only (no cartilage earrings, etc.)
 - clip earrings
 - chokers without dangling pendants
 - hair accessories
- **Unacceptable jewelry:**
 - Necklaces
 - No hoop earrings allowed anywhere (ear, eyebrow, nose, etc.)
 - No dangling earrings (pierced or clip)
 - Piercings in any area other than the ear lobe (cartilage of the ear, belly, tongue, eyebrow, nose, etc). **Every effort must be made to remove these piercings.** If they cannot be removed without causing physical pain, they may be taped over with flesh-toned band aid.
 - Flesh- or clear- plugs may be inserted once piercings have been removed.
- **5-point penalty assessed per occurrence for prohibited jewelry.**

AERIALS:

- Side-aerials are the only type of aerial allowed. Side/cartwheel aerials (hip overhead rotations).
- FRONT aerials are not allowed: **15-point deduction if front aerials are used**

EXCESSIVE COACHING (additional wording added in CAPS):

No excessive coaching by the head coach, other coaches/staff, or alternates/NON-PERFORMERS who are sitting in the chairs OR ON THE FLOOR next to the head coach (by the announcer). EXCESSIVE COACHING INCLUDES CALLING OUT COUNTS OF THE ROUTINE.

PERMISSION & LIABILITY FORM: To be completed for each dancer competing in solos and team competitions. Coaches are responsible for turning in their forms at registration for each competition.