

**CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410**

19th ANNUAL CAS/CSAC DANCE TEAM TOURNAMENT 2026

AUTHORITY

The decisions of the CAS/CSAC Dance Team Committee and/or Meet Directors relative to the operation of the competition shall be final.

AWARDS

In each division, a plaque and individual medals will be awarded to each of the Champion (1st Place) and Runner-up (2nd Place) teams.

DATE OF COMPETITION/STARTING TIMES

Date: State Championship – Saturday, February 28, 2026

Snow Date: Sunday, March 1, 2026

Time: Registration will begin at 9:00 am

Doors open for spectators at 10:00am. Event begins at 11:00am.

Site: Farmington High School 10 Monteith Dr., Farmington, CT 06032

The CAS/CSAC Dance Committee will determine the starting time for each Division competing and a follow up email will be sent to each participating team indicating the starting time.

DIVISIONS

The 2026 Dance Team Tournament divisions will be determined once the entry forms are returned to the CAS office. The divisions of dance will be Pom, Jazz, Hip Hop and Kickline. Determination of any splits in divisions into Large or Small, will be made once all teams have registered by the deadline given.

ENTRY FEE/ENTRY FORM

Each dance team entering the Tournament will be assessed an entry fee of **\$100 per routine**, which must be mailed to the CAS Office – 30 Realty Dr., Cheshire CT, 06410 by **January 09, 2026**. Teams entering may compete in up to 2 divisions, but a separate entry fee of **\$100** is due per routine. The fee must be in the CAS office by 4pm on January 09, 2026. **Entry forms are to be submitted via the CAS website by 4pm on January 09, 2026.**

LATE ENTRY POLICY

No Tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control. Corrections requested by a school to an Entry Form that was submitted by the established deadline, but prior to the seeding/pairing data published on the website, will be assessed a fee of \$50 per

correction to a maximum of \$250.

MEET REGULATIONS

- a. Only member schools of CAS/CSAC may enter these championships.
- b. Each Dance Team must perform a routine **NOT TO EXCEED TWO MINUTES AND FIFTEEN SECONDS (2:15)**. Teams that perform for more than the allotted time will be assessed penalty points. Two (2) points will be deducted for each 5 second violation, or any part thereof. **TIMING FOR EACH TEAM WILL START WHEN THE MUSIC BEGINS OR AT THE FIRST MOVEMENT (after taking the floor) AND WILL STOP WHEN THE MUSIC ENDS.** Formal entrances and exits are not allowed.
- c. A DJ, with all the necessary equipment, will be provided at the site. All music must be submitted in advance to be verified for its legitimacy and will be added to a computer program to be used the day of the event. **Time will be allotted (and it is highly recommended) for Coaches to listen to their music before the Tournament begins.**
- d. Three performance judges and a Safety Judge will score each team. There will be 2 sets of judges so that teams can alternate. Technical difficulties will be adjudicated by the Head judge. The Safety Judge will be available for our teams to send videos with questionable moves, prior to the event. The name of our Safety Judge is: Lauryn Bryant – email is bryant.lauryn2@gmail.com
- e. **NO JEWELRY (see exceptions) NO BARE FEET OR SPIKED HEELS (see exceptions). SEE ATTACHED SHEET FOR SPECIFIC ROUTINE RULES AND GUIDELINES.** These will be assessed Penalty Points.

Exception: Dance paws and Pedini style dance shoes that raise the bottom of the foot off the floor are allowed.
Exception: For our High School State Tournament, all jewelry rules apply with the exception of stud earrings and hoop earrings. The heads of the studs cannot exceed a diameter of 18mm (the size of a dime). Hoop earrings can not be any larger than 30mm. No dangling earrings allowed. If a team chooses to wear earrings every member must be wearing the exact same pair.
- f. No “props” are permitted other than poms for teams entering the Pom Division, only. All dancers in the Pom Division (male and female) must use poms. See Props Guidelines for verification.
- g. Judge's decisions on scoring will be final and binding on score sheets. All technical difficulties, such as music stopping, will be adjudicated by the Head judge.
- h. The “order of performance” for the Tournament, will be emailed to participating schools on the Wednesday before the event. Parents should not be contacting the Tournament Director for this information.
- i. Only one squad per member school may enter the competition. All competitors must be in grade 9, 10, 11 or 12 and must be a member of your Varsity team.

j. Each team will receive 5 complimentary tickets (as long as the Entry Fee has been paid). These tickets are to be used by school personnel and their guests. They are NOT for parents. There will be no pre-sale of tickets. Ticket prices are: children ages 3 and under are free; Senior Citizens (age 65 and older) are \$5.00; student (grades K-12) are \$5.00; adults (all not in the above categories) are \$10.

k. Dance team advisor/coaches are expected to maintain discipline among the competitors and make sure that good sportsmanship prevails in both winning and defeat. Schools will be held liable for the actions of their competitors, which may include, but is not limited to, property damage or assault. LEAVE ALL VALUABLES AT HOME. The host school is not responsible for any lost or stolen items. Coaches should carry a bag big enough to hold onto any items such as cell phones.

l. No team will be permitted to participate without the presence of their dance team Coach/Advisor, or having in writing, a letter from their school's AD or Principal designating an adult replacement.

m. Score sheets will be presented to each Coach/Advisor at the conclusion of the Tournament. Also available will be an order of finish and point totals for their division. Scoring will be in accordance with the score sheet.

TEAM COMPOSITION

Each team must be a Varsity level High School Dance Team (one team per school) and its members must be certified by their school's AD or Principal as being a "student in good standing" at the time of the Tournament. **There must be a minimum of 5 dancers in order for the team to compete - no maximum.**

WARM-UP AREA

A warm-up area will be provided at the Tournament site for use by teams shortly before they perform. Each team will be allotted 4 minutes per routine for their warm-up.

MEDICAL SERVICE

Medical personnel (an Athletic Trainer) will be on site at the Tournament to attend to any emergency needs of the competitors.

The Tournament Director is Kathy Swillinger. She can be reached at kscoach32@gmail.com or 203-675-6237.

2026 TOURNAMENT SPECIFIC ROUTINE RULES AND GUIDELINES

The following specific guidelines will be in place for this year's State Dance Tournament.

ALLOWED

Aerial Cartwheels
Front/Back Walkovers
Forward/Backward Rolls
Cartwheels
Headstands
Handstands
Backbends
Headsprings (with hands)
Stalls/Freezes
Head Spins
Windmills
Kip Ups
Round Offs (with or without hands)
Shoulder Rolls
Front Handsprings
Front Aerials
Side Somi
Back Handsprings

NOT ALLOWED

Layouts
Dive Rolls
Front Tucks
Back Tucks
No handed headsprings
Toe Pitch Back Tucks
Shushunova
No Handed Kio Ups

TUMBLING & SKILLS (executed by individual)

Hip over head rotation skills with hand support are not allowed while holding poms in the supporting hand. (exception: forward rolls and backward rolls are allowed). The **proper** use of hands free poms for hip over head skills is allowed. *Please reference the Hands Free Poms section for more details.

Tumbling skills with hip over head rotation:

- a. Airborne skills with hand support may not be airborne in approach but may be airborne in descent (exception – Dive Rolls are not allowed) . **Standing Back Handsprings are allowed but can not be connected to any other tumbling skill.**
- b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.

Non Airborne Tumbling skills with hip over head rotation are limited to 3 consecutive skills (example: 3 consecutive headsprings are allowed – 4 are not). 1

Airborne hip over head rotation skills without hand support are not allowed (exception: aerials and/or side somis not connected to any other hip over head rotation skills are allowed)

Recommendation: If using non hands free poms in a front aerial, aerial cartwheel/side somi, dancers should place both poms in the non dominant hand. If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed.

Simultaneous tumbling over or under another dancer that involves hip over head rotation by both dancers is not allowed.

Choreographed drops to the knees, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.

Landing in a push up position onto the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova are not allowed.

Airborne skills without hip over head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulder and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band”/”bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

DANCE LIFTS & PARTNERING (executed in pairs or groups)

The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (exception: Kick Line leaps).

At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill.

Lifting with poms is allowed

Extensions, pyramids, and basket tosses are NOT allowed.

Swinging in and out of lifts and tricks is allowed in the prone/or supine positions: swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).

Hip over head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.

Vertical inversions are allowed if:

The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.

When the height of the Executing Dancer's shoulders exceeds shoulder level of the Supporting Dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES/UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE

An Executing Dancer may jump, leap, step or push off a Supporting Dancer if:

The highest point of the release does not elevate the Executing Dancer's feet above head level of the Supporting Dancer (exception: toe touches off a dancer's back/leap frog jumps will be allowed).

The Executing Dancer may not pass through the prone or inverted position after the release.

Toe pitch back tucks are not allowed.

A Supporting Dancer may release/toss an Executing Dancer if:

The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the Supporting Dancer.

The Executing Dancer is not supine or inverted when released.

The Executing Dancer does not pass through a prone or inverted position after release.

Toe Pitch back tucks are not allowed.

CHOREOGRAPHY & COSTUMING

1. All facets of a performance/routine, including costuming, choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language from a song and replacing with sound effects or other words may still constitute "inappropriateness." Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation. Costuming must be well secured and appropriate for family friendly environment.
2. Shoes, on both feet, must be worn during the competition. Dance shoes are acceptable. Shoes with wheels are not allowed (examples: roller skates, roller blades, heelys, etc.). Wearing socks or footed tights only is not allowed.
3. When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of body only. Nude bodyliners are acceptable.
4. All male dancers' costumes must include a shirt that is fastened, however it may be sleeveless.

PROPS

Props are NOT ALLOWED except for POMS, which must be used by teams in the Pom Division. A prop is defined as anything that you dance with that is not attached to your costume. **Articles of clothing such as jackets, headbands, sunglasses, hats, etc. may be removed from the body and discarded: these items may not have any choreographed movement done with them. If taken off and danced with, it becomes a prop. Items/articles of clothing brought onto the performing surface, but not worn, are considered to be a prop.**

HANDS FREE POMS

The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performer's hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band or tying pom strings/pieces together will not be counted as a hands-free pom.

MUSIC GUIDELINES:

A separate sheet regarding Music Guidelines will be posted on the CIAC website. For the most up to date music information, visit <http://varsity.com/music>. Please check the provider list for updates and changes periodically. If you have any questions please contact Morgan India Miller at morfanindia miller95@gmail.com. All music must be sent to her at the same time that you submit your registration,

2026 CONNECTICUT HIGH SCHOOL DANCE TEAM TOURNAMENT

**Sponsored by CAS/CSAC
2026 Dance Team Entry Form**

**Form to be submitted via the password-protected online eligibility center
For the attention of the Principal as well as the Athletic Director**

This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4pm on Friday, January 09, 2026. The \$100 entry fee must be mailed to the CAS office, 30 Realty Dr., Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4pm on January 09, 2026.

A minimum of 5 dancers must compete on each team – no maximum. Submit the names of all of the dancers in your Varsity Dance Program (even if you are not sure that they will be competing at this time), If schools require a P.O., indicate that payment of the entry fee will be forthcoming.

Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 09, 2026. LIST ALL OF THE VARSITY MEMBERS OF YOUR DANCE TEAM ON THIS ENTRY. THE PRINCIPAL CERTIFIES THAT THE INDIVIDUALS LISTED ON THIS FORM ARE STUDENTS IN “GOOD STANDING” AT THEIR HIGH SCHOOL AND HAVE SATISFIED THE STATE HEALTH STATUTES AND LOCAL REGULATIONS REGARDING PHYSICAL EXAMINATION AND ARE PHYSICALLY FIT TO PARTICIPATE IN THIS TOURNAMENT.

School _____ **City/Town** _____

Principal _____ **Principal's Phone** _____

Athletic Director _____ **AD's School Phone** _____

AD's Home/cell phone _____

AD's Email _____

Coach/Advisor _____ **Coach/Advisor Cell** _____

Coach/Advisor Email _____

Indicate the Division you will be competing in and the number of Dancers who will be competing: POM # _____ JAZZ # _____ HIP HOP # _____ KICK # _____

LAST NAME

FIRST NAME

GRADE

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PERFORMANCE AREA

Farmington High School has 2 back to back gyms that will be utilized for the performances. There will be no boundaries BUT a spacer will be used to help teams with spacing their routines. A schimatic will be sent out to teams that register for the event.