

General Guidelines for High-Risk Movements at Dancefest

1. General Philosophy:

The inclusion of acrobatic movements in dance routines can enhance performance when executed safely and artistically. However, in an educational setting, the primary objectives of dance competitions are to:

- Foster **artistic growth** and **creative expression of dance styles**
- Promoting **safe physical development**
- Ensuring **equity** among dancers of varying skill levels and resources
- Emphasizing **technique, performance quality, and musicality** over spectacle

Accordingly, limitations on acrobatic elements are necessary to uphold these goals and ensure student safety, age-appropriateness, and a balanced competitive field.

While acrobatic elements can enhance choreography, **they should not overshadow the dance itself** or create safety risks that contradict educational values.

2. Examples of High-Risk Acrobatic Movements:

- Inversions with flight (e.g., aerials, back tucks)
- Gymnastic-style tricks (e.g., back handsprings, front walkovers)
- Movements requiring advanced acro technique, balance, or elevation beyond standard dance training (ex. at a gymnastics facility).
- Headspins
- Lifts involving height or balance above the shoulders
- Drops from elevated positions
- Partner tricks with throws or unsupported inversions

3. Guidance for incorporation of acrobatic movements in choreography:

- Acrobatic elements may be included **sparingly** and **must be integrated** smoothly into the choreography.
- Dancers are permitted to perform **a maximum of three (3) acrobatic movements per routine**, unless performing in the OPEN category with a **limit of 6 acrobatic movements per routine**. The level of performance in the OPEN category is up to the professional judgment of the teacher supervisor.
- All movements must be executed with **control, precision, and safety**.

- High-risk skills must be taught and rehearsed under the supervision of a qualified dance instructor or coach.
- Unsafe or unstable lifts can result in point deductions or disqualification.

4. Best Practices for Coaches and Choreographers

- Include injury prevention training (conditioning, flexibility, warm-ups).
- Avoid placing multiple high-risk tricks close together without transition or recovery time.
- Adapt choreography to each dancer's ability.
- Prioritize clean execution over risky showmanship.

5. Liability Waiver Statement

By participating in this dance competition, all dancers, teachers, chaperones, guardians and attendees acknowledge and accept that participation involves inherent risks of physical injury. The event organizers, sponsors, venue, instructors, and affiliates are not responsible or liable for any injuries, accidents, or losses that may occur before, during, or after the competition.

All participants (or their legal guardians if under 18) agree to assume full responsibility for any medical expenses and waive any claims against the aforementioned parties arising from injury or loss.

Participation in this event constitutes acceptance of these terms.