

**IN THE UNITED STATES DISTRICT COURT
FOR THE DISTRICT OF SOUTH DAKOTA
SOUTHERN DIVISION**

F.L., a minor, by STEPHANIE LINDEN the)	
mother, legal guardian, and next friend of F.L.,)	
)	JURY TRIAL DEMANDED
Plaintiffs,)	
v.)	
)	
SOUTH DAKOTA HIGH SCHOOL)	Case No. 18-4038-KES
ACTIVITIES ASSOCIATION; BUD POSTMA)	
in his official capacity as Chairperson of the)	
SOUTH DAKOTA HIGH SCHOOL)	COMPLAINT FOR
ACTIVITIES ASSOCIATION; and DANIEL)	DECLARATORY AND
SWARTOS in his official capacity as Executive)	INJUNCTIVE RELIEF
Director of the SOUTH DAKOTA HIGH)	
SCHOOL ACTIVITIES ASSOCIATION,)	
)	
Defendants.)	

INTRODUCTION

1. F.L. is a fifteen-year-old dancer who attends Dakota Valley High School in North Sioux City, South Dakota. F.L. began dancing when he was seven years old, and his family quickly realized that he possessed natural talent for dance. Since then, F.L. has trained extensively and landed roles as a lead dancer in multiple productions. F.L. also participates on a number of private dance teams that travel throughout the country for competitions. But despite his talent and experience as a dancer, F.L. is prohibited from dancing on his school's Competitive Dance team because the South Dakota High School Activities Association (Association) restricts participation in high school Competitive Dance to girls. As a result, solely because he is a boy, F.L. is not allowed to dance for his school's Competitive Dance team.

2. The right to equal protection of the laws and to not be discriminated against on the basis of sex is guaranteed by the Equal Protection Clause of the Fourteenth Amendment to the U.S. Constitution. Because the Association uses outmoded stereotypes to restrict participation in

high school Competitive Dance to girls, F.L.'s constitutional right to equal protection of the laws is violated. Therefore, F.L. brings this lawsuit to vindicate his right to equal protection of the laws.

JURISDICTION AND VENUE

3. This action arises under the Fourteenth Amendment to the United States Constitution, pursuant to 42 U.S.C. § 1983. This Court has jurisdiction over this federal claim under 28 U.S.C. §§ 1331 (federal question) and 1343(a) (redress for deprivation of civil rights). Declaratory relief is authorized by the Declaratory Judgment Act, 28 U.S.C. §§ 2201-2202.

4. Venue is proper in this Court under 28 U.S.C. §1391(b)(2) on the grounds that all or a substantial part of the acts giving rise to F.L.'s claims occurred in Union County, South Dakota, which is located in the Southern Division of the District of South Dakota (*see* 28 U.S.C. § 122(2)).

PARTIES

Plaintiffs

5. F.L. is a 15-year-old boy who lives with his mother in the unincorporated community of Dakota Dunes in Union County, South Dakota. F.L.'s residence is in the Dakota Valley School District where he is a ninth grade student at Dakota Valley High School. F.L. is a talented and experienced dancer. If the challenged rules are declared unconstitutional and enjoined, F.L. will try out for his school's Competitive Dance team.

6. Stephanie Linden is F.L.'s mother, legal guardian, and next friend. She resides with F.L. in the unincorporated community of Dakota Dunes in Union County, South Dakota, which is in the Dakota Valley School District.

Defendants

7. Defendant South Dakota High School Activities Association is responsible for the control, supervision, and regulation of public high school athletics and activities in South Dakota. *See* S.D. Codified Laws §§ 13-36-4 through 13-36-14. The Association is being sued pursuant to *Ex parte Young*, 209 U.S. 123 (1908), for acting under color of state law in setting eligibility rules for student participation in public high school athletics and activities in South Dakota. *See Baltic Indep. Sch. Dist. No. 115 of Minnehaha Cnty., S.D. v. South Dakota High School Activities Ass'n*, 362 F. Supp. 780, 783 (D. S.D. 1973).

8. Defendant Bud Postma is being sued, pursuant to *Ex parte Young*, in his official capacity as Chairperson of the Association's Board of Directors. The Board of Directors is responsible for administering the affairs of the Association and for adopting rules, policies, and regulations for high school activities in South Dakota in line with the Association's Constitution and Bylaws.

9. Defendant Daniel Swartos is being sued, pursuant to *Ex parte Young*, in his official capacity as the Executive Director of the Association. As the official executive of the Association, Mr. Swartos is responsible for the general administration of all Association activities, including eligibility interpretations.

FACTUAL ALLEGATIONS

I

F.L. IS A TALENTED DANCER

10. F.L. incorporates and re-alleges each and every allegation contained in the preceding paragraphs of this Complaint.

11. F.L. began dancing nine years ago when he was seven years old. Seeing that F.L. had natural talent for dancing, Stephanie Linden temporarily rented an apartment in Los Angeles,

California, so that F.L. could continue to develop his dancing talent. In California, F.L. trained extensively in dance, often in groups full of adults and older youths, and auditioned for many dancing roles.

12. During his time in Los Angeles, F.L. landed leading roles in multiple television spots, as well as a music video and web series. However, after two years, a family matter required Stephanie to return the family to South Dakota.

13. F.L. has continued dancing at a private studio in McCook Lake, South Dakota. Currently, F.L. dances after school for approximately 14 hours each week. He is also an assistant dance teacher at the private dance studio.

14. F.L. has participated in numerous private dance competitions individually and as part of a team. F.L. is an individual two-time National Champion, and was named 2016 National Performer of the Year in a competition that included top talent from the United States, Canada, and Mexico. F.L.'s studio dance teams have also performed well, winning numerous first place awards in competitions across the country.

II

THE CHALLENGED RULES

15. F.L. incorporates and re-alleges each and every allegation contained in the preceding paragraphs of this Complaint.

16. The Constitution, bylaws, rules, and other policies and procedures of the Association are published annually in handbooks for athletics and fine arts. The 2017-18 Athletic Handbook (Handbook) covers Competitive Dance.¹ A true and correct copy of the Handbook is attached to this Complaint as Exhibit 1.

¹ <http://www.sdhsaa.com/Athletics/AthleticHandbook.aspx>. (Exhibit 1).

17. Section 6 of the Handbook contains “General Sports Information.” Within that section are policies concerning “Gender Equity” and “Gender Mixed Teams.”

18. The Association’s “Gender Equity” policy states that gender equity “means creating an atmosphere and an environment where no person experiences discrimination on the basis of gender.” Ex. 1, Handbook, § 6 at 8.

19. The “Gender Mixed Teams” policy states that schools that have a sports team for boys but lack a comparable team for girls in that sport, “shall [give girls] the opportunity to qualify [for] and participate” on the boys’ team. In contrast, the policy states that boys are not eligible to participate on girls’ teams if the student’s school does not field a team for boys. Ex. 1, Handbook, § 6 at 7-8.

20. The Handbook states that Competitive Dance is a sport recognized by the Association for girls only. Ex. 1, Handbook, § 6 at 12.

21. The Handbook also contains sport-specific sections. A true and correct copy of the Competitive Dance section of the Handbook is attached to this Complaint as Exhibit 2. In the section on eligibility for Competitive Dance, the Handbook states that “[a]ll members of the [Competitive Dance] competition team must be female.”² Ex. 2, Handbook, Competitive Dance at 11.

III

THE ASSOCIATION’S RULES PREVENT F.L. FROM DANCING FOR HIS SCHOOL TEAM

22. F.L. incorporates and re-alleges each and every allegation contained in the preceding paragraphs of this Complaint.

² <http://www.sdhsaa.com/Portals/0/PDFs/Handbook/Athletics/23-CompetitiveDance.pdf>. (Exhibit 2).

23. Upon graduating from junior high school last year, F.L. sought to join the Dakota Valley High School Competitive Dance team. After inquiring about auditioning or trying out for the team, F.L. was informed that the Association's rules prevent him from joining the team because he is a boy.

24. In support of his school's dance team and dancers—many of whom F.L. dances with at the private studio—F.L. volunteered to become the manager for the Dakota Valley High School Competitive Dance team. As manager, F.L. traveled with the team for competitions and voluntarily attended early morning practices.

25. Because of the Association's policy prohibiting boys from competing in Competitive Dance, F.L. is not permitted to participate on his school's Competitive Dance team as a dancer.

26. F.L.'s ineligibility to dance for the school team causes irreparable and ongoing harm to him each school year.

27. At such time as the Association's challenged rules and policies are declared unconstitutional and enjoined, F.L. has concrete and specific plans to try out for his school's Competitive Dance team.

LEGAL CLAIM

28. F.L. incorporates and re-alleges each and every allegation contained in the preceding paragraphs of this Complaint.

29. Pursuant to S.D. Codified Laws §§ 13-36-4 through 13-36-14 and the 2017-18 Athletic Handbook published by the Association, acting under color of state law, the Association forbids boys from participating as dancers on high school Competitive Dance teams in South Dakota.

30. Thus, the rules and policies set forth in the Association's Handbook discriminate against F.L. based on his sex.

31. Because the Association's rule limiting Competitive Dance to girls constitutes express sex discrimination, the rule is subject to "intermediate scrutiny." *See Craig v. Boren*, 429 U.S. 190, 197 (1976).

32. Under intermediate scrutiny, the Equal Protection Clause of the Fourteenth Amendment prohibits government from discriminating based on sex unless the reasons for doing so are substantially related to important government objectives.

33. The Association's decision to restrict Competitive Dance to girls does not further an important government objective.

34. The Association's decision to restrict Competitive Dance to girls is not substantially related to an important government objective.

35. The Association impermissibly relies on outmoded stereotypes for boys and girls in its decision to prohibit boys from competing in Competitive Dance.

36. Therefore, F.L. has been denied his right to equal protection of the law in violation of the Fourteenth Amendment to the U.S. Constitution.

37. F.L. suffers substantial and ongoing harm because the Association treats F.L. differently from female students without adequate justification.

38. F.L. will continue to suffer substantial and irreparable harm unless the discrimination enshrined in the Association's rules and policies is declared unlawful and enjoined by this Court.

PRAYER FOR RELIEF

WHEREFORE, Plaintiff respectfully requests the following relief:

1. A declaratory judgment that the Association's rules and policy of limiting high school Competitive Dance teams to female dancers is unconstitutional to the extent that it deprives F.L. of equal protection of the laws in violation of the Equal Protection Clause of the Fourteenth Amendment to the U.S. Constitution;
2. A permanent injunction against enforcement of the Association's discriminatory rules and policy by the Association, its agents, representatives, employees, and members;
3. An award of attorney fees, costs, and expenses in this action pursuant to 42 U.S.C. § 1988; and
4. An award of any further legal and equitable relief as the Court may deem just and proper.

DATED: April 12, 2018.

Respectfully submitted,

/s/ Mark V. Meierhenry

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Student Interest Survey Form

Contract With A Licensed Official Of The SDHSAA

Contract For Athletic Contest

THESE FORMS ARE ONLINE UNDER THE “SCHOOL ZONE”

Request For Student Press Passes

Request For Adult Floor Pass

MISSION STATEMENT

The South Dakota High School Activities Association will serve member schools by providing leadership in the development, supervision and conduct of interscholastic activities which enrich the educational experiences of high school students. The SDHSAA is committed to the ideals that will provide equitable participation opportunities and positive recognition to students, while working cooperatively with all schools to enhance the achievement of desired educational goals.

We believe:

- The SDHSAA is the recognized state authority on interscholastic activity programs.
- Interscholastic activity programs enrich each student's educational experience.
- Participation in education-based activity programs promotes student academic achievement.
- Student participation in interscholastic activity programs is a privilege.
- Interscholastic participation develops good citizenship, healthy lifestyles, and strengthens cultural diversity.
- Interscholastic activity programs foster involvement of a diverse population.
- Interscholastic activity programs promote positive school/community relations.
- The SHDSAA, in conjunction with the NFHS, is the pre-eminent authority on competition rules for interscholastic activity programs.
- National competition rules promote fair play and minimize risks for student participants.
- Properly trained administrators/coaches/directors promote the educational mission of the interscholastic experience.
- Properly trained officials/judges enhance interscholastic competition.
- In earning public trust through administering honest and dependable activities programs.
- In providing South Dakota students with quality educationally based activities programs.
- In providing programming that provides balanced coverage of both athletic and fine arts programs.
- The SDHSAA and its member schools value the following:
 - equity, fairness and justice,
 - activities which support the academic mission of schools,
 - fair play and honorable competition,
 - activities which support healthy lifestyles, and
 - treating people with dignity and respect.

Numerous studies have been conducted which provide empirical evidence to the value of co-curricular programs that are supported by our member schools:

- ❖ **Activities Support The Academic Mission Of Schools.** Activities are not a diversion but rather an extension of a good educational program. Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally.
- ❖ **Activities Are Inherently Educational.** Activity programs provide valuable lessons for practical situations—teamwork, sportsmanship, winning and losing and hard work. Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.
- ❖ **Activities Foster Success In Later Life.** Participation in high school activities is often a predictor of later success—in college, a career and becoming a contributing member of society.

Did you know. . .

- School activities are not a diversion, but rather an extension of a good educational program.
- Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems.
- Activity programs provide valuable lessons for practical situations—teamwork, sportsmanship, winning and losing and hard work. Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations.
- Participation in high school activities is likely a predictor of later success.

- Of the 60 students listed in *USA Today's* All-USA High School Academic First, Second and Third Teams and the 51 who earned honorable mention, 75 percent were involved in sports, speech, music or debate.
- A study by the Search Institute indicates that co-curricular activities play a central role in students' healthy development.
- School-age children and teens who are unsupervised during the hours after school are far more likely to use alcohol, drugs and tobacco, engage in criminal and other high-risk behaviors, receive poor grades, and drop out of school than those children who have the opportunity to benefit from constructive activities supervised by responsible adults.
- A nationwide study by the Women's Sport Foundation indicated that athletes do better in the classroom, are more involved in school activity programs and stay involved in the community after graduation.
- According to a study conducted by Indiana University, students participating in a number of activities not only achieve better academically, but also express greater satisfaction with the total high school experience than students who do not participate.
- Individuals at the executive vice-president level or above in 75 Fortune 500 companies indicated that 95 percent of those corporate executives participated in sports during high school. In addition, 54 percent were involved in student government, 43 percent in the National Honor Society, 37 percent in music, 35 percent in scouts and 18 percent in the school's publication.
- The American College Testing Service compared the value of four factors in predicting success after high school. The one yardstick that could be used to predict later success in life was achievement in school activities.

THE IMPORTANCE OF ACTIVITIES

A strong activities program can and should complement a school's academic program. Activities are an integral part of the total curriculum of South Dakota schools. A well-balanced activities program provides the opportunity for physical, social and emotional development complementing intellectual growth.

Participation in school activities encompasses all students without regard to sex, race, or creed and teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules.

It is the duty of the member schools, through their Activities Association, to maintain the appropriate balance between the academic and activities program offered.

RULES AND THEIR ENFORCEMENT

From the Executive Director

I believe that it is fair to say that there is general agreement that interschool activities can have positive educational values for students, member schools of the South Dakota High School Activities Association and your respective communities when properly planned, administered and supervised.

Toward these goals, and to insure that individuals compete in a consistent and fair atmosphere, a set of rules and regulations has been developed for the activities governed by the SDHSAA. These rules and regulations can be found in the Association Constitution and Bylaws, the Handbook, approved Rulings of the Board of Directors and in the established game rules governing the various sports.

The SDHSAA has long demonstrated pride in its democratic system whereby the member schools, through their representatives, create these rules. They are not decrees of any one person or the executive staff in the Pierre office. Each of the activities covered by the SDHSAA and the sections in the Constitution and Bylaws was voted into effect by the membership.

In essence, all SDHSAA rules are adopted by every school belonging to the Association as its own rules when the time comes for participation in SDHSAA activities. When an SDHSAA rule is violated by a school, coach, or individual, in effect, your rules are being violated. Oftentimes, when a violation occurs, there are charges that the rule is unfair. Naturally, most any penalty for a rule infraction often is labeled too severe, especially when an entire school or team receives a penalty when just one person or a few people were responsible for the infraction. I am sure that most of you are aware of the fact that the penalty for most infractions is not finitely spelled out in the Constitution and Bylaws. For the most part, determining the appropriate penalty for infractions is left up to the discretion of the Board of Directors. You must understand that penalties serve two purposes: (1) A deterrent to a violation, and (2) a means to rectify an inequity. The penalties

established in the SDHSAA Constitution and Bylaws as well as the penalties established by Rulings of the Board of Directors are made to fulfill these purposes and to be consistent with the purpose of the Association. If the penalties are considered too severe or if the wrong parties are being penalized, then the penalty should, of course, be changed or corrected through the Association's amendment process or by rulings of the Board of Directors.

Last but not least, the administrative staff at the SDHSAA office wishes to thank all superintendents, principals, activity directors, athletic directors, coaches, vocal and instrumental music directors, speech and drama directors, journalism directors, and student council supervisors for all the wonderful cooperation we have received in the past. It is impossible to express our sincere appreciation to all of you individually, just as it would be impossible to have a successful activities program in all of our 180 member schools without your dedication and cooperation. We especially want to thank those of you who serve as supervisors of tests as well as those of you who serve as directors of our state events. We also thank those schools for the use of their facilities for our various sub-state and state programs. We would also like to take this opportunity to encourage every school to plan for and carry out special programs during NATIONAL HIGH SCHOOL ACTIVITIES WEEK scheduled for October. Best wishes for a most joyous, exciting, rewarding and successful school year.

BOARD OF DIRECTORS RESOLUTIONS/POLICIES

GAMBLING/SMOKING

The Board of Directors adopted the following Resolutions and they express the thinking of the board. It is our belief that these resolutions reflect the thinking of all school administrators, coaches, and those who have a sense of moral responsibility. We hope that these Resolutions are used in all weekly papers in the state, by our daily papers, by radio and television stations.

Each sportswriter and sportscaster who is on our mailing list will receive a copy of these Resolutions, but we are dependent on the school people to take care of publicity in the local weekly papers. At your local games and at tournaments, efforts by the management must be made to curtail or eliminate all gambling and smoking associated with high school athletics.

RESOLUTION

WHEREAS, properly-directed high school athletics provide indispensable and invaluable training for high school students both in physique and in character, and

WHEREAS, boards of education and school administrators are striving more and more to provide coaches for high school athletics who are examples of upstanding character and who are able to inspire athletes to be what athletes ought to be, and

WHEREAS, betting on inter-school athletic contest results in placing undue pressure on coaches and teams to win at any cost and thus to violate the high principles that should guide athletic participation, and

WHEREAS, using high school athletic contests as a basis for making, or trying to make, money through betting is an unwarranted form of exploitation of our state's youth, therefore

BE IT RESOLVED by the Board of Directors of the South Dakota High School Activities Association, that all betting on high school athletic contests should be condemned by the parents of the participating athletes; by the taxpayers who supply the cost of the buildings, grounds, and coaching; and by the general public.

RESOLUTION

WHEREAS the SDHSAA promotes a healthy lifestyle and encourages local Boards of Education to adopt policies that promote the prohibition of the use of alcohol, tobacco and mood altering drugs on school property, and

WHEREAS properly executed high school activity programs provide indispensable and invaluable training for high school students both in physique and in character, and

WHEREAS Boards of Education and school administrators are striving more and more to provide coaches/directors/advisors who are examples of upstanding character and who are able to inspire students to be examples of upstanding character, and

WHEREAS alcohol, tobacco, and mood altering drugs are not conducive to upstanding character, and

WHEREAS the American Medical Association has deemed alcohol, tobacco, and mood altering drugs as harmful both to the user and to those who come into contact with those whom use, therefore

BE IT RESOLVED by the Board of Directors of the South Dakota High School Activities Association that the SDHSAA supports member schools who have adopted policies preventing the use of alcohol, tobacco, and mood altering drugs from all indoor/outdoor facilities, parking lots and other school property where activities sponsored by the SDHSAA and member school districts are held.

RESOLUTION

Whereas the South Dakota High School Activities Association is a voluntary, non-profit association, and

Whereas being statutorily authorized the school boards of public schools and the governing body of non-public schools have delegated the control, supervision and regulation of interscholastic activities to this association, and

Whereas the South Dakota High School Activities Association staff and board are empowered to work jointly and in cooperation with member schools across South Dakota for the advancement of both curricular and co-curricular interscholastic activities, and

Whereas the schools boards of the member public schools participating in the association are required to operate within the parameters of the open meeting laws of the State of South Dakota, and

Whereas the South Dakota High School Activities Association staff and board desire to continue to communicate openly and completely with these member schools to ensure that it operates with similar transparency.

BE IT RESOLVED

The official meetings of the Board of Directors of the South Dakota High School Activities Association consisting of a majority of the Board members of the association are open to the public.

The SDHSAA shall provide public notice, with proposed agenda, that is visible, readable, and accessible for at least an entire twenty-four hours before any meeting, by posting a copy of the notice describing the time and place of the meeting, visible to the public, at the principal office of the SDHSAA, and by posting it on the SDHSAA's website immediately upon dissemination of the notice to the Board.

If any printed material intended for consideration during the open meeting and relating to an agenda item of the meeting is prepared or distributed by or at the direction of the SDHSAA staff or board and the printed material is distributed before the meeting, the material shall either be posted on the SDHSAA's website or made available at the SDHSAA office at least twenty-four hours prior to the meeting or at the time the material is distributed to the SDHSAA board, whichever is later.

If for any reason certain of the printed material which is open for inspection is not available for posting on the website or available for viewing at the SDHSAA office, at least one copy of the printed material must be available in the meeting room for inspection by any person while the SDHSAA board is considering the printed material.

The SDHSAA receives and develops records intended to be considered during executive or closed meetings, and these records shall not be made available for distribution to the public.

While the South Dakota High School Activities Association desires to operate openly with its member schools, the SDHSAA Board of Directors recognizes that important reasons exist for it enter into executive or closed session for certain purposes including:

- (1) Discussing the qualifications, competence, performance, character, or fitness of any employee or prospective employee;
- (2) Discussing any actions impacting participation by or eligibility of a student or member school in extracurricular activities;
- (3) Consideration and discussion of confidential records received from members schools or students for utilization by the Board during its decision making process;
- (4) Consulting with legal counsel or reviewing communications from legal counsel on matters requiring his or her expertise;
- (5) Preparing for or reporting upon contract negotiations;
- (6) Discussing financial, marketing, pricing, proprietary or other business sensitive matters that might be deemed harmful by the board to the position of the association;
- (7) Other circumstances where the board determines that the nature of the discussion under consideration clearly mandate the session be closed.

Native American mascots

- (1) WHEREAS after numerous empirical studies, personal anecdotes, and recommendations from national organizations and federal programs, it is evident that stereotypical Indian imagery and Indian mascots cause harm, and
- (2) WHEREAS one leading study conducted by Dr. Stephanie Fryberg (Stanford University, 2004) determined that stereotypical representations from Indian mascots and Indian imagery of the "leathered

and feathered” Indian have a direct negative impact on the self-esteem of American Indian youth, as they restrict the number of ways in which American Indian youth see themselves, and

- (3) WHEREAS exposure to such pervasive stereotypical imagery resulted in lower self-esteem, a lower sense of community worth, and decreased views of students’ own potential, and
- (4) WHEREAS in 2005, the American Psychological Association (APA) called for the “immediate retirement of all American Indian mascots, symbols, images, and personalities by schools, colleges, universities, athletic teams, and organizations”, and
- (5) WHEREAS two years later the American Sociological Association (ASA) also called for the elimination of American Indian names, mascots and logos, and in 2011, the American Counseling Association (ACA) passed a resolution calling upon their members to advocate for the elimination of all stereotypes associated with Indian mascots, and
- (6) WHEREAS in October 2015, the White House Initiative on American Indian/Alaska Native Education released a report with recommendations for schools to immediately retire Indian mascots and stereotypical Indian imagery, after findings which confirmed the harm of stereotypical Indian imagery, and
- (7) WHEREAS considering all of the aforementioned recommendations, it is very clear that Indian mascots, and any representation of stereotypical Indian imagery not only cause harm to American Indian youth, but moreover, such imagery is not suitable for educational settings which aim to foster healthy psychological development and/or student self-actualization.

THEREFORE BE IT RESOLVED the South Dakota High School Activities Association encourages its membership to consider not using any stereotypical Indian imagery and Indian mascots that cause harm.

WEDNESDAY CHURCH NIGHT

The Board of Directors adopted the following resolution on January 17, 1985:

- (1) “Be it resolved that all member schools be urged to cooperate with local church and ministerial organizations as much as is practical in observing Wednesday night as church night and avoiding conflicts in scheduling church and school activities whenever possible.”

SCHEDULING CONFLICTS RESOLUTION

The following Resolution was adopted by the Board of Directors and it expresses the thinking of the board:

- (1) If it is necessary to schedule school activities at the local level on the dates of an SDHSAA state event, it is recommended that priority be given to the students who qualified for the state event.
- (2) Schools should follow the following precedent—state event over regular season event and performance over practice.

SDHSAA AND NFHS POLICY STATEMENT ON STEROIDS

The South Dakota High School Activities Association (SDHSAA) and the National Federation of State High School Associations (NFHS), strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.

The SDHSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

SHARING OF COACHES

Schools may request to share coaches in extenuating circumstances. These requests will be handled by the SDHSAA staff on a case by case basis. **(New 2016):** Only coaches who have been hired and approved by a school’s Board of Education and have been listed on a team’s roster consistently throughout the season are allowed to be on the sidelines, in the press box or otherwise involved with the coaching of a squad during SDHSAA contests. Coaches are not allowed to “assist” other schools after their own team has been eliminated from the postseason.

Board Action April 18-19, 2006, June 2016

GENDER MIXED TEAMS

When the school being attended has a boys program but does not have a comparable program for girls in that sport, then a girl shall have the opportunity to qualify and participate with or against boys provided she follows the contest and season rules established for boys. However, girls shall not be permitted to participate in a SDHSAA tournament program for boys when there is a SDHSAA tournament program for girls in that sport in which they can qualify as girls tournament entrants.

In view of the fact that overall athletic opportunities for boys have not been and are not now limited in South Dakota secondary schools, boys shall not be eligible for participation as individuals or on a team in interschool athletic season or tournament contests designed for girls.

GENDER EQUITY

One of the purposes of the SDHSAA is to assure that every student athlete has a fair opportunity to compete. That purpose can only be achieved when there is true equality of opportunity to participate in athletics. Athletic participation in an SDHSAA member school is an extension of and an integral part of the educational experience for those young people who become student athletes. These educational experiences should not be reduced in scope and significance by disparities which limit the participation of any athlete.

The SDHSAA believes that gender equity is more than being in compliance with the law. It is a spirit. It is a personal ethic. It is a commitment to do what is right and fair for all student-athletes. It means creating an atmosphere and an environment where opportunities and resources are distributed fairly to both boys and girls. It means creating an atmosphere and an environment where no person experiences discrimination on the basis of gender.

It is the position of the SDHSAA that its member schools must monitor their athletic programs to ensure that athletic offerings are equitable and meet the interests and abilities of student-athletes.

While the SDHSAA does not have the authority to provide specific interpretations or to rule on compliance issues regarding Title IX, it does believe that all concerned should take steps to be sure the spirit and intent of gender equity is met.

TRANSGENDER PROCEDURE

Philosophy of Gender Identity Participation:

In accordance with applicable state and federal laws, rules and regulations, the SDHSAA allows participation for all students regardless of their gender identity or expression in an environment free from discrimination. The procedure outlined in this document is to designate a set of criteria in which student-athletes are able to compete on a level playing field in a safe, competitive and friendly environment, free of discrimination.

Gender Identity Participation:

All students should have the opportunity to participate in SDHSAA activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. Should any questions arise whether a student's request to participate in a sex-segregated activity consistent with his or her gender identity is bona fide, a student may seek review of his or her eligibility for participation by working through the procedure set forth below: Once a student has been granted eligibility to participate in the sport consistent with his/her gender identity, the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season or school year.

Definitions:

For the purposes of this policy, the following definition applies:

1. Transgender Person: a person whose gender identity does not match the sex assigned to him or her at birth.
2. Gender Identity: a person's deeply-felt internal sense of one's own gender.
3. Gender Expression: a person's external characteristics and behaviors that are socially defined as either masculine or feminine (dress, speech, mannerisms, social interactions, etc.)

Privacy Statement:

To the extent permitted by law, all discussions and documents at all levels of the process either by a member school and/or the SDHSAA shall be kept confidential, and the proceedings will be sealed unless the student and family make a specific request.

Approval Procedure:

- 1) Notice to School: The student and parent(s)/legal guardian(s) shall contact the administration at their member school notifying them that the student has a consistent gender identity different than listed on the student's school registration records or birth certificate and that the student desires to participate in activities in a manner consistent with his/her gender identity.
Gender identity of the student must not be for the purpose of "gaining an unfair competitive advantage."
- 2) Necessary Documentation: The member school should assist in collecting the following information.
 - a. Current transcript and gender identity used for school registration records.

- b. A written statement from the student and the student's parent(s)/legal guardian(s) affirming the consistent gender identity and expression to which the student self-relates.
 - c. Statements from individuals such as, but not limited to parent/legal guardians, friends, and/or teacher, which affirm that the actions, attitudes, dress and manner demonstrate the student's consistent gender identification and expression. Documentation shall also include accommodations that have been made by the school for the student.
 - d. Gender identity related advantages to the student if participation would be approved.
 - e. Written verification from an appropriate health care professional (i.e. doctor, psychiatrist, psychologist), acting within the scope of his/her licensure, that verifies the existence of the student's consistent and uniform gender identification and expression.
 - f. Any other evidence as may be determined appropriate by the school or the SDHSAA office relative to the eligibility determination which may reflect upon whether the gender identity is sincerely held as part of the person's core identity.
- 3) Notice to SDHSAA: The member school is responsible to determine if the necessary documentation has been procured for the SDHSAA Transgender Application (TA). Once this determination is made by the member school, it shall submit the Transgender Application and all materials and documentation to the SDHSAA for review of the student who intends to participate on a team opposite their birth gender. If the required documentation is not submitted, the SDHSAA will neither accept nor consider the TA application.
- 4) Referral to Independent Hearing Officer (IHO): Upon receipt of the Transgender Application (TA) in the SDHSAA office, the Executive Director will refer the application and all necessary documentation to an Independent Hearing Officer (IHO) selected by the Executive Director who will review the submitted information. The IHO shall be a licensed attorney and a member of the State Bar of South Dakota in good standing.
- 5) Upon appointment, the IHO shall notify the district and student involved that each may, within ten (10) days, submit any additional information which they urge is relevant to the issues presented, with a copy to the other party. No additional information will be accepted after this date.
- 6) In addition to a review of the submitted information, the IHO may review any other information which he or she in their sole discretion may deem necessary to render a decision.
- 7) Written notification of the decision of the IHO will be rendered through the Office of the Executive Director within seven (7) days following the IHO's decision.
- 8) Appeals: If the member school or student making application is aggrieved by the decision of the IHO and desires to appeal such decision, a written notice of appeal may be filed with the Executive Director of the SDHSAA within seven (7) days after receiving notification of the decision of the IHO. All appeals from the IHO will be to the Board of Directors of the SDHSAA. The decision of the Board of Directors shall be final. The Board of Directors will have the authority to investigate the factual situation as per each request and require that additional specified information be submitted. The Board of Directors will hear appeals during their next regularly scheduled meeting.
Written notification of the decision of the Board of Directors will be rendered through the office of the Executive Director within seven (7) days following the Board of Directors hearing.
- 9) No Annual Renewal Required: Once a student's gender eligibility has been determined by the SDHSAA and that student elects to participate, they will participate in that gender category in all sports, for the remainder of their scholastic/eight semester eligibility in grades 9-12. Annual renewal is not necessary.

Once an affirmative decision is made, the student's eligibility will begin and participation will be granted throughout the duration of the student's high school career, regardless of the member school attendance.

RACIAL HARASSMENT, VIOLENCE AND TAUNTING IN SDHSAA SPONSORED ATHLETIC AND FINE ARTS ACTIVITIES

I. General Statement of Policy

The South Dakota High School Activities Association believes that all individuals should be treated with respect and dignity. Students should be able to participate in SDHSAA sponsored activities in an environment that is free from racial slurs, racial harassment and racial discrimination. Furthermore, the SDHSAA disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. It shall be a violation of this policy for a participant in SDHSAA activities to engage in racial harassment, racial violence or taunting.

II. Definitions

- A. **Racial Harassment**: Racial harassment consists of conduct relating to an individual's race when the conduct:

1. has the purpose or effect of creating an intimidating, hostile or offensive environment; or
2. has the purpose or effect of emotionally or unreasonably interfering with an individual's performance.
- B. **Racial Violence:** Racial Violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to race.
- C. **Taunting:** Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others.

FAILURE TO FULFILL ATHLETIC CONTRACT

No contest shall be arranged with another school without a written contract certified by the athletic/activities director, high school principal or superintendent of the schools involved.

If a school fails to complete games or meets which they have contracted, unless mutual agreement is reached, the violating school would be subject to penalty as deemed appropriate and necessary by the Board of Directors.

DISRUPTION OF OUTDOOR GAMES/CONTESTS DUE TO WEATHER (LIGHTNING, ETC.)

Officials and school personnel should always rule on the side of safety and postpone or delay any outside activity when threatening weather exists. The SDHSAA expects home site management and officials to follow NFHS policy for suspension and resumption of play, which can be found in the rule book of each "outdoor" sport and is as follows:

- When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

Regular Season

In the event the regular season contest cannot be resumed after a delay, based upon mutual agreement of both schools (not the officials), the following options may be selected:

1. Resume play from the point of interruption at a later date.
2. Declare a winner and loser based on the score at the time of interruption.
3. The SDHSAA will set a time/date for resumption of play of a varsity football or soccer contest if suspended and the two competing schools cannot reach a mutual agreement to do so.

Regions

In the event a region contest cannot be resumed after a delay, the contest/meet may not be postponed beyond the deadline unless the regional committee receives approval from the SDHSAA executive staff.

State

In the event a state meet/tournament is interrupted due to adverse weather conditions, decisions as to how to proceed will be as follows:

- Golf - The meet director, meet manager and club pro.
- Tennis - The meet director and meet manager.
- Cross Country - The meet director, meet manager and referee.
- Track & Field - Decisions as to how to proceed in the field events and running events will be made by the meet director, meet manager, meet referee and head field judge. In the event adverse weather conditions prevent utilizing the following Monday as a make-up day, all remaining events will be canceled and team standings will be based on the events that were completed.

SALE OF CONCESSION TYPE ITEMS DURING SUB-STATE AND STATE EVENTS

Concession type items such as newspapers, photographs, or audio or video recordings of the performance/competition may be sold at sub-state and state events. The above mentioned items may be sold inside the venue provided the host school/district/region committee and event venue give their approval. This will apply to all athletic and fine arts state events. The percentage of gross sales that would accrue to the host school/district/region committee shall be negotiated between the host school/district/region committee and the vendor. This also includes such fund raisers such as raffles, bake sales, etc.

In regards to All-State Chorus and Orchestra, the South Dakota Music Educators Association (SDMEA) has consummated audio recordings for this event. In regards to All-State Band, the SD Bandmasters Association has consummated audio recordings. Therefore, host schools will not be involved in negotiating for a percentage of gross sales for either event.

SECURITY

During the Board of Directors Meeting held on September 9, 1998, it was voted to approve a the following policy: "In matters involving security issues when conducting indoor state events, the SDHSAA will follow the policy of the venue that is being utilized for the state event." A copy of the security policy of each indoor venue is available at the competition venue.

VARIOUS EDUCATIONAL FORMATS/PLANS

INDIVIDUAL EDUCATION PLANS (IEP)

The Board of Directors wishes to clarify and emphasize the point that member schools should refrain from recommending athletic participation on a student's IEP if in fact said student is not eligible for interscholastic athletics pursuant to all eligibility standards required by the Association. Recommending athletic participation on an IEP for an ineligible athlete causes heartache and misunderstandings by the student and/or the parents. Therefore, those educators responsible for preparing a student's IEP should first determine if the student is eligible or ineligible. Once that determination is made, the IEP can be finalized accordingly.

CLARIFICATION ON RELIGIOUS CREDITS

The SDHSAA Constitution provides that credits earned towards the issuance of a high school diploma shall be used to determine academic eligibility. Students who move into South Dakota from another state may transfer religious credits and schools may count such credits in meeting the academic eligibility requirements provided said courses were approved for graduation by the authorized state agency in the state where the credits were earned. See Part IV, Section 2, page 15 of the SDHSAA Constitution and Bylaws.

SPECIAL EDUCATION ELIGIBILITY

Students who are enrolled entirely in special education courses, based upon an Individual Educational Plan (IEP) are eligible for athletics provided they pass a minimum of 2.0 units of credit in the special education curriculum. If a student is placed in the special education curriculum in certain subjects only, and at the same time is main-streamed in certain other subjects, said student must pass a minimum of 2.0 units of credit in which the student is registered.

Any student dual enrolled in a special education cooperative is eligible for athletics at his/her home district insofar as the Association's Transfer Rule is concerned.

It should be emphasized that special education students must meet all other eligibility requirements such as age, eight-semester rule, in-season participation rule, pass a physical examination, etc.

HOME SCHOOL STUDENTS

Per SDCL 13-36-4: The school board of a public or the governing body of a nonpublic school, approved and accredited by the secretary of the Department of Education and Cultural Affairs, may delegate, on a year to year basis, the control, supervision, and regulation of any high school interscholastic activities to any association which is voluntary and nonprofit if membership in such association is open to all high schools approved and accredited by the secretary of the Department of Education and Cultural Affairs, including any school that allows participation by students receiving alternative education as set forth in § 13-27-3, pursuant to the provisions of this title, and if the constitution, bylaws, and rules of the association are subject to ratification by the school boards of the member public school districts and the governing boards of the member nonpublic schools and include a provision for a proper review procedure and review board.

Any association which complies with this section may exercise the control, supervision, and regulation of interscholastic activities, including interscholastic athletic events of member schools. Such association may promulgate reasonable uniform rules, to make decisions and to provide and enforce reasonable penalties for the violation of such rules.

Furthermore, per SDCL 13-36-7: Any student enrolling in a South Dakota district pursuant to § 13-15-21 is eligible to participate in any interscholastic activity sponsored by the South Dakota High School Activities Association. If the school board or governing body of an accredited school approves, a student receiving alternative instruction pursuant to § 13-27-3 is eligible to participate in any interscholastic activity sponsored by the South Dakota High School Activities Association. Nothing in this section confers any vested right in any student wishing to participate in any interscholastic activity to be selected for competition in such activity.

However, any accredited school student who leaves an accredited program during the course of the school year for any reason and enters an alternative education program is ineligible for participation in interscholastic activities for one year beginning on the date in which the student enters the alternative program.

HIGHER EDUCATION AND POST SECONDARY VOCATIONAL EDUCATION

Per SDCL 13-28-37: Any student in grades ten, eleven, or twelve may apply to an institution of higher education or a postsecondary vocational education institution as a special student in a course or courses offered at the institution of higher education or postsecondary vocational education institution. The student shall obtain the school district's approval of the postsecondary course or courses prior to enrolling. If approved, the student shall receive full credit toward high school graduation as well as postsecondary credit for each postsecondary course. The resident school district may pay all or part of the tuition and fees for a course approved for credit toward high school graduation in accordance with this section. The student is responsible for any tuition and fees not paid by the resident school district and for any other costs involved with attending a postsecondary institution.

If a failing final course grade is received in a postsecondary course under this section, the student receiving the failure is no longer eligible to enroll for postsecondary courses under this section.

SCHOOL SPONSORSHIP OF ATHLETIC ACTIVITIES

DEFINITION OF SCHOOL SPONSORSHIP

1. The local governing board of each member school must have taken official action at a regularly scheduled meeting indicating their intention to sponsor a particular sport. Pursuant to board action, it is understood that the local governing board must assume total control over activities they are sponsoring.
2. All athletic coaches in grades 9-12 in member schools are required to meet the educational standards as established by the Board of Directors in Section 13: Coaches Education of the SDHSAA Athletic Handbook.
3. The local governing board must assume direct control of all financial obligations related to the sponsorship of a sport. The source of revenue, be it taxes, gate receipts, donations, fundraisers, corporate sponsors, etc.; is irrelevant insofar as the SDHSAA is concerned. It is assumed that all revenue, regardless of its source, will be deposited in the general fund or impressed fund of each member school. The local governing board shall assume total control of those funds. Items such as equipment, coaches' salaries, official's pay, transportation, meals, lodging, etc.; must be under the control of the local governing board.
4. The eligibility rules of the SDHSAA will apply to all interscholastic sports sponsored by member schools.
5. The catastrophic/liability insurance coverage purchased by the SDHSAA on behalf of the member school does not cover activities sponsored by the local governing boards which are not yet recognized by the SDHSAA. However, the local governing board can opt to purchase additional coverage for school activities not recognized by the SDHSAA.

GUIDELINES WHICH APPLY TO SPORTS SPONSORED BY LOCAL GOVERNING BOARDS BUT NOT YET RECOGNIZED BY THE SDHSAA

(Examples include softball, baseball, swimming, hockey, etc.)

1. It is not permissible for schools to turn an interscholastic sport, which is school sponsored but not yet recognized by the SDHSAA, over to a group of parents or any other non-school entity who indicate their willingness to provide all the funding, coaching, transportation, supervision, etc. and in exchange the school allows the students to wear school uniforms and compete under the school name.
2. The school must assume total responsibility related to the hiring, supervising and evaluating of all coaches involved with the sport being sponsored.
3. For clarification purposes only, the SDHSAA does not have any authority as to a member's name, mascot, awards monogram and what appears on a student's official transcript. Therefore, the governing board of each member school must decide whether club teams may use such things as their high school name, school mascot, school monogram and giving credit for participation in a club sport on the official transcript.

SPORTS WHICH THE SDHSAA PRESENTLY RECOGNIZES

The following sports are presently recognized by the SDHSAA Board of Directors:

Girls: Basketball, Competitive Cheer, Cross Country, Competitive Dance, Golf, Gymnastics, Soccer, Tennis, Track & Field, and Volleyball

Boys: Basketball, Cross Country, Football, Golf, Soccer, Tennis, Track & Field, and Wrestling.

GUIDELINES WHICH APPLY TO SPORTS RECOGNIZED BY THE SDHSAA

1. All rules and regulations set forth in the Constitution and Bylaws as well as the SDHSAA Athletic Handbook must be enforced. This would include, but not limited to, eligibility, in-season/out-of-season, game limitations, signing of game contracts, and hiring of certified coaches.
2. It is not permissible for schools to relinquish control of an activity, which is school sponsored and recognized by the SDHSAA. Member schools may not delegate their authority to a group of parents or non-school entities who indicate

their willingness to provide funding, coaching, transportation, supervision, etc.; and in exchange the school allows the student to wear school uniforms and compete under the school name.

3. Member schools may schedule interscholastic athletic contests with member schools of this association or sister associations. Pending special sanction from the SDHSAA, member schools may schedule contests with non-accredited high schools. It is not permissible for member schools to schedule athletic contests with non-school teams such as Independent, Club, YMCA, AAU, Church, City Recreation, Booster Club, American Legion, VFW, and teams sponsored by parents, etc.

MARGIN OF VICTORY

The margin of victory is of no importance as we administer athletics at the high school level. If sports at our level are deemed to have educational value as purported by the school community, then teams must eliminate such undesirable practices such as running up the score on their opponents. School administrators and coaches should make a concerted effort to make sure that all athletes get a chance to play in the game, especially at the sub-varsity level. Once the outcome of a game is no longer in doubt, it makes educational sense for coaches to remove the starters and give the substitutes an opportunity to get some meaningful playing time. By increasing participation opportunities for more students, the coach is automatically increasing the educational value of the program. Also, such a gesture on the part of the coach will accomplish much in promoting good sportsmanship at his/her school and community.

USE OF SDHSAA LOGO/EMBLEM

The South Dakota High School Activities Association (SDHSAA) name, logo, emblem or any derivative thereof is the property of the SDHSAA and its Member Schools. The Association encourages schools to use the name and/or logo for use on banners, awards or display methods. Display methods to include, but not limited to, clothing, pen/pencil sets, stationery, desk name plates, lighted score panels, certificates, etc.

The SDHSAA office will provide written approval to both the school and the vendor when the following guidelines have been adhered to. The request must:

1. be in writing to the SDHSAA office
2. specify the intended use with the name/logo to be used for SDHSAA sponsored events only
3. indicate the location/site where banner will be displayed
4. show sketch of the design
5. indicate company/vendor school is working with, including name, mailing address, phone number and e-mail address

No other use of the SDHSAA logo, emblem or any derivative is allowed without the expressed written permission of the SDHSAA.

FLAG SALUTE

Veterans and active-duty military not in uniform can now render the military-style hand salute during the playing of the national anthem, thanks to changes in federal law that took effect this month.

“The military salute is a unique gesture of respect that marks those who have served in our nation’s armed forces,” said Secretary of Veterans Affairs Dr. James B. Peake. “This provision allows the application of that honor in all events involving our nation’s flag.”

The new provision improves upon a little known change in federal law last year that authorized veterans to render the military-style hand salute during the raising, lowering or passing of the flag, but it did not address salutes during the national anthem. Last year’s provision also applied to members of the armed forces while not in uniform.

Traditionally, members of the nation’s veteran’s service organizations have rendered the hand-salute during the national anthem and at events involving the national flag while wearing their organization’s official head-gear.

The most recent change, authorizing hand-salutes during the national anthem by veterans and out-of-uniform military personnel, was sponsored by Sen. Jim Inhofe of Oklahoma, an Army veteran. It was included in the Defense Authorization Act of 2009, which President Bush signed on Oct. 14.

The earlier provision authorizing hand-salutes for veterans and out-of-uniform military personnel during the raising, lowering or passing of the flag was contained in the National Defense Authorization Act of 2008, which took effect January 28, 2008.

RECOGNITION

AMATEUR/AWARDS

A student who represents a school in an interscholastic sport shall be an amateur in all recognized sports of the Association. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived therefrom.

An athlete forfeits amateur status in a sport by:

1. competing for money, savings bonds, or other monetary compensation (allowable travel, meals and lodging expenses may be accepted);
2. receiving any award or prize of monetary value which has not been approved by his/her state association;
3. capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutions of higher learning are specifically exempted); a monetary limit on amateurism awards for merchandise of a non-cash retail value shall not exceed \$300.00;
4. signing a professional playing contract in that sport.

Accepting a nominal, standard fee or salary for instructing, supervising or officiating in an organized youth sports program or recreation, playground or camp activities shall not jeopardize amateur status. “Organized youth sports program” includes both school and non-school programs. Compensation for giving private lessons is permissible.

A high school student who loses amateur status may apply to the Board of Directors for reinstatement in the interscholastic program after a waiting period of one year.

Member schools and/or non-school entities shall not give awards for athletic participation of any kind that have a value of more than \$300.00. Any student who accepts an award from any source for athletic participation, in a sport under the auspices of the SDHSAA, for more than \$300.00 (except given or approved by the Association) shall be ineligible for any further participation in athletic contest under the jurisdiction of the SDHSAA. A student is restricted by the closing and opening dates of the school which he/she attends.

During the summer months, students may receive merchandise awards in the sport of golf provided they do not exceed the limit set by the United States Golf Association. Currently, the USGA has set this limit at \$750.00. It should be understood that students may not accept cash awards under any circumstances for participation in an athletic contest. Games of chance, contests sponsored by booster clubs, shopping malls, etc., are not considered an athletic event and thus cash awards are acceptable without jeopardizing the student’s future eligibility.

SINGING OF THE LAKOTA FLAG SONG OR NATIONAL ANTHEM

Upon request from a member school with Native American students, permission shall be granted for either the singing of the first verse of the Lakota Flag Song or the National Anthem sung in Lakota during the session they are participating in at the state event. Whenever the Lakota Flag Song is sung, it will be followed by the singing of the

National Anthem in English or as played by the Band of the Day. The request for the Lakota Flag Song or the singing of the National Anthem in Lakota shall be made prior to the state event in order to give staff ample time to prepare for all opening sessions. The request must come from a school that has qualified for the state event. District and Region committees are encouraged to follow the same policy.

The translation of the Lakota Flag Song to English is as follows: "I intend to defend the flag of the United States so that it will stand forever. I have done this because under the United States of America the people may live forever."

NON-ASSOCIATION AWARDS, MEMORIALS, AND SCHOLARSHIPS.

The following guidelines apply to non-association awards that are presented at SDHSAA State events:

1. The award/scholarship must be based on significant contribution to the activity.
2. The sponsoring group must have some affiliation with the activity. Example: South Dakota Tennis Association, Wrestling Coaches Association, South Dakota Coaches Association, Phi Beta Mu, etc.
3. Requests for granting awards/scholarships will not be accepted from individuals.
4. The SDHSAA Board of Directors must approve all requests.
5. Groups sponsoring an award will not be allowed to hang banners or signs in the state event venue.
6. All current awards previously approved will continue to be given at the various state events.

DISTINGUISHED SERVICE AWARD

GENERAL CRITERIA

Member schools that wish to nominate an individual for the Distinguished Service Award **should request the nomination forms from the SDHSAA**. The SDHSAA Board of Directors, during their June meeting, will act upon all nominations for either approval or disapproval.

Nominees must exemplify the highest standards of professional ethics, sportsmanship, moral character, and carry the endorsement of their local high school. Statewide involvement with interscholastic activities is desired.

Categories under the Distinguished Service Awards are: Administrators, Board of Education, Coaches & Directors, Contest Officials, and Contributors. The following is a brief summary of the criteria for each of the categories.

Administrators: (Principals, superintendents, athletic directors, activity directors, etc). School administrators would be considered on the merits of their high school administrative achievements and contributions to interscholastic activities in their schools and on a statewide basis.

Board of Education: Board of Education nominees would be considered on the merits of their contributions to interscholastic activities, especially on the state level.

Coaches & Directors: (Athletic and fine arts coaches, music directors, interscholastic activity advisors, etc). Coaches & directors would be considered on the merits of their high school achievements as a coach, director, or activity advisor.

Contest Officials: (Athletics, music, speech & drama, etc). The contest officials would be considered on the basis of their statewide service as a high school official, adjudicator, judge, etc.

Contributors: (Radio, television, news writers, physicians, local citizens, etc). A contributor would be an individual who has made a contribution on a statewide basis to interscholastic activities in some capacity other than those covered by any other category.

ALL CANDIDATES WILL BE JUDGED ON THEIR SIGNIFICANT AND/OR LONG-TERM CONTRIBUTIONS TO INTERSCHOLASTIC ACTIVITIES. While many have served their local programs over a long and distinguished career, longevity, without meaningful state impact, does not constitute appropriate credentials for distinguished service award consideration. Their accomplishments must have been worthy of state recognition for them to be considered.

Non-approved nominees will be categorized into "inactive" and "holding" status. Inactive nominees will require additional information and supportive material before receiving future consideration for the Distinguished Service Award. Those candidates in the "hold" category may merit future consideration based on the evaluation of the SDHSAA Board of Directors.

REQUESTING NOMINATION MATERIALS.

Contact the SDHSAA to request nomination materials. Be sure to specify the award category materials needed when requesting the nomination forms. **Distinguished Service Award nominations must be submitted by June 1.**

Recipients of the Distinguished Service Award will be honored at an appropriate SDHSAA state athletic or fine arts event held during the year.

TEAM EXPENSES

Each school shall pay the entire expense of all its contestants and coaches at the various state meets. Each school will receive partial reimbursement by the Association as described hereinafter.

NOTE: There will be no reimbursement for team expenses in any sport until the conclusion of the fiscal year. Schools may utilize reimbursement money in such a way as deemed appropriate to help defray cost for the tournaments. It should be emphasized that there is no reimbursement in the sports of tennis, golf and cross country. (This policy was adopted by the Board of Directors at the June 17-18-19, 1981 meeting.) In the event that SDHSAA expenditures exceed receipts, reimbursement for team expenses will be reduced in all sports on a pro-rated basis in order to realize a balanced budget.

BASKETBALL, SOCCER AND VOLLEYBALL STATE TOURNAMENTS

Expenses will be reimbursed to the schools participating in the state events in the following manner:

Transportation	\$.60 per mile round trip by shortest highway route
Team Meals	\$5.00 per person for a party of 20 for the sports of Basketball and Volleyball. Soccer max of 24. Schools will be reimbursed for all necessary meals while traveling to and from and during the state tournament at the rate listed above.
Team Lodging	<ul style="list-style-type: none"> The SDHSAA will reserve 12 rooms (where possible) for each class of team that have qualified for the tournament. The SDHSAA will reimburse each team for the cost of five double rooms which are intended to accommodate the players, managers, and coaches. The remaining rooms are intended for cheerleaders, cheer advisors, athletic directors and administrators. The cost of these rooms shall be the sole responsibility of the member school who utilizes the rooms. Teams who choose to commute instead of staying at the motel or hotel will be reimbursed for each trip at sixty cents per round trip mile by shortest highway route. Qualifying teams who decide to not stay at the tournament hotel/motel, for reasons other than approved by the SDHSAA, will not be reimbursed for hotel/motel expenses for that tournament. In addition, the qualifying team will also be billed for any unused rooms at the SDHSAA reserved facility.
Host School	A sum of \$200.00 will be allotted to each competing team whose high school is located in the tournament city.

FOOTBALL FINALS

Expenses will be reimbursed to the schools participating in the state events in the following manner:

Mileage	For all playoff games, teams will be reimbursed \$1.50 per round trip mile for traveling team(s).
Team Expense Allowances	<p>For the finals held in the Dakota Dome, the SDHSAA will pay the following expenses:</p> <ul style="list-style-type: none"> 0-100 miles one-way-No reimbursement 101-200 miles one-way - \$5.00 per player 201-300 miles one-way - \$10.00 per player 301-400 miles one-way -\$15.00 per player 401 or more miles one-way - \$20.00 per player
Reimbursement limits	<ul style="list-style-type: none"> Each nine-man team shall be limited to twenty-seven players plus ten additional people (coaches, trainers, managers, statisticians, cheerleaders etc.) for a maximum of thirty-seven. Each eleven-man team shall be limited to thirty-three players plus twelve additional people (coaches, trainers, managers, statisticians, cheerleaders etc.) for a maximum of forty-five. If a team suits up fewer than the maximum allowed, then that team will be reimbursed at the rate specified for the actual number of participants.

GYMNASTICS, TRACK & FIELD, WRESTLING, COMPETITIVE CHEER AND COMPETITIVE DANCE

Expenses will be reimbursed to the schools participating in the state events in the following manner:

Transportation	Mileage reimbursement will be made on a graduated basis starting at a minimum base of \$.06 per round trip mile up to a maximum of \$.42 via the shortest highway route. The mileage scale will be based on the number of qualifiers who actually compete plus one head coach in the sports of Gymnastics, Wrestling, Competitive Cheer, and Competitive Dance. Any athlete competing in both Competitive Cheer and Competitive Dance will be counted as one qualifier toward reimbursement. In the sport of Track and Field up to two coaches will be counted provided both boys and girls are participating.
Mileage formula (one round trip)	<ul style="list-style-type: none"> • 1-5 qualifiers = 6 cents per mile • 6-10 qualifiers = 12 cents per mile • 11-15 qualifiers = 18 cents per mile • 16-20 qualifiers = 24 cents per mile • 21-25 qualifiers = 30 cents per mile • 26-30 qualifiers = 36 cents per mile • 31 or more qualifiers = 42 cents per mile <p>NOTE: In the sport of track, mileage will be paid to the prelim site only. No mileage is reimbursed to host or home teams.</p>
Additional Allowances	<p>\$5.00 for a one day meet or \$10.00 for a two-day meet shall be paid for each qualifier who actually competes in the preliminaries or finals. This payment will also be made for the allowable number of coaches.</p> <p>This additional allowance also applies to the host or home teams in the sports of gymnastics, track and field, wrestling, competitive cheer, and competitive dance.</p> <p>The responsibility for filing these expense claims rests with the school representative. No reimbursement will be made unless the expense claim is filed.</p>

TEAM LODGING GUIDELINES

- Schools are instructed to call the motel after they qualify. The SDHSAA has reserved rooms in a motel for each school. The number of singles/doubles depends on state event. These are for the team, coaches and administration. If additional rooms are available, the motel may give a school more than their allotted rooms.
- Upon receipt of the team confirmation relative to room reservations, qualifying schools should send a form to the hotel/motel management verifying their departure date.
- All rooms will be paid for directly by the school.
- All team rooms must be non-smoking rooms.
- Team rooms should not have an outside entrance.
- Motels are requested to not place adult fans in the middle of the block of rooms used to house the teams.
- Motels are to place teams in one area or one wing of the motel/hotel inasmuch as possible and **to keep each team together as much as possible**. It is much easier for chaperones to keep track of their athletes if they are all in one place.
- Management of properties should provide adequate security to prevent people who are not registered guests from entering the area or wing where athletes are housed. The SDHSAA suggests that motels hire extra security (especially for Saturday night).
- Motel management, coaches and chaperones should make every effort to prevent parties by students.
- Coaches should provide a rooming list to hotel/motel management. Schools should provide motel management with the name of the coach or coaches who are in charge of supervision.
- Motel management should provide each coach with a handout concerning motel/hotel rules relative to decorating policies, pool hours, restaurant hours, proper etiquette in regard to free continental breakfasts that might be provided, etc.
- Qualifying teams that decide to not stay at the tournament hotel/motel, for reasons other than approved by the SDHSAA, will not be reimbursed for hotel/motel expenses for that tournament. In addition, the qualifying team will also be billed for any unused rooms at the SDHSAA reserved facility.

BANDS OF THE DAY

Any band that has been selected by the SDHSAA to play at a state athletic event will be reimbursed the greater of either \$150.00 or payment for round-trip mileage for one bus to the state event. The mileage will be reimbursed at the same rate as the team involved in the activity. Bands will only be assigned for State football, volleyball, and basketball.

HOTEL/MOTEL AND GENERAL PUBLIC GUIDELINES

- a. Credit card information or room deposits must be received at least one month prior to the event. Rooms will be considered released and available if this information is not received.
- b. Paid room reservations that need to be canceled must be done 72 hours in advance of the first night's stay or the credit card will be charged.
- c. The Convention Visitors Bureau (CVB) must provide the name and phone number of a contact person in their office responsible for receiving phone calls and answering questions from the general public who are experiencing difficulty in securing lodging.

SDHSAA SPORTS OFFICIALS

GENERAL INFORMATION REGARDING SPORTS OFFICIALS

INDEPENDENT CONTRACTOR STATUS

While officials are contracted to perform services by schools, their function is by definition independent and the officials have complete control of the contests they officiate. As independent contractors, officials are responsible for their own scheduling, personal equipment, uniform, transportation, education and training expenses etc. The official is an independent contractor who offers services and is not an employee of the person or institution contracting for those services. In South Dakota, independent contractors must meet a minimum age requirement of 18 years.

LICENSED OFFICIALS MANDATORY

No official shall be eligible to officiate in any SDHSAA inter school varsity contests, unless (s)he has met the licensing standards as established by the SDHSAA Board of Directors.

In volleyball, basketball, football, wrestling, gymnastics, track and field, soccer, competitive cheer and competitive dance all varsity officials must be registered. There are no registered officials in golf, tennis or cross-country. For the state tennis tournaments, the SDHSAA contracts with the South Dakota Tennis Association for state tennis tournament officials. The referee and starter must be an SDHSAA registered official for track and field qualifying meets and region meets.

CONTRACTING GAME OFFICIALS

Article VIII, Section 2 of the SDHSAA Constitution stipulates that all interscholastic athletic contests between member schools must be contracted.

Some schools are not following the proper contract procedure in hiring officials so that all parties will be informed. The following is a recommended procedure to follow:

1. The two schools first must agree on an official(s).
2. The host school prepares the contract.
3. The host school signs the contract and sends to the visiting school.
4. The visiting school signs the contract and sends to the official(s).
5. The official(s) signs the contract and sends it to the host school.
6. The host school retains its copy and sends copies to the visiting school and to the official(s). Now, each party has a copy of the contract.

NOTE: The Contract With A Licensed Official (General Form #3) and the Contract for Athletic Contest (General Form #4) can be found on the SDHSAA website, Forms tab, then Athletics.

OFFICIALS BREAKING GAME CONTRACTS

If an official backs out of a contract, without mutual agreement with the contracting schools, athletic directors may file a complaint with the SDHSAA based on a breach of the officials' code of ethics. This violation could mean loss of eligibility for sub-state and state contests in the sport the violation occurred. Each contract violation is evaluated on a case by case basis.

DISTRICT/REGION COMMITTEES BREAKING GAME CONTRACTS

Any official whose contract is broken by the district or region committee will be reimbursed by the committee unless the official receives a replacement contract from another district or region.

Board action of April 15-16, 2008.

RECRUITMENT & RETENTION OF NEW OFFICIALS

1. Contracted officials are encouraged, with permission from both schools, to bring new and/or less experienced officials to a contest to work the sub-varsity game. Each veteran official would work a half with the new official. Such a practice will enable new officials to gain valuable experience and confidence.
2. Member schools should pay the new/less experienced official a fair wage for his/her services.

OFFICIALS CLASSIFICATIONS AND WORK LIMITATIONS

New Official: May work “regular season” contests only after completing and passing the open book test and viewing the online rules meeting and the online mechanics meeting.

Registered: May work “regular season” contests only. Not eligible for sub-state or state contests. If a first year official, you may work “regular season” contests only after completing and passing the online open book test and viewing a online rules meeting and a online mechanics meeting. An official may stay at the “registered” classification indefinitely.

Certified: Certified officials are eligible to work regular season games and all SDHSAA sub-state events. Officials who have been at the “Certified” classification for three years are eligible to work a state tournament event, (Certified two years in the sports of gymnastics and wrestling), provided all requirements are met.

Supervised Test – Closed Book Test (to become “Certified”)

To move from “registered” classification to “certified” classification, the supervised (closed book) test will be offered at designated sites. You will receive site information with your rule book packet. You must score at least a 75% to pass the test. There is not a time deadline as to when this transition must be made. An official may stay in the “registered” classification indefinitely.

NOTE: Penalties will be assessed for missing requirements (See Officials Handbook for penalties.)

GENERAL REQUIREMENTS FOR SPORTS OFFICIALS

BASKETBALL

New Official	Registered	Certified
Rules Meeting - Annual	Rules Meeting - Annual	Rules Meeting - Annual
Mechanics Meeting - Annual	Mechanics Meeting - Annual	Mechanics Meeting - Annual
Region Meeting – Annual	Region Meeting – Annual	2 Region Meetings – Annual
Open Book Test – Annual	Open Book Test – Annual	Open Book Test – Annual
Mechanics Test–Biennial (17-18)	Mechanics Test – Biennial (17-18)	Mechanics Test–Biennial (17-18)
Jamboree – 1 in first 2 years then one in next 3 years		Jamboree – 1 every 3 years Officials must attend initial jamboree prior to working any sub-state or state events

COMPETITIVE CHEER

COMPETITIVE DANCE

Registered	Registered
Rules Meeting	Rules Meeting
Open Book Test	Open Book Test
Training Course & Practice Judge or Jamboree in years offered	Training Course & Practice Judge or Jamboree in years offered

FOOTBALL

New Official	Registered	Certified
Rules Meeting - Annual	Rules Meeting - Annual	Rules Meeting - Annual
Mechanics Meeting - Annual	Mechanics Meeting - Annual	Mechanics Meeting - Annual
Region Meeting – Annual	Region Meeting – Annual	Region Meeting – Annual
Open Book Test – Annual	Open Book Test – Annual	Open Book Test – Annual
Jamboree – 1 in first 2 years then one in next 3 years		Jamboree – 1 every 3 years Officials must attend initial jamboree prior to working any sub-state or state events

GYMNASTICS

New Official	Registered	Certified
Rules Meeting - Annual	Rules Meeting – Annual	Rules Meeting – Annual
Officials Clinic - Annual	Officials Clinic – Annual	Officials Clinic - Annual
Region Meeting – Annual	Region Meeting – Annual	Region Meeting – Annual
Open Book Test – Annual	Open Book Test – Annual	Open Book Test – Annual
Intersquad Meet - Annual	Intersquad Meet - Annual	Intersquad Meet - Annual
Practice judge to become “certified”	Practice judge to become “certified”	

SOCCER

New Official	Registered
Rules Meeting/Clinic - Annual	Rules Meeting/Clinic – Annual
Open Book Test – Annual	Open Book Test – Annual

TRACK AND FIELD

New Official	Registered
Rules Meeting/Clinic - Annual	Rules Meeting/Clinic – Annual
Open Book Test – Annual	Open Book Test – Annual

VOLLEYBALL

New Official	Registered	Certified
Rules Meeting - Annual	Rules Meeting – Annual	Rules Meeting – Annual
Mechanics Meeting - Annual	Mechanics Meeting – Annual	Mechanics Meeting - Annual
Region Meeting – Annual	Region Meeting – Annual	Region Meeting – Annual
Open Book Test – Annual	Open Book Test – Annual	Open Book Test - Annual
Jamboree – 1 in first 2 years then one in next 3 years		Jamboree – 1 every 3 years Officials must attend initial jamboree prior to working any sub-state or state events

WRESTLING

New Official	Registered	Certified
Rules Meeting/Clinic – Annual	Rules Meeting/Clinic – Annual	Rules Meeting/Clinic - Annual
Open Book Test – Annual	Open Book Test – Annual	Open Book Test – Annual
Region Meeting – Annual	Region Meeting – Annual	Region Meeting - Annual

RECIPROCITY

The fee for officials who desire reciprocity in Nebraska, Montana, North Dakota and Minnesota is \$10.00. Officials should write directly to these state association offices enclosing proper amount of fee. There is open reciprocity with Wyoming; however, the Wyoming Activities Association requests that they have the names of South Dakota officials who will be officiating in Wyoming.

POLICIES REGARDING VIDEO RECORDING, TELEVISION, and UNMANNED AERIAL VEHICLES (DRONES)

SDHSAA PHILOSOPHY

All SDHSAA sub-state and state level competitions are the property of the SDHSAA. All media (including television, video recording, internet, and broadband) coverage of SDHSAA sub-state and state events are governed by the “SDHSAA Media Policy.” The SDHSAA is the owner of trademarks, copyrights, and other proprietary rights connected to any SDHSAA event. Exclusive rights to broadcast all SDHSAA events on television and internet and broadband, connected and wireless are assigned to a media contractor (identified as “Media Contractor” in these policy statements) The SDHSAA media policies **DO NOT** apply to regular season contests.

VIDEO RECORDING POLICY

At State and Sub-State Events:

1. In all SDHSAA activities, the video recording of any State or Sub-State level contest for resale purposes by individuals or commercial business organizations is prohibited without expressed advanced approval from the SDHSAA and its contracted television broadcaster. The contracted television broadcaster that has purchased exclusive rights for the live telecast of SDHSAA events does possess resale rights.
2. Provided that the video recording is not intended for broadcast, participating schools may video record the game or event that involves their team or athletes at a State or Sub-State event. Schools wishing to video record any Sub-State or State contest for broadcast on a local access cable station (after a 24 hour delay) must secure permission from the Sub-State contest committee or the SDHSAA.
3. Any member school that wishes to video record a game or event that does not involve its own team or athletes, at a Sub-State event, must receive permission from the committee in charge as well as the teams involved.
4. Upon advising the SDHSAA and the team(s) and/or individuals involved in a specific State event, schools may video record other teams and/or individuals for scouting purposes at said state event.
5. Parents or guardians may, for their personal use, video record the game or event that involves their son or daughter at a Sub-State or State event provided that the video recording is not intended for broadcast.

At Regular Season Games, Meets or Tournaments:

1. The host school always has the right to video record any regular season competition that is held in its facility without seeking permission from anyone.
2. The visiting school(s) that wishes to video record should seek permission from the host school. In the interest of promoting good will and friendly relationships between the schools, it is recommended that permission be granted by the host school whenever the request is made.
3. Any member school that wishes to video record a regular season game or event that does not involve its own team or athletes must receive permission from the host school as well as the team(s) that are involved in the competition.
4. Parents or guardians who wish to video record a game or event, during the regular season, that involves their son or daughter should request permission from the host school. It is recommended the host school allow parents to video record their children during the regular season events.

NOTE: In all cases, lights that are distractive are prohibited. Likewise camera placement that creates a safety concern is also prohibited.

TELEVISION COPYRIGHT POLICY

1. The contracted television broadcaster that produces the telecast of SDHSAA state events shall own the copyright for all broadcast (live or delayed) films, video recordings and other recordings of the event that is being televised pursuant to the contractual agreement with the SDHSAA
2. The broadcaster, as granted by SDHSAA, retains the exclusive control of any delayed television broadcast.
3. Upon request, the broadcaster shall provide to the Association, a video copy of all games telecast, at no cost to the Association.
4. Each video copy shall include the Association name and emblem and acknowledge that said game(s) are being conducted under the auspices of the Association.

UNMANNED AERIAL VEHICLES (DRONES)

The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any purpose by any person at any SDHSAA post-season tournament venues.

For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. This prohibition applies to all fields of play, courts, arena, mats, or gym floor and includes a ban on the entire facility being used as part of the SDHSAA event, including the spectator areas and parking areas.

Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and /or confiscate the UAV.

An exception to this policy, in writing, may be made in specific cases for SDHSAA broadcast partners, provided the management of the tournament facility permits the presence of UAV's for broadcast purposes under the control of the SDHSAA.

PLAYER / UNIFORM MODIFICATION

POLICY ON COMPETITORS WEARING A COMMEMORATIVE, MEMORIAL RECOGNITION PATCH/INSIGNIA ON UNIFORMS

Member schools may automatically wear a commemorative/memorial patch/insignia on their uniforms/football helmet. The Board of Directors has specified that a memorial band, not to exceed 2 1/4-inches in width, should be affixed to the

shoulder strap of the team jersey or in the side insert. It is recommended that the memorial band be black in color except in those cases when the uniform/football helmet is black. Schools may also decorate the memorial band/football helmet with the initials, name or nickname of the person who is being honored. It may not be a number.

The following guidelines shall be adhered to as per NFHS rules related to commemorative/memorial recognition patches/insignias:

FOOTBALL & SOCCER: may not be a number, can not exceed 4 square inches and may not interfere with the visibility of the jersey number.

VOLLEYBALL: not to exceed 4 square inches and may not interfere with the visibility of the player's number. May be worn on each item of the uniform apparel.

BASKETBALL: The patch shall not exceed 4 square inches, shall not be a number, and must be located above the neckline or in the side insert.

WRESTLING: not to exceed 4 square inches. Preferably worn on shoulder strap not to exceed 2¼ inches in width.

GYMNASTICS, COMPETITIVE CHEER AND COMPETITIVE DANCE: not to exceed 4 square inches.

TRACK AND FIELD: not to exceed 4 square inches. Preferably worn on shoulder strap not to exceed 2¼ inches in width.

FLAGS—The American flag may be worn on the team shirt provided it does not exceed 2x 3 inches and does not interfere with the visibility of the player's number.

RECOMMENDED POLICY AS IT RELATES TO BODY PAINT AND TATTOOS

It is recommended that all school administrators and/or coaches take the responsibility to control unnecessary body paint and tattoos on athletes and cheerleaders.

1. Visible temporary body paint or decorations/tattoos should not be allowed, even if only a small emblem is painted on the face, arm or leg.
2. Permanent non-objectionable tattoos are permitted.
3. Permanent objectionable tattoos of a vulgar or obscene nature must be covered. Officials will not allow individuals to participate until these objectionable tattoos have been covered.

Rationale: Body paint or decorations make a mockery of high school sports. It is not appropriate for individuals in educational sport to paint uncovered skin areas or to adorn themselves with unnecessary tattoos, which will call undue attention to the individual, not because of achievement or skill, but rather their personal adornment other than team identifiable uniforms or equipment. Body paint being worn by competitors serves no useful purpose other than to make personal statements that may or may not be offensive or may be considered inappropriate because of their real or perceived message or symbolic suggestions.

It is not in the best interest of high school sport to have officials placed in a position where from game-to-game they must rule on what is objectionable. School administrators and/or coaches have an obligation to have any objectionable marking removed and to have those of a permanent type covered.

GAME BALLS

NFHS AUTHENTICATING MARK

Balls used in varsity football, basketball, volleyball, and soccer competition will be required to feature the Authenticating Mark of the National Federation of State High School Associations (NFHS). The authenticating mark need not be on balls used for practice or subvarsity competition. This mark will help ensure that high school athletic competition will be fair, more consistent and less hazardous for everyone involved. It also represents an opportunity for student-athletes, coaches and officials to benefit from additional educational services and expanded research programs as a result of revenue generated by the authenticating program.

Procedurally, officials are requested to check each varsity game ball for the authenticating mark. If a school does not supply a game ball with the mark the contest is played and the officials notify the SDHSAA.



OFFICIAL TOURNAMENT BALLS

The SDHSAA Board of Directors has named official tournament balls in the sports of basketball, football, volleyball and tennis. The agreements are for a five year period beginning in the fall of 2009 and continuing until the spring of 2014. The contract was further extended from the fall of 2014 until the spring of 2019. The official tournament ball models are as follows:

Basketball - Girls: Baden Perfection Elite BX6E; Boys: Baden Perfection Elite BX7E

Football – Baden Perfection D1-F7000L

Tennis - Wilson US Open Tournament Select Extra Duty

Volleyball - Baden Perfection 15-0 (VX5EC-220) Royal Blue/Gray/White

Soccer - Baden Perfection Elite SX751-CPL

NOTE: Basketball, Soccer, Tennis, and Volleyball: **Exclusive** Sub-State and State Ball.

Football: **Official** Sub-State and State Ball (not exclusive).

*Bids will be requested three years into the five year time span (fall of 2017) in order to give all schools a two-year advance notice in the event the brand of ball changes as a results of a new bid letting.

RECOMMENDED TRAINING RULES AND PENALTIES

PHILOSOPHY AND PURPOSE

1. Philosophy relating to the use of mood-altering chemicals, i.e., alcohol and tobacco, drugs and marijuana shall be determined by the governing board of each member. Pursuant to SDCL 13-32-9. A member school would enforce its current activities policy until the student has been: “adjudicated, convicted, the subject of an informal adjustment or court-approved diversion program, or the subject of a suspended imposition of sentence or suspended adjudication of delinquency for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15.”

The South Dakota High School Activities Association recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extracurricular participation and development of related skills. Others are affected by the misuse and abuse by family, team members or other significant persons in their lives.

The close contact in SDHSAA activities of advisors and coaches provides them with a unique opportunity to observe, confront and assist young people. The SDHSAA, therefore, supports education and awareness training in adolescent chemical use problems including the symptomatology of chemical dependency and special issues affecting Association activities for administrators, athletic directors, coaches, advisors, participants and their families.

2. Statement of Purpose.
 - a. To encourage the growth of responsible citizenship among the students, member schools and their personnel.
 - b. To emphasize the schools’ concerns for the health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health.
 - c. To confirm and support existing state laws which restrict the use of such mood-altering chemicals.
 - d. To establish standards of conduct for those students who are leaders and standard-bearers among their peers.
 - e. To assist students who desire to resist peer pressure which directs them toward the use of mood-altering chemicals.
 - f. To assist students who should be referred for assistance or evaluation regarding their use of mood-altering chemicals.
 - g. To promote equity and a sense of order and discipline among students. It is recommended that any training rule and penalty code be applied to both athletics and fine arts.
3. Categories of Activities. For the purpose of administering this policy, the SDHSAA activities are divided into two categories as follows:
 - a. Category I includes all activities that have a regular season including speech debate and sports. The recommended penalty for violation of these training rules by students participating in Category I activities will be as hereafter stipulated in the section entitled “Recommended Penalties:”
 - b. Category II includes all activities that do not have a regular season including All-State Band, All-State Chorus and Orchestra and One Act Plays. The recommended penalty for Category II violations shall be determined by the governing board of each member school. (i.e. restitution)

TRAINING RULE

During the school year and the season of practice, play or rehearsal, regardless of the quantity, a student shall not: 1) use a beverage containing alcohol, 2) use tobacco, 3) or use or consume, have in possession, buy, sell or give away

marijuana, or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by her/his doctor.

RECOMMENDED PENALTIES

1. First Violation - Category I
 - a. Penalty: After confirmation of the first violation, the student shall lose eligibility for the next two consecutive interscholastic events or two weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
 - b. Recommendations:
 - 1) It is recommended that the school develop a local education program through which the student would receive information about the effects of misuse or abuse of mood-altering chemicals.
 - 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for assessment of potential chemical abuse or misuse.
2. Second Violation - Category I
 - a. Penalty: After confirmation of the second violation, the student shall lose eligibility for the next six consecutive inter-scholastic events in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program.
 - b. Recommendations:
 - 1) It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that she/he has sought or has received counseling from a community agency or professional individual such as a school counselor, drug counselor, medical doctor, psychiatrist, or psychologist.
 - 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for assessment of potential chemical abuse or misuse.
3. Third Violation - Category I
 - a. Penalty:
 - 1) After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve consecutive interscholastic events in which the student is a participant.
 - 2) If, after the third or subsequent violations, the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in SDHSAA activities after a minimum period of six weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
 - b. Recommendation:

It is recommended that the student be referred for assessment of potential chemical abuse, misuse or dependency by a community agency or a professional individual outside the school.
4. Penalties shall be accumulative beginning with and throughout the student's participation on a varsity or sub-varsity activity.

A FINAL OBSERVATION

No one, including the South Dakota High School Activities Association, expect rules alone to deter students from using chemicals. The clear philosophy and statement of purpose explains the rule and gives direction, encouraging school staff to take an active role in responding to existing chemical use problems, preventing future problems from occurring and promoting the chemical health of student s involved in SDHSAA activities.

According to law enforcement officials, if the purpose of having rules is to deter student use of chemicals, three principal factors must be balanced to achieve the greatest effectiveness:

1. CERTAINTY: That enforcement of the consequences will follow a violation;
2. SEVERITY: That consequences are a fair penalty for the act; otherwise the offense will be overlooked or avoided; and
3. CELERITY: Promptness of the process.

SDCL 13-32-9 SUSPENSION FROM EXTRACURRICULAR ACTIVITIES FOR CONTROLLED SUBSTANCE VIOLATIONS.

13-32-9. Suspension from extracurricular activities for controlled substances violation--Unified Judicial System to give certain notices. Any person adjudicated, convicted, the subject of an informal adjustment or court-approved diversion program, or the subject of a suspended imposition of sentence or suspended adjudication of delinquency for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to thirty calendar days if the person participates in an assessment with a certified or licensed

addiction counselor. If the assessment indicates the need for a higher level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. Upon a second adjudication, conviction, diversion, or suspended imposition of a sentence for possession, use, or distribution of controlled drugs, substances, or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substance as prohibited by § 22-42-15, by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education for one year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one year suspension may be reduced to sixty calendar days if the person completes an accredited intensive prevention or treatment program. Upon a third or subsequent adjudication, conviction, diversion, or suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education. Upon such a determination in any juvenile court proceeding, the Unified Judicial System shall give notice of that determination to the South Dakota High School Activities Association and the chief administrator of the school in which the person is participating in any extracurricular activity. The Unified Judicial System shall give notice to the chief administrators of secondary schools accredited by the Department of Education for any such determination in a court proceeding for any person eighteen to twenty-one years of age without regard to current status in school or involvement in extracurricular activities. The notice shall include name, date of birth, city of residence, and offense. The chief administrator shall give notice to the South Dakota High School Activities Association if any such person is participating in extracurricular activities.

Upon placement of the person in an informal adjustment or court-approved diversion program, the state's attorney who placed the person in that program shall give notice of that placement to the South Dakota High School Activities Association and chief administrator of the school in which the person is participating in any extracurricular activity.

As used in this section, the term, extracurricular activity, means any activity sanctioned by the South Dakota High School Activities Association. Students are ineligible to participate in activity events, competitions, and performances, but a local school district may allow a student to participate in practices.

13-32-9.1. Consequences imposed by local school districts. No local school board may impose a lesser consequence than those established in § 13-32-9, but a local school district may adopt a policy, by local school board action, with more strict consequences to meet the needs of the district.

Source: SL 2014, ch 88, § 2.

13-32-9.2. Reduced suspensions--Commencement of suspension. If a suspension is reduced pursuant to § 13-32-9, a suspension for a first offense shall make the student ineligible for a minimum of two South Dakota High School Activities Association sanctioned events upon completion of the reduced suspension period. If a suspension is reduced pursuant to § 13-32-9, a suspension for a second offense shall make the student ineligible for a minimum of six South Dakota High School Activities Association sanctioned events upon completion of the reduced suspension period. To count toward the minimum number of events the student must participate in the entire activity season and may not drop out or quit the activity to avoid suspension and the failure of a student to complete the entire activity season shall result in the student being ineligible for one year from the date of adjudication, conviction, the subject of an informal adjustment or court approved diversion program, or the subject of a suspended imposition of sentence or suspended adjudication of delinquency. A suspension that is not completed by the student during one activity season shall carry over to the next activity season in which the student participates.

A suspension begins on the day following the notification to a school administrator by the Unified Judicial System that a student has been adjudicated, convicted, the subject of an informal adjustment or court approved diversion program, or the subject of a suspended imposition of a sentence or a suspended adjudication of delinquency for possession, use, or distribution of controlled drugs, substances, or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substance prohibited by § 22-42-15 and the school administrator gives notice to the South Dakota High School Activities Association and the students.

Source: SL 2014, ch 88, § 3.

**REVISED 2006 LEGISLATIVE SESSION
AMENDED 2010 LEGISLATIVE SESSION
AMENDED 2014 LESISLATIVE SESSION**

SDHSAA TOURNAMENT TEAM AND SPECTATOR CONDUCT RULES

The following rules apply to all district, region and state events.

All member schools, conferences, etc. are encouraged to adopt these rules for all regular season contests.

A. Conduct of spectators, coaches and players.

1. There must be sufficient planning, by the tournament manager and by all participating schools which have qualified for the tournament, relative to appropriate crowd control during the duration of the event.
2. All participating schools will be expected to emphasize the necessity for proper crowd behavior. Administrators from member schools are expected to position themselves near their student cheering section whenever their team is playing.
3. Coaches will be expected at all times to display the type of conduct which contributes good sportsmanship and which does not incite the spectators in attendance.
4. Coaches will be expected to impress upon their athletes the importance of displaying good sportsmanship at all times, including players on the court, substitutes sitting on the bench, or following the conclusion of a game.
5. Administrators will be expected to impress upon their coaches the importance of displaying good sportsmanship at all times.
6. All fans will be expected to remain off the playing area until after the awarding of medals and trophies. Failure to remain off the playing floor will result in the offending team not being recognized by the public address announcer. Medals and trophy will be awarded to school personnel following the awards ceremony. Fans will be allowed on the playing area following the presentation of all awards.

B. Equipment and facilities.

1. Removal of the nets following the championship game will be under the direction and supervision of the tournament manager.
2. The breaking of a backboard will become the financial liability of the school whose fan(s) caused the damage.
3. Vandalism to locker room facilities, motel rooms, etc. shall be the responsibility of the member school whose player/team was responsible for the damage.

C. No banners - no signs - no noisemakers

1. Temporary banners and signs of all kinds are prohibited except those displayed by the SDHSAA, the Association's corporate partners, the tournament band, the arena, the tournament manager, and licensed radio and television stations. Cheer cards displayed by cheerleaders are permissible.
2. All types of noisemakers are prohibited. This includes plastic hand shakers, thunder sticks, as well as all sorts of projectiles.
3. Paper confetti and silly string are prohibited.
4. Balloons are prohibited.
5. Megaphones are prohibited except when used by a cheerleader.
6. Musical instruments are prohibited except when the band is performing.
7. Stereo tape decks and related radio equipment are prohibited during official tournament play. (Host management may provide music that may be played during warm-ups, quarter and half-time breaks, or breaks in the action such as dead balls, etc.)

D. Hoops, mini-tramps and tunnels.

1. The use of "break-through" hoops, mini-tramps, rebounding devices & related pieces of equipment is prohibited.
2. Human tunnels created by student and/or adult fans are prohibited.

E. Pennants, Number 1 Fingers, Homer Hankies, Rooter Poms, etc. will be permitted.

F. Laser Pointers are prohibited. If used, the laser pointers will be permanently confiscated.

G. Re-Entry. As per local venue policy, individuals wishing to leave the venue during a session will receive a hand stamp/accommodation pass for re-admittance to the venue for that session only.

H. Smoking is not allowed inside the venue. As per local venue policy, adult smokers will be given a hand stamp/accommodation pass for re-admittance to the venue for that session only.

I. The management will designate each participating team's section of the bleachers.

J. Students are asked not to stand on the seats. Students may stand in the foot wells in the student section.

K. Jumping up and down in unison is prohibited.

L. Adult cheerleaders are not permitted in the student cheering sections. However, adults will be permitted to sit in the student section if space allows.

M. Cheerleaders, spirit or yell leaders will be allowed, provided they are so designated by their school and appear in a school approved uniform.

N. All fans must wear shirts. Body paint is not allowed for either students or adults. Face paint is allowed.

O. Face masks are prohibited.

P. Gambling and alcoholic beverages are prohibited.

SDHSAA ARENA RULES

The following rules and regulation are applicable to all venues hosting SDHSAA State Events:

1. All fans must wear shirts.
2. Face masks are prohibited.
3. Fans are not prohibited from wearing face paint.
4. Human tunnels and/or break through hoops are prohibited.
5. Signs, banners, and noisemakers are prohibited.
6. Smoking inside the venue is not allowed. Adults wishing to smoke will be issued an accommodation pass or stamp to exit through a specific door and re-enter through said door.
7. Spectators must remain off the playing floor at all times.
8. No one is allowed to sit, stand or hang on the basket or the basket supports.
9. Students with bleacher tickets must use the facilities on the main floor.
10. The throwing of objects of any kind onto the playing floor is prohibited.
11. Gambling or use of intoxicating beverages is not permitted in the arena. Anyone found indulging in either would be required to leave the building.
12. Laser pointers are prohibited and will be confiscated by meet management.
13. Jumping up and down on the bleachers, in unison, is prohibited.
14. All fans will be expected to remain off the playing floor until after the awarding of medals and trophies. Failure to remain off the playing floor will result in the offending team not being recognized by the public address announcer. Medals and trophy will be awarded to school personnel following the awards ceremony. Fans will be allowed on to the playing floor following the presentation of all awards.

NOTE: This policy is applicable to football, volleyball, and basketball.

DAMAGE TO BLEACHERS AT A STATE EVENT

Damage to bleachers can be caused when the entire student body jumps up and down in unison on the bleachers. The SDHSAA cannot condone or overlook behavior that causes physical damage to a rented venue.

Therefore, the SDHSAA suggests the following:

- Member schools should prohibit this type of behavior from occurring at all regular season contests.
- District and region committees should prohibit this type of behavior from occurring at all district and region tournaments.
- All member schools that qualify a team to a state tournament should make an announcement at a pep assembly informing the student body that this type of behavior is prohibited by the SDHSAA.
- All member schools should solicit the support and leadership of the cheerleaders to stop this behavior.
- Administrators from each of the participating schools should position themselves in close proximity to the student cheering section so they can immediately assist management to stop the jumping if and when it occurs.

SDHSAA POLICY REGARDING HIGH SCHOOL PRESS PASSES FOR STATE ATHLETIC EVENTS

The SDHSAA Board of Directors adopted the following policy during their regular meeting of June, 1991(revised in June, 1994 and 2006). The policy is designed to clarify the procedure to be followed for a student journalist to be admitted to cover a state athletic event in which his/her school is participating.

1. **School Newspaper & Yearbook Rosters.** It is the responsibility of each school to submit a roster of their student journalists that are working with their school newspaper and school yearbook.
 - **The roster must be submitted online**
 - **The roster must be submitted each semester (even if the students listed do not change).**
 - **No High School Press Passes will be issued to a school if the school has not submitted the “Journalism Roster Form” for that semester or for a student not listed on the “Roster Form.”**
 - **Roster Submission Deadlines:**
 - 1st Semester Activities – October 1**
 - 2nd Semester Activities – February 10**
2. **Who Can Receive High School Press Passes:** Bona-fide high school student journalists and photographers can receive press passes into the SDHSAA State Athletic Event only by their school requesting the passes in advance of the event. Note- **this policy does not apply to:** Students that video tape the school’s game for team evaluation or public access broadcast.

Advisors: High school newspaper and yearbook advisors who supervise their student journalists or take pictures of the athletic competition must submit a **“Request for Adult Floor Pass”** (See the *“SDHSAA Press/Floor Pass Policy Adult School Representatives at State Athletic Event”* information which follows).
3. **Press Pass Limits:** A school may request no more than two student passes for their school newspaper and two passes for their yearbook. **NOTE:** Only one pass per school will be granted for the State Wrestling Event.
4. **Press Pass Request Form:** All school requests for student press passes should be made on the “Request for Student Press Passes” **online form in the School Zone.** **NOTE:** Press passes will only be issued to a student whose name appears on the online journalism roster.
5. **Press Pass Request Deadline:** Requests for passes should be received submitted online no later than 1:00 p.m. (CT) / noon (MT) on the **Monday** immediately prior to any of the following state events. If, due to extenuating circumstances, an earlier deadline is necessary, the athletic directors in the schools involved in the State Event will be notified about the earlier deadline.
 - A. Soccer
 - B. Cross Country
 - C. Competitive Cheer & Dance
 - D. Football Championships
 - E. Volleyball
 - F. Gymnastics
 - G. Wrestling
 - H. Girls’ Basketball Tournaments
 - I. Boys’ Basketball Tournaments
 - J. Track & Field
7. **Verification:** Upon successful submission of your online request, you will receive an email response to verify that your request was received by the SDHSAA office.
8. **Requests Received After Deadline:** Requests received after the **“Deadline”** will be denied and student(s) must then purchase a ticket to gain admission to the state event.
9. **Picking Up Press Passes:** The press passes that are requested can be picked up by the student(s) at the “media pass door” at the state event site.
10. **State Event Press Pass Location:** The location for picking up the press passes will be posted on the SDHSAA Website (click on “Media,” then on the State Athletic Event for which the pass is requested). If the “media entrance” is not listed, please call the SDHSAA at 605-224-9261.

The above press pass policy places the responsibility on the school to make advance arrangements for student coverage of an athletic event. If arrangements are not made in advance, the student(s) will be denied press pass admission to the contest and must pay for admission.

SDHSAA PRESS/FLOOR PASS POLICY FOR ADULT SCHOOL REPRESENTATIVES AT STATE ATHLETIC EVENTS

- A. High school newspaper or yearbook advisors who supervise their student journalists or take pictures of the athletic competition for their school need to secure a “floor pass.”
- B. Some schools have adults that routinely take photographs for their school. In such cases adults representing a school at a state athletic contest (including professional photographers) need to secure a “floor pass.”
- C. **ADULT PRESS/FLOOR PASS POLICY**
 - 1. **Floor Pass Request Form.** All requests for adult floor passes should be made on the “Request for Adult Floor Pass” **online form in the School Zone**. The request should name the adult needing the floor pass and their affiliation with the school. All names should be approved by the school’s principal, athletic director or superintendent prior to submission.
 - 2. **Floor Pass Request Deadline.** Requests for floor passes should be submitted online no later than 1:00 p.m. (CT) / noon (MT) on the **Monday** immediately prior to the state athletic event. Note, if due to extenuating circumstances an earlier deadline is necessary, athletic directors in the schools involved in the State Event will be notified about the earlier deadline. **Floor pass requests received after the deadline will be denied.**
 - 3. **Securing the Floor Pass.**
 - a) To receive the “floor pass” at the state event, the adult must provide “proof of admission” to the event (either a “tournament pass” from their school or a purchased “all sessions” ticket for the event).

The individual listed on the request form will pick up their “Floor Pass” at the media entrance to the state event. The location for picking up the floor pass will be listed on the SDHSAA Website (click on “Media” then on the State Athletic Event for which the floor pass is requested.) If the “media entrance” is not listed, please call the SDHSAA at 605-224-9261.

2016-2017 ACTIVITIES PARTICIPATION SURVEY SUMMARY**TOTAL SDHSAA MEMBER SCHOOLS: 181****TOTAL SCHOOLS RESPONDING TO SURVEY: 179****TOTAL STUDENT ENROLLMENTS**

	<u>BOYS</u>	<u>GIRLS</u>
UNGRADED	47	47
9TH GRADE	5739	5446
10TH GRADE	5314	5076
11TH GRADE	5013	4710
12TH GRADE	4914	4596
TOTAL	21027	19875

BOYS PARTICIPANTS

<u>ACTIVITY</u>	<u>SCHOOLS</u>	<u>9th</u>	<u>10th</u>	<u>11th</u>	<u>12th</u>	<u>TOTAL</u>
BASKETBALL	175	1109	918	00	665	3492
X-COUNTRY	151	313	253	270	202	1038
FOOTBALL:						
11-MAN	65	1015	799	730	760	3304
9-MAN	104	486	491	496	534	2007
GOLF	137	296	241	248	237	1022
SOCCER	26	198	169	181	165	713
TENNIS	24	102	78	117	111	408
TRACK	176	974	866	881	669	3390
WRESTLING	110	327	316	290	287	1220
TOTAL ATHLETICS		4820	4131	4013	3630	16594
SPIRIT SQUADS:						
COMPETITIVE						
SPIRIT SQUADS*	0	0	0	0	0	0
CHEERLEADING**	0	0	0	0	0	0
DRILL TEAM**	0	0	0	0	0	0
POM PON SQUADS**	0	0	0	0	0	0
TOTAL SPIRIT SQUADS	0	0	0	0	0	0
SPEECH:						
ORAL INTERP.	109	136	146	125	95	502
DEBATE – POLICY	13	70	29	21	21	141
LINCOLN-DOUGLAS	15	11	14	12	12	49
INDIVIDUAL EVENTS+	22	112	60	43	47	262
PUBLIC FORUM	25	56	50	45	37	188
DRAMA++:						
DRAMA-FALL	45	128	136	144	158	566
DRAMA-WINTER	97	104	151	207	217	679
DRAMA-SPRING	88	198	227	235	255	915
PUBLICATIONS:						
NEWSPAPER	45	23	38	60	106	227
YEARBOOK	96	33	71	108	166	378
MUSIC:						
BAND	154	810	749	649	549	2757
ORCHESTRA	16	94	69	50	39	252
VOCAL	147	887	800	649	543	2879
SHOW CHOIR	20	69	73	77	82	301
STUDENT COUNCIL	149	181	218	248	296	943
VISUAL ARTS	29	50	50	88	81	269
TOTAL FINE ARTS		2962	2881	2761	2704	11308

<u>ACTIVITY</u>	<u>SCHOOLS</u>	<u>GIRLS PARTICIPANTS</u>				<u>TOTAL</u>
		<u>9th</u>	<u>10th</u>	<u>11th</u>	<u>12th</u>	
BASKETBALL	173	915	792	582	459	2748
X-COUNTRY	137	234	195	179	182	790
FOOTBALL						
11-MAN	3	1	2	0	1	4
9-MAN	1	0	0	0	1	1
GOLF	117	187	164	123	120	594
GYMNASTICS	31	103	79	45	51	278
SOCCER	26	201	141	161	136	639
TENNIS	22	56	56	62	57	231
TRACK	172	987	763	584	498	2832
VOLLEYBALL	169	1125	949	737	627	3438
WRESTLING	15	15	11	7	6	39
TOTAL ATHLETICS		3824	3152	24800	2138	11594
SPIRIT SQUADS:						
COMPETITIVE	41	175	161	193	177	706
SPIRIT SQUADS*						
CHEERLEADING**	138	308	318	363	398	1387
DRILL TEAM**	12	58	43	29	48	178
POM PON SQUADS**	3	20	3	11	8	42
TOTAL SPIRIT SQUADS		561	525	596	631	2313
SPEECH:						
ORAL INTERP.	122	294	289	243	233	1059
DEBATE	12	61	19	13	9	102
LINCOLN-DOUGLAS	15	9	15	9	10	43
INDIV. EVENTS+	24	124	55	45	26	250
PUBLIC FORUM	25	79	47	42	33	201
DRAMA++:	0	0	0	0	0	0
DRAMA-FALL	46	214	191	240	213	858
DRAMA-WINTER	100	204	260	309	336	1109
DRAMA-SPRING	89	336	375	423	412	1546
PUBLICATIONS:	0	0	0	0	0	0
NEWSPAPER	54	31	98	119	182	430
YEARBOOK	135	144	261	327	409	1141
MUSIC:	0	0	0	0	0	0
BAND	154	1065	941	785	705	3496
ORCHESTRA	15	156	119	121	69	465
VOCAL	149	1555	1223	1016	871	4665
SHOW CHOIR	20	103	105	141	128	477
VISUAL ARTS	34	133	130	137	183	583
STUDENT COUNCIL	150	286	325	384	467	1462
TOTAL FINE ARTS		4794	4453	4354	4286	17887

*Competitive Spirit Squads compete in a state championship, regardless whether sponsored by a state association.

**Cheerleading participants do not compete in a state championship

+ Individual Events consist of extemp. speaking and original oratory and is not to be confused with oral interp. which occurs at a different time during the school year.

++Drama includes 3-act plays, 1-act plays and musicals.

Number of Athletic Programs Offered by the Schools 2016-2017**Class AA Schools (17 reporting)**

Sports B/G	Schools	Sports B/G	Schools
8/11	1	8/7	1
8/10	5	7/8	1
8/9	7	7/7	1
8/8	1		

Class A Schools (52 reporting)

Sports B/G	Schools	Sports B/G	Schools
8/8	3	6/5	19
8/7	1	6/4	1
7/8	2	5/7	1
7/7	3	5/6	2
7/6	1	5/5	2
6/7	3	4/5	1
6/6	12	3/3	1

Class B Schools (96 reporting)

Sports B/G	Schools	Sports B/G	Schools
7/6	1	4/5	4
7/5	1	4/4	12
7/4	1	4/3	10
7/3	1	4/2	1
6/7	1	3/5	1
6/6	4	3 /4	5
6/5	15	3/3	3
6/4	6	3/2	2
5/5	15	2/0	1
5/4	17	0/0	2
5/3	7		

SDHSAA REGION AWARDS – 2017-18

Individual member schools desiring to order additional plaques may do so at their own expense. Cooperative programs will receive one plaque.

If additional plaques are desired, plaques may be ordered at the expense of the cooperative. The order form may be found in the Order Forms Section of the Athletic Handbook—Order-#4.

ACTIVITY	REGION	PLAQUES	IND. MEDALS	TEAM MEDALS
BASKETBALL	All Classes	1 Each State Qualifier		20 to ea. state qualifier
CROSS COUNTRY	“B” Region	1 – Champion 1 – Runner-up	Top 20	6 ea. to 2 teams
	“A” Region	1 – Champion 1 – Runner-up	Top 20	7 ea. to 2 teams
	“AA”	NO REGION		
GOLF	“B” Region	1 – Champion 1 – Runner-up	15 each site	5 ea. to 2 teams
	“A” Region	1 – Champion 1 – Runner-up	25 each site	6 ea. to 2 teams
	“AA”	NO REGION		
GYMNASTICS	“A” Region	1 – Champion	15 each individual event	12 to team champion
	“AA”	NO REGION	5 All around, plus all standard qualifiers	
VOLLEYBALL	All Classes	1 Each State Qualifier		20 to ea. state qualifier
WRESTLING	“B” Region	1 – Champion 1 – Runner-up	4 each weight class	
	“A” Region	1 – Champion 1 – Runner-up	4 each weight class	
TRACK	“B” Region	1 – Champion 1 Runner up	8 each individual event	top 8 relay teams (4 medals per relay team)
	“A” Region	1 – Champion 1 – Runner-up	8 each individual event	top 3 relay teams (4 medals per relay team)
	“AA”	NO REGION		

SDHSAA STATE EVENT AWARDS – 2017-18

Individual member schools desiring to order additional plaques/trophies may do so at their own expense. Cooperative programs will receive one plaque/trophy. If additional plaques/trophies are desired, they may be ordered at the expense of the cooperative. The order form may be found in the Order Forms Section of the Athletic Handbook—Order-#4.

<u>ACTIVITY</u>		<u>TROPHIES</u>	<u>PLAQUES</u>	<u>MEDALS</u>
BASKETBALL				
	"B"	4- 1 st , 2 nd , 3 rd , 5 th	4- 4 th , 6 th , 7 th , 8 th	20 ea. to 8 Teams
	"A"	4- 1 st , 2 nd , 3 rd , 5 th	4- 4 th , 6 th , 7 th , 8 th	20 ea. to 8 Teams
	"AA"	4- 1 st , 2 nd , 3 rd , 5 th	4- 4 th , 6 th , 7 th , 8 th	20 ea. to 8 Teams
CHEER				
	"A"			1 st to Team (14 & 28)
	"AA"			1 st to Team (28)
	"A"	2- 1 st & 2 nd	2- 3 rd & 4 th	28 ea. to 4 Teams
	"AA"	2- 1 st & 2 nd	2- 3 rd & 4 th	28 ea. to 4 Teams
CROSS COUNTRY				
	"B"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	25 Individual-6 ea. to 6 Teams
	"A"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	25 Individual-7 ea. to 6 Teams
	"AA"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	25 Individual-8 ea. to 6 Teams
DANCE				
	"A"			1 st to Team (28 X 4)
	"AA"			1 st to Team (28 X 4)
	"A"	2- 1 st & 2 nd	1- 3 rd	28 ea. to 3 Teams
	"AA"	2- 1 st & 2 nd	2- 3 rd & 4 th	28 ea. to 4 Teams
FOOTBALL				
	9 B	2- 1 st & 2 nd		41 ea. to 2 Teams - Finals
	9 A	2- 1 st & 2 nd		41 ea. to 2 Teams - Finals
	9 AA	2- 1 st & 2 nd		41 ea. to 2 Teams - Finals
	11 B	2- 1 st & 2 nd		51 ea. to 2 Teams - Finals
	11 A	2- 1 st & 2 nd		51 ea. to 2 Teams - Finals
	11 AA	2- 1 st & 2 nd		51 ea. to 2 Teams - Finals
	11AAA	2- 1 st & 2 nd		51 ea. to 2 Teams - Finals
GOLF				
	"B"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	25 Top Individuals 5 ea. to 6 Teams
	"A"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	25 Top Individuals 6 ea. to 6 Teams
	"AA"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	25 Top Individuals 7 ea. to 6 Teams
GYMNASTICS				
	"A"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	12 ea. to 6 Teams 15 All-Around Individuals 15 Ind. ea. Event
	"AA"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	12 ea. to 6 Teams 15 Ind. ea. Event 15 All-Around Individuals
SOCCER				
	"A"	2 – 1 st & 2 nd		25 ea. to each team
	"AA"	2 – 1 st & 2 nd		25 ea. to each team
TENNIS				
		2 – 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	9 ea. to 6 teams 6 Individual (1 st – 6 th) Singles FLTS 1-6 6 Singles Cons. Champ-ea. FLTS 1-6 1 st – 6 th Doubles Champ-ea. FLTS 1-3 3 Doubles-Cons. Champ ea. FLTS 1-3

<u>ACTIVITY</u>	<u>TROPHIES</u>	<u>PLAQUES</u>	<u>MEDALS</u>
VOLLEYBALL			
"B"	4- 1 st , 2 nd , 3 rd , 5 th	4- 4 th , 6 th , 7 th , 8 th	20 ea. to 8 Teams
"A"	4- 1 st , 2 nd , 3 rd , 5 th	4- 4 th , 6 th , 7 th , 8 th	20 ea. to 8 Teams
"AA"	4- 1 st , 2 nd , 3 rd , 5 th	4- 4 th , 6 th , 7 th , 8 th	20 ea. to 8 Teams
WRESTLING "B"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	8 Ind. ea. Class 18 ea. to 6 Teams
"A"	2- 1 st & 2 nd	4- 3 rd , 4 th , 5 th , 6 th	8 Ind. ea. Class 18 ea. to 6 Teams
TRACK			
"B"	2 – 1 st & 2 nd	4 – 3 rd , 4 th , 5 th , 6 th 5 – Relays	8 Ind. ea. Event 4 ea. to 5 Relay Teams 15 ea. to 4 Teams
"A"	2 – 1 st & 2 nd	4 – 3 rd , 4 th , 5 th , 6 th 5 – Relays	8 Ind. ea. Event 4 ea. to 5 Relay Teams 25 ea. to 4 Teams
"AA"	2 – 1 st & 2 nd	4 – 3 rd , 4 th , 5 th , 6 th 5 – Relays	8 Ind. Each Event 4 ea. to 5 Relay Teams 35 ea. to 4 Teams
		Gold Medal Award	68 gold medals

AWARDS/SCHOLARSHIPS PRESENTED AT STATE EVENTS NON SPONSORED BY THE SDHSAA

ACTIVITY & AWARD	RECIPIENT	SPONSORING GROUP/INDIVIDUAL
Gymnastics		
NFOA	Active HS Official	National Federation (Selected by: Gymnastics Judges Association)
Leadership Award	Active Coach	Gymnastics Judges Association
Torino Award <i>(memory of Pete Torino)</i>	Contributor	Gymnastics Judges Association
Hall of Fame	Contributor	Gymnastics Coaches Association
Sara Nitz Award <i>(memory of Sara Nitz)</i>	HS Sr. Gymnast	SD USA Gymnastics <i>(application required)</i>
Volleyball		
NFOA	Active HS Official	National Federation (Selected by: Volleyball Officials Association)
10-20 Year Awards	Active HS Officials	Volleyball Officials Association
Tennis		
Spirit of Max Award <i>(memory of Max Beener)</i>	HS Sr. Player	SD Tennis Assoc. <i>(application required)</i>
Sportsmanship Award	High School Team	USTA
Basketball		
NFOA	Active HS Official	National Federation Selected by: Sports Official Advisory Council
Spirit of Su Award <i>(memory of SuAnne Big Crow)</i>	HS Sr. Player	SuAnne Big Crow Foundation & Fraternal Order of Police Selected by the Basketball Coaches Assoc. All-Tournament Committee <i>(application required)</i>
Spirit of Six <i>(memory of 6 Rapid City cheerleaders)</i>	Cheer Squad	Peace Officers (boys) & Auxiliary (girls)
Hall of Shrine Awards	Contributor/Coach/Official	Basketball Coaches Association
Tate Senftner Award	Class "B" Boys Basketball Player	Senftner Family
Wrestling		
NFOA	Active HS Official	National Federation (Selected By: Sports Official Council Award Committee)
Hall of Fame <i>(both Class "A" & "B")</i>	Contributor	Wrestling Coaches Association
Lynn Wagner Award	Class "B" Wrestler	Wagner Family
Outstanding Wrestler	Class "B" & "A" Wrestler	Wrestling Coaches Association
Dale Westburg Award	Class "B" & "A" Wrestler	Westburg Family

ACTIVITY & AWARD	RECIPIENT	SPONSORING GROUP/INDIVIDUAL
Football		
NFOA	Active HS Official	National Federation (Selected by: Sports Official Council Award Committee)
Doug Koester Award Region Football Coaches	Active HS Official Football Coaches Awards	South Dakota Football Officials Association South Dakota Football Coaches Association
All Athletic State Events		
25 Year Coaches Awards 15-25-40-50 Yr Officials Awards All-Tournament Teams Steve Withorne Award	Coach Official Event Participants Official	South Dakota High School Coaches Association SD Sports Officials Advisory Council SDHSCA Specific Sport Coaches Associations Sports Officials Advisory Council
Music		
NFHS Music Assn. "Outstanding Music Educator"	Music Educator	Selected by Music Advisory Committee
SDMEA Distinguished Service Awards	Contributor	SD Music Educators Association—presented during All-State Chorus & Orchestra
SDMEA Outstanding Young Music Educator	Music Educator	SD Music Educators Association—presented during All-State Chorus & Orchestra
SDBA Hall of Fame	Contributor	SD Bandmasters Association—presented during All-State Band
Phi Beta Mu Awards	Contributor	Phi Beta Mu—presented during All-State Band
Outstanding Young Band Director	Band Director	SD Bandmasters Association—presented during All-State Band
Speech		
NFHS Speech/Debate/Theatre Assn. Speech Educator "Outstanding Speech Educator"		Selected by Speech Advisory Committee

COMPETITIVE DANCE

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FORMS (all forms can be found on the Competitive Dance page of the SDHSAA website)

- *WEBFORM--SDHSAA Entry for Competitive Dance State Championship
- SDHSAA School Approval Form
- SDHSAA Cheer and Dance Competition Technical/Safety Scoresheet
- SDHSAA Competitive Dance Team Performance Scoresheets (Hip Hop, Jazz, Kick, Pom)
- Disqualification Procedure

Exhibit

2

COMPETITIVE DANCE

IMPORTANT DATES AND DEADLINES

In season and Out of Season dates apply to all new programs.

	Day/Week	2017-2018	2018-2019	2019-2020
First Date Early Team Selection (5 days total- does not need to be consecutive)	Monday, Wk. 38	March 20, 2017	March 19, 2018	March 18, 2019
Last Date Early Team Selection	Saturday, Wk. 45	May 13, 2017	May 12, 2018	May 11, 2019
*Final Team Selection/First Practice	Monday, Wk. 5	July 31	July 30	August 5
First Competition	Monday, Wk. 8	August 21	August 20	August 26
Sub-state competition completed (when implemented)	Saturday, Wk. 15	October 14	October 13	October 19
State Championship Class A	Friday, Wk. 16	October 20	October 19	October 25
State Championship Class AA	Saturday, Wk. 16	October 21	October 20	October 26
**Season Ends	Saturday, Wk. 16	October 21	October 20	October 26

Practice

- In season rules apply – Monday, Week 5 through Saturday, Week 16.
- All out-of-season rules apply when not in season.
- ****Out-of season** is defined as that period of time after a team or individual has been eliminated from further competition during the championship series of district-region-state tournaments/meets and continues until the first allowable date that the next regular season may begin
- Practice period runs from Monday of Week 5 through Saturday of Week 7.
- Minimum number of team practices prior to first competition is 10 days of practice (excluding Sunday). This regulation does not apply to individuals.
- The actual start date of practice may be determined by each school within the above time limitations.

Competition Limitation

- Maximum number of contests permitted during regular season – Ten
- Minimum number of contests to be eligible for the State Tournament – Two
- All meets, regardless of number of teams in attendance, are considered one contest.

Definition of Competitive Dance and Performance Dance

- Competitive Dance is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of Week 5 and ends Saturday of Week 16.
- Performance Dance is not an SDHSAA recognized sport. It is a support activity that typically provides entertainment during breaks at competitive sports contests. Its main function is performance at SDHSAA events. Any other entities must be approved by the SDHSAA. The competitive dance coach/advisor may supervise the performance dance squad/team; however, the squad/team may NOT compete at any level. There is no restriction as to the number of performances.

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the Sportsmanship Section of the SDHSAA Athletic Handbook for policies and statements concerning the following items:

General Sports Objectives and Coaching Responsibility

Athletic Code of Ethics

Fundamentals of Sportsmanship

Code of Sport Ethics for Coaches

Racial Harassment, Violence and Taunting (See General Section)

2017-2018 Spirit Rules Changes

1-Definitions-	Front Drop – See "Drop" definition Rationale: Current definition refers reader to the drop definition. It is no longer necessary to have this definition.
1-Definitions (NEW)	<u>Braced Flip</u> - A pyramid where a braced top person performs a hip-over-head rotation while being released from all persons on the performing surface. Rationale: Adding this term will help further clarify to which skills each specific inversion rule applies.
1-Definitions (NEW)	<u>Braced Roll</u> - A pyramid where a braced top person performs a hip-over-head rotation while remaining in contact with a person on the performing surface. Rationale: Adding this term will help further clarify to which skills each specific inversion rule applies.
1-Definitions (NEW)	<u>Braced Inversion</u> - A pyramid where a braced top person is in an inverted position. Rationale: Adding this term will help further clarify to which skills each specific inversion rule applies.
1-Definitions	Downward Inversion – A stunt or pyramid in which an inverted person's center of gravity moves toward the performing surface. Sponge – The base(s) absorb(s) a top person's downward momentum to push/lift the top person into position for the next stunt/skill. Rationale: These terms are no longer used in any rules. "Sponge" is used in another definition, but is not necessary to understanding the definition of "Elevator/Sponge Toss."
1-Definitions (NEW)	<u>Prep Level</u> - A top person's base of support is at approximately shoulder height. Rationale: Prep level is used in several rules and requires a definition to aid in the interpretation of rules in applicable Sections 3 and 4.
1-Definitions	Switch Liberty – a top person starts with one foot on the ground <u>in a load</u> , is tossed and lands in a Liberty on the other foot. Rationale: This definition as stated technically isn't correct. The foot on the ground is the foot that lands in the liberty, hence the switch. Since the definition includes landing on the

	other foot, the starting foot should be the one in a load.
1-Definitions-	<p>Knee/Seat/Thigh Drop—See “Drop” definition.</p> <p>Rationale: Current definition refers reader to the drop definition. It is no longer necessary to have this definition.</p>
1-Definitions-	<p>Split Drop—See “Drop” definition.</p> <p>Rationale: Current definition refers reader to the drop definition. It is no longer necessary to have this definition</p>
1-Definitions	<p>Swan Dive—A top person is released by base(s) or leaves the supporting surface of a prop and is caught in a prone position.</p> <p>Rationale: There is no longer be a need for the definition.</p>
1-Definitions (NEW)	<p>Swing Roll Down - A stunt in which the top person’s hands/arms and feet/legs are held while swinging forward and facedown into a roll where the head passes under the hips.</p> <p>Rationale: Currently not defined.</p>
2-1-10	<p>Art 10...Participants shall remain outside the playing area during a 30-second time-out in a basketball game. <u>Spirit participants shall remain outside of the playing area during a 30-second or less time-out during a basketball game.</u></p> <p>Rationale: To more closely align our language with what is currently in the NFHS basketball rules. Creates more consistency for officials and coaches.</p>
2-1-12	<p>(p)Art 12...Participants shall not stand behind the free throw lane extended during a basketball game. <u>Spirit participants shall stand outside the free throw lane lines extended toward the sidelines throughout a basketball game.</u></p> <p>Rationale: To more closely align our language with what is currently in the NFHS basketball rules. Creates more consistency for officials and coaches.</p>
3-2-7	<p>(p)Art 7... A spotter is required for <u>extended stunts or transitions that stop in an extended position in which the supporting hand(s) of the base(s) is(are) above the head</u>, except for the following:</p> <ul style="list-style-type: none"> a. Chair b. Russian lift c. Torch d. Double-base split catch e. Double-base vertical T-lift f. Triple-base stunts in which the top person is horizontal g. Triple-base suspended splits h. Triple-base straddle sit provided the top person has both hands in contact with a post

4-2-7	<p>(p)Art 7...A spotter is required for <u>extended stunts or transitions that stop in an extended position in which the supporting hand(s) of the base(s) is(are) above the head</u>, except for the following:</p> <ul style="list-style-type: none"> a. Chair b. Russian lift c. Torch d. Double-base split catch e. Double-base vertical T-lift f. Triple-base stunts in which the top person is horizontal g. Triple-base suspended splits h. Triple-base straddle sit provided the top person has both hands in contact with a post <p>Rationale: This change will allow "show and go" and "up and over" type stunts in which the top person does not end in an extended position without a spotter. This would continue to require a spotter for stunts that stop in an extended position which require the bases and top person to maintain the extended position while balancing at the extended level.</p>
3-3	<p>ART. 1 . . . Unless allowed under the rules in this section, a top person shall not be in an inverted position.</p> <p>(p)ART. 2 . . . An inverted top person may pass through an extended position but shall not begin, end, pause or stop in a static extended inverted position. <u>an extended inverted position.</u></p> <p>(p)ART. 3 . . . Suspended rolls are allowed provided:</p> <ul style="list-style-type: none"> a. Two people on the performing surface control the top person with continuous hand to hand/arm contact to a stunt, two person cradle, loading position or the performing surface. b. A single base or post controls the top person with continuous hands to hands contact to a stunt, two person cradle, loading position or the performing surface. A single base/post suspended roll that ends on the performing surface requires a spotter. c. If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated. d. The feet/ankles of the top person are released. <p><u>Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:</u></p> <ul style="list-style-type: none"> <u>a. The inverted top person shall have at least two bases or a base and a spotter.</u> <u>b. If the inverted top person is released the following conditions shall be met:</u> <ul style="list-style-type: none"> <u>1. The skills/stunts before and after the release are permitted.</u> <u>2. Each bracer is at prep level or below. If at prep level, the bracer(s) shall have two bases or a base and a spotter.</u> <u>3. The bracers do not provide primary support for the top person.</u> <u>4. The top person and base(s) make no more than a ¼ turn around the bracer in a continuous movement.</u> <u>5. The top person is caught by original base(s).</u> <u>6. The top person does not land in an inverted position.</u> <p>(p)ART. 4 . . . Braced inversions in a pyramid that do not flip are permitted provided the following conditions are met:</p> <ul style="list-style-type: none"> a. Braced inversions that release shall follow the release transition Rule 3-5-5. b. Braced inversions that do not release shall follow the transition Rule 3-4. <p><u>Braced rolls in a pyramid are permitted provided the following conditions are met:</u></p> <ul style="list-style-type: none"> <u>a. The inverted top person has at least two bases or a base and a spotter.</u>

b. The bracer(s) have two bases or a base and a spotter.

(p)ART. 5 . . . Braced flips in a pyramid are permitted provided all the following conditions are met:

a. The top person maintains continuous hand-to-hand/arm contact with two bracers who are in multi-base preps with a spotter. Each arm is connected to/by a separate bracer. The top person is not behind the bracers.

~~b. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once he/she begins to descend and is no longer inverted.~~

b. The top person shall have at least three people involved who were the original bases or spotters.

c. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.

~~c.~~ d. The top person ends in a non-inverted position.

~~d.~~ e. The top person does not perform more than one and one quarter (1¼) flipping rotations and no more than one half (½) twist.

~~e.~~ f. The bases/catchers remain stationary except as necessary for safety adjustments.

(p)ART. 6 . . . In all other inversions:

~~a. A top person in an inverted position on the performing surface may be released to a loading position below prep level.~~

a. Inversions may release to the following provided there is a spotter:

1. Dismounts with no more than a ½ turn.

2. Loading position with no more than ½ turn.

3. A stunt at prep level or below.

~~b. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.~~

~~c. A release transition from a static inverted position to a non-inverted position is permitted provided:~~

~~1. The top person lands at or below prep level.~~

~~2. The top person does not twist more than ¼ rotation.~~

~~3. There is a spotter.~~

~~d. In inversions where the base of support begins and remains below prep level:~~

~~1. At least one base or spotter shall be in a position to protect the head/neck of the top person.~~

~~2. The base or spotter shall maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.~~

~~e. In inversions where the base of support begins at or passes through prep level:~~

~~1. At least two people on the performing surface shall be in a position to protect the head/neck of the top person.~~

~~2. The bases/spotters shall maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.~~

b. In inversions where the base of support begins and remains below prep level, at least one person shall be in a position to protect the head/neck of the top

4-3	<p><u>person and shall maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.</u></p> <p><u>c. Inversions where the base of support begins at or passes through prep level require two bases or a base and spotter, at least two people on the performing surface shall be in a position to protect the head/neck of the top person, one of whom shall maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position</u></p> <p>EXCEPTION: A foldover that begins at or below prep level and does not stop in an extended position is allowed.</p> <p>EXCEPTION: The top person shall not go directly to an inverted position on the performing surface from prep level or higher.</p> <p>EXCEPTION: In a single base suspended roll, there shall be continuous hands-to-hands contact between the base and top person.</p> <p>EXCEPTION: If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.</p> <p>d. When the stunt begins in an inversion and transitions to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.</p> <p>g. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person begins in a static or 'pump and go' position (i.e., handstand) and does no more than a onequarter turn. Dismounts to the performing surface from prep level or above shall follow Rule 3-7-2.</p> <p>ART. 7 . . . An inverted top person shall not hold objects (poms, signs, etc.) in his/her hands, except during a transition from an inverted position on the performing surface to a non-inverted stunt.</p> <p>ART. 8 . . . A Swing Roll Down stunt is not permitted.</p> <p>ART. 1 . . . Unless permitted under the rules in this section, a top person must not be in an inverted position.</p> <p>ART. 2 . . . An inverted top person may pass through an extended position but must not begin, end, pause or stop in a static <u>an</u> extended inverted position.</p> <p>(p)ART. 3 . . . Suspended rolls are permitted provided:</p> <p>a. Two people on the performing surface control the top person with continuous hand to hand/arm contact to a stunt, two person cradle, loading position or the performing surface.</p> <p>b. A single base or post controls the top person with continuous hands to hands contact to a stunt, two person cradle, loading position or the performing surface. If the suspended roll ends on the performing surface, a spotter is required.</p> <p>c. If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.</p> <p>d. The feet/ankles of the top person are released.</p> <p><u>Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met:</u></p> <p>a. The inverted top person must have at least two bases or a base and a spotter.</p>
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b. The inverted top person must not be released.

ART. 4. . . ~~Braced inversions in a pyramid that do not flip are permitted provided the following conditions are met:~~

~~a. Braced inversions that do not release must follow the transition Rule 4-4-10.~~

~~b. Braced inversions that release are not permitted in Dance/Drill/Pom.~~

Braced rolls in a pyramid are permitted provided the following conditions are met:

a. The inverted top person has at least two bases or a base and a spotter.

b. The bracer(s) have two bases or a base and a spotter.

ART. 5 . . . Braced flips are not permitted in Dance/Drill/Pom.

(p)ART. 6 . . . In all other inversions:

~~a. A top person in an inverted position on the performing surface may be released to a landing position below prep level.~~

~~b. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.~~

~~c. Release transitions from an inverted position are not permitted in Dance/Drill/Pom.~~

~~d. In inversions where the base of support begins and remains below prep level:~~

~~1. At least one base or spotter must be in a position to protect the head/neck of the top person.~~

~~2. The base or spotter must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.~~

a. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person does no more than a ½ turn.

~~e. b.~~ In inversions where the base of support begins at or passes through prep level: at least one person must be in a position to protect the head/neck of the top person and must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

~~1. At least two people on the performing surface must be in a position to protect the head/neck of the top person.~~

~~2. The bases/spotters must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.~~

c. Inversions where the base of support begins at or passes through prep level require two bases or a base and spotter, at least two people on the performing surface must be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position

EXCEPTION: A foldover that begins at or below prep level and does not stop in an extended position is allowed.

EXCEPTION: In a single base suspended roll, there must be continuous hands-to-hands contact between the base and top person.

1. The top person must not go directly to an inverted position on the performing surface from prep level or higher.

(NEW)	<p><u>2. If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.</u></p> <p>g. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person begins in a static position and does no more than a one-quarter turn. Dismounts to the performing surface from prep level or above must follow Rule 4-7-2.</p> <p>f. d. When the stunt begins in an inversion and transitions to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.</p> <p>ART. 7 . . . An inverted top person must not hold props in his/her hands, except during a transition from an inverted position on the performing surface to a noninverted stunt.</p> <p>ART. 8 . . . A Swing Roll Down stunt is not permitted.</p> <p>Rationale: Allowing bracers to be in a double based preps without a spotter is safe. Virtually every fall for a bracer goes forward and the two bases would be in a position to protect the bracer. Additionally, this eliminates the need to refer to a different section of the rules book to interpret the rule. The rewrite also eliminates several contradictions found in the spirit rules book.</p> <p>The addition of article 8 making swinging roll downs illegal is due to safety of the person in the swing being moved facedown towards the performing surface. With risk minimization in mind this skill will not be permitted.</p>
<p>3-4-3</p> <p>4-4-11</p>	<p>(p)ART. 3... In pyramids where one static extended stunt braces another static extended stunt the connection shall be hand/arm to hand/arm not be hand/arm to foot/leg.</p> <p>(p)ART. 11... In pyramids where one static extended stunt braces another static extended stunt the connection shall be hand/arm to hand/arm not be hand/arm to foot/leg.</p> <p>Rationale: The connection shall be with the upper body; contact cannot be made by holding the leg/ankle. This would continue to limit the type of transitions allowed during the connection and decreases confusion regarding connected extended skills.</p>
3-5-5c	<p>(p)ART 5... Release transitions are permitted provided all of the following conditions are met throughout the transition: . . .</p> <p>c. The top person and each bracer have has a separate spotter with the exception of bracers in shoulder sits and thigh stands. <u>c. Each bracer is at prep level or below. If at prep level, the bracer(s) shall have two bases or a base and a spotter. . . .</u></p> <p>Rationale: (c.) is the requirement for the bracer. Allowing bracers to be in a double based preps without a spotter is safe. Virtually every fall for a bracer goes forward and the two bases would be in a position to protect the bracer.</p>
<p>3-5-9</p> <p>4-5-2c</p>	<p>ART 9... Swan dives are not permitted.</p> <p>(p)ART 2... The following release stunts are not permitted in dance/drill/pom:</p> <p>e. Swan Dives</p> <p>Rationale: Currently we have contradicting rules in the Release Stunt/Toss section. The intent of this rule is covered in other articles of the release section. We allow some stunts to land in the prone position (3.5.5.b.2, 3.5.7- log rolls) and others are prohibited. This</p>

	eliminates the contradiction.
3-8-2	<p>(p)ART 2... Tumbling while holding props is not permitted except for a forward roll, backward roll, or holding pom(s) in the free hand during a one-handed cartwheel. Props cannot be held in the hands during back handsprings or in the hand(s) in contact with the ground in a cartwheel or round-off.</p> <p>Tumbling while holding props is not permitted except for the following:</p> <ul style="list-style-type: none"> a) a forward roll, backward roll b) holding pom(s) <u>during airborne tumbling skills in which the hands are not being used for support.</u> or in the free hand during of a one-hand cartwheel.
4-8-2	<p>(p)ART 2... Tumbling while holding props is not permitted except for a forward roll, backward roll or holding pom(s) <u>during a standing back flip</u> or in the free hand during of a one-hand cartwheel.</p> <p>Rationale: The only time props are a safety concern is when a tumbler is using their hands for support, such as in a handspring or cartwheel. Poms in the free hand of a cartwheel, during a forward or backward roll, or during a standing back tuck do not pose any significant risk to the performer.</p>
4-4-2	<p>(p)ART 2... Stunts/lifts in which base(s) support(s) an extended top person under the foot/feet <u>and stop in an extended position</u> are not permitted in Dance/Drill/Pom.</p> <p>Rationale: The changed rule will allow show and go type stunts and up and over type stunts in which the top person does not stop in an extended position. The stunts allowed do not stop in an extended position. This will continue to prevent extensions and liberties.</p>
4-6-2b	<p>(p)ART 2... Non-braced suspended splits that begin at or pass through prep level or above are permitted provided all the following conditions are met:</p> <ul style="list-style-type: none"> b. The top person has both hands in contact with a base(s) once he/she reaches the full split position. <u>Exception: Top person may release one hand to grasp the hand of another base to adjust his/her position.</u>
3-6-2	<p>(p)ART 2... Non-braced suspended splits that begin at or pass through prep level or above are permitted provided all the following conditions are met:</p> <ul style="list-style-type: none"> b. The top person has both hands in contact with a base(s) once he/she reaches the full split position. <u>Exception: Top person may release one hand to grasp the hand of another base to adjust his/her position.</u> <p>Rationale: This move does not increase the risk of injury to the participant as long as there is one hand still in contact with the third base.</p>
4-7-7	<p>ART 7... No skill (e.g. toe touch, twist, etc.) may be performed to a cradle except during dismounts to separate catchers by <u>dance/drill/pom.</u></p> <p>Rationale: Prohibiting the performance of skills during a cradle dismounts reduces risk to for dance/drill/pom, as performing skills to a cradle is a high-risk skill for this group.</p>
4-10-14 (NEW)	<p>(p)ART 14... <u>When transitioning from a prop to a stunt/lift, the new bases shall be in contact with the top person before he/she leaves the prop.</u></p>

	Rationale: This rule minimizes the risk to participants when transitioning from props as bases to people as bases. This ensures that at no time will the top person be free of contact from a base while transition to a stunt from a prop.
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2017-2018 South Dakota Changes/Clarifications/Reminders

1. Increase jewelry violation from 5 points to 10 points on the Technical Safety Score sheet.
2. A head judge will be designated for both cheer and dance. Range of scores for judges shall be no more than 10 points. The lowest score to the highest score can be no more than 10 points amongst the judges, whether there are two or three judges.
3. Any skill that cannot be done unassisted is considered a partner stunt and illegal.

South Dakota Modifications

1. No glitter hairspray is allowed.
2. Hair devices shall be safe and secure. The hair shall be worn in a manner to ensure safety while performing. **All members of the competitive cheer/dance team shall wear their hair up and away from the face and off their shoulders.**

GENERAL INFORMATION

A. State Championship Sites and Dates

2017	Rapid City Stevens	Class A	October 20
2017	Rapid City Stevens	Class AA	October 21
2018	Brandon Valley	Class A	October 19
2018	Brandon Valley	Class AA	October 20

NOTE: CLASS A AND AA CHAMPIONSHIPS LIVE ON SDPB.

B. On-line Schedules and Rosters Due

Competition schedules and team rosters must be completed on the SDHSAA website form no later than September 1. These forms may be updated as the season progresses.

C. Classification and Alignments

NOTE: Classification for the 2017-2018 school year is according to the Average Daily Membership from the 2016-2017 school year, grades 9-11.

The member schools of the South Dakota High School Activities Association are divided into two classes in the sport of competitive dance.

These shall be known as Class "A" and "AA" as follows

Class AA	450.000 and above
Class A	449.999 and below

The Board of Directors will grant permission to any school to participate in a higher classification than their ADM (9-11) places them. If a school requests and is granted permission, they will remain in the higher classification for a two-year alignment period. At the end of the two years, they could exercise their option again if they so desire. If a school requests to move up in one activity they must move up one classification in all other activities that use the same classification formula. The SDHSAA must be notified by July 1.

D. Contracts

According to Article VIII, Section 2 of the SDHSAA Constitution, all contests must be sanctioned by the Athletic Director, Principal, or Superintendent of the schools involved. It is recommended that contest contracts, as furnished by the SDHSAA on its website (under Forms – Athletic Forms – Officials & Game Contracts) be used for all levels of competition including regular season contests, as well as tournaments, invitational, and double-headers, etc.

E. Eligibility

All participants shall be eligible under the constitution and By-laws of the SDHSAA. Eligibility lists must be submitted to the Association Office. All members of the competition team must be female.

F. Coaching Requirements

The requirements for competitive dance coaches are as follows:

- View on-line rules meeting (Annually)
- Take and pass on-line open book test (Annually)

The Board of Directors has adopted the following penalty code for non-compliance of this policy:

- A fine of \$50.00 will be assessed against the member school if the head coach fails to submit and pass the on-line open book test, or view the on-line rules meeting. If both the test and rules meeting are missed, the fine is \$75.00.

The above is being done in an attempt to improve knowledge of the rules among the high school coaches.

Notification of testing dates and procedures will be sent to Athletic Directors of each school.

G. Coaches Must Meet SDHSAA Educational Requirements

All the athletic coaches in member schools must meet the education requirements set forth by the SDHSAA.

NOTE: See Coaches Education Program on website under the Athletics tab for SDHSAA Coaches Education Program.

H. Judges

There is only one level for judges – registered.

Types of Judges Used During Dance Competitions

- Safety judges will be responsible to detect, record, and report rules violations committed during a team's performance
- Performance judges will be responsible for evaluating and scoring the elements listed on the judging ballot.

Note: Both types of judges will be required at each competition.

Regular Season:

During the regular season, judges will be determined by the host management based on the size of the meet.

Note: See Judges' Qualifications for registration and licensing guidelines.

Judge Requirements:	Performance Judge	Safety Judge
Cheer	2-3	2
Performance- minimum of 2		
Safety- 2 judges needed		
Dance	2-3	1-2
Performance- minimum of 2		
Safety- minimum of 1		

I. Judge Qualifications

1. The following requirements must be met to be eligible for sub-state and/or state competition: View on-line the rules meeting for credit, take and pass the on-line open book test, complete a jamboree requirement when offered. In years when a jamboree is not offered, complete SDHSAA judges' training and practice judge at one practice session with two other judges.
 2. A judge not meeting the requirements will be placed on probation.
 3. A judge placed on probation will not be eligible to judge at the state competition.
 4. A judge must work a minimum of 2 competitions to be eligible to work the state competition.
 5. All judges (safety and performance) must be registered with the SDHSAA.
 6. Registration fee for judges will be the same as for all other state officials.
- Three performance and 2 safety judges will evaluate performances at the state finals.

J. Rules Book

The National Federation Spirit Rule Book and SDHSAA Competitive Cheer and Dance Guidelines will be used for all SDHSAA competitions.

See AACC Dance Safety Addendum located at the end of this competitive dance section.

K. Category

Hip Hop
Jazz
Kick
Pom

Teams may compete in 3 of the 4 categories of dance during state competition. To determine a champion, the three category scores will be averaged. It is recommended that this policy be followed throughout the regular season also.

Levels of Competition:**Varsity**

- Each school may enter one team per category during a varsity competition.
- All teams will be scored and placed in their level of competition. (JV or varsity)
- An athlete may compete in more than one category.
- All members of a competition team must be female.

JV Competition

- A host school MAY offer a JV division during regular season competition.
- If a JV division is offered at the varsity competition, schools may have one team in each category and in each level (varsity and JV), however, team members may only compete at one level per category.
- All teams will be scored and placed in their level of competition. (JV or varsity)
- An athlete is limited to competing three times per day regardless of the level of competition.
- All members of a competition team must be female.

L. Team Size

The number of participating teams members are as follows:

Class A and AA squad size: one size squad 6-26

If the number of competitors falls below the number required to compete in that division **due to injury or illness**, the team will be allowed to compete in the division they have entered without penalty. Written documentation needs to be supplied to the meet manager.

M. Competition Area

A wood or dance floor is required. Minimum floor space is 45' x 45'. The performance area at state competition is 45' x 45'. Two-inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45' x 45'.

Only coaches, performing members of the dance team, and officials are permitted in the competitive area.

N. Uniforms

- All team members must be dressed in the school-issued, administration approved uniform that complies with the National Federation uniform guidelines. Uniforms must be like in color, but do not need to be identical.
- Apparel must be appropriate for the activity to minimize risk to the participants.
- When standing at attention, apparel must cover the midriff.
- Undergarments are recommended as follows:
 - ☐ When wearing skirts and dresses, tights should be worn that either match the uniform or are flesh colored.
 - ☐ Leotards that either match the uniform or are flesh colored should be worn under all uniforms
- Any uniform worn in competition where the midriff and skin is showing below the bra-line, a leo or body tight must be worn to cover the exposed area.
- Uniform must cover midriff and anything below bra line while standing at attention before dance starts. Body tights cannot be a substitute for the sheer material. If wearing sheer material, you need two layers.
- Wearing tights and a leotard provides modesty, support, helps with fast uniform changes, ensures the uniform presents a continuous line and will cover the midriff.

All team members must be dressed in the school issued, administration approved, uniform that complies with the National Federation uniform guidelines. Uniforms must be like or complimentary in color, but do not need to be identical. 5 points will be deducted per uniform violation. For further clarification, see the addendum at the end of this competitive dance section, particularly the midriff section.

Glitter hairspray is prohibited.

O. Injury

The host school is responsible for the availability of medical services in the same manner as at any other SDHSAA-sponsored activity hosted by the school. First aid and medical supplies should be made available in case of injury. The tournament director is responsible for emergency medical telephone numbers.

In an extreme instance when a dancer is injured or unable to continue the competition, a judge may make the decision to terminate the music and the competition by raising a red flag or card. The team will then immediately exit the floor. The next team in order of competition will be called to the floor. No scores will be recorded for the unfinished performance. The team with the terminated performance will be placed in the last competitive position of that class and must compete without the injured dancer.

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion in the Spirit Rules Book).

COMMENT: Clarification from NFHS Sports Medicine Advisory Committee for all NFHS rules books.

When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment.

P. Performance Procedures

Teams will be called to the competitive area by the announcer prior to their performance. Three teams will be announced each time -- "Performing", "On-Deck", and "In the Hole".

A 10 point "unnecessary delay" deduction will be taken if a team is not in the on-deck area when called. Once a team is called to the on-deck area, points will be deducted for various violations, such as, jewelry, hair, nails, glitter, etc.

ONLY PERFORMING MEMBERS OF THE DANCE TEAM AND THEIR COACH MAY BE IN THE "ON-DECK AREA" FOR COMPETITION, OR 10 POINTS WILL BE DEDUCTED.

During regular season, it is recommended that a warm-up area be provided and equipped with an adequate hardwood floor. Schools should furnish their own equipment and music for use in the practice/warm-up area.

Q. Performance Requirements:

Time

The length of the dance routines shall be a minimum of one minute-thirty seconds (1:30) to a maximum of two minutes-thirty seconds (2:30). Teams may begin from any position on the floor and the time of the routine will begin with the first word, musical sound, or movement of any team member and will stop with the last word or movement of any team member.

Music

I-pods and auxiliary cords are the general means of music to be used at competitions. Coaches need to record music at a high level. Schools must have backup music available. Working with the sound technician, the coach or representative for the team is responsible for starting and stopping the music during the routine. If there is a music

issue, the meet director/sound technician should report to the judges the music issue, no deduction would be taken for a technical issue.

Time Infractions

Time infractions occur for overtime of competition and violation of length of music.

- 1-3 seconds over time warning
- 4-8 seconds over time 10 pts
- 9 or more seconds over time 20 pts

Coaches' Seating

A "VIP coaching section" will be provided during a team's performance. There must be coaching seats available for the team's designated coaches. Only coaches listed on each specific team roster are allowed in the VIP seating. Said coaches will need to be seated in the VIP section or standing by the music sound system during competition (if they choose to put in music). Designated coaches must be wearing name badges to be in the VIP seating. Competitive teams not performing will need to be seated in the bleachers. There will be a 10 point team deduction for not being in the designated areas during the team's performance.

Routine Requirements and South Dakota Changes

1. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted.
2. Increase jewelry violation from 5 points to 10 points on the Technical Safety Score sheet.
3. Judges range of score from low to high, shall be no more than 10 pts.

There are four categories:

1. **Hip Hop** – Emphasis on execution, synchronization, body control, and rhythm. Jazzy style movements should be kept to a minimum. No props. Basic t-lifts may be used. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted. No other partner stunts are allowed. A tumbling skill that does not have flight will be allowed in all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.
2. **Jazz** – Emphasis on jazz dance movements, flexibility, and technique. No more than 50% of the routine may be kick or kicklines. No props. Basic t-lifts may be used. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted. No other partner stunts are allowed. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.
3. **Kick** – Emphasis on extension, synchronization, precision, and technique. Must utilize kicks for at least 60% of the routine. A kick is defined as waist high or above. No props. Basic t-lifts may be used. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted. No other partner stunts are allowed. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.
4. **Pom** – Emphasis on synchronization and visual effect. Pom Pons must be used 80% of the routine. No props. Basic t-lifts may be used. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted. Poms are not to be thrown or tossed to another person or stepped on. Handoffs remain acceptable. A tumbling skill that does not have flight will be allowed in all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed.

Definitions:

1. Props – a prop is defined as anything that you dance with that is not attached to your costume (gloves will be considered a prop). Hats are not considered a prop unless they are taken off and danced with.
2. Partner stunts – any position where the weight of a person is completely supported by another person.
3. Tumbling – executing more than one tumbling skill consecutively, or the same skill repetitively.
4. Collision: The unintended contact with another dancer that causes their balance to be compromised and disrupts the intended choreography.

R. Scoring (Score sheets can be found on the Competitive Dance page of the SDHSAA website)

All competitions must use the SDHSAA Scoresheets.

- Hip Hop Performance Scoresheet
- Jazz Performance Scoresheet
- Kick Performance Scoresheet
- Pom Performance Scoresheet
- Technical/Safety Scoresheet

S. Disqualification procedure

For a team to be disqualified, the judges must all agree that the offense is serious enough for disqualification. Any judge, safety or performance, may make a ruling for disqualification. Upon judge's ruling for disqualification, judges will inform the hosting Athletic Director and coaches prior to the awards ceremony to explain the disqualification. Judges must fill out the disqualification form and send it to the SDHSAA office explaining the circumstances surrounding the disqualification. SDHSAA will then contact the school to ensure knowledge and reason for the disqualification. That school will not be allowed to compete the remainder of the day.

T. School Approval Form

1. Schools are required to have on file the School Approval form prior to the team's first competition. This form does not need to be sent to the SDHSAA, the form simply needs to be on file at your school. The approval form can be found on the Competitive Dance page of the SDHSAA website
2. All facets of a performance or routine, including choreography, music selection, and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading and dance performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants, and hand signals/gestures, should adhere to outfitting, performance and music guidelines, and criteria in place and approved by the administration of the school which the team represents.
3. Deductions or possible disqualification will be given for vulgar or suggestive choreography, which includes but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts, and positioning one another.
4. Deductions or possible disqualification will be given for music or word unsuitable for family listening, which includes but is not limited to, swear words and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions or disqualification will be made accordingly.

ORDER OF COMPETITION FOR COMPETITIVE CHEER AND DANCE COMPETITIONS

All levels of competition during the regular season and State Competition will utilize the following order of competition.

Class A:

<u>Cheer</u>	<u>Dance</u>	
Small Stunting/Tumbling	Hip Hop	Kick
Large Stunting/Tumbling	Jazz	Pom

Class AA:

<u>Cheer</u>	<u>Dance</u>	
Stunting/Tumbling	Hip Hop	Kick
	Jazz	Pom

Note: Cheer and Dance routines may be alternated, but shall be run in the above order of categories.

STATE CHAMPIONSHIP**A. Qualifying Regulations**

Teams must compete in a minimum of 2 competitions during the regular season to be eligible for state competition. Sub-state competition will be determined by the number of participating schools.

B. Entry Form

Entries for the state competition will be completed with an online WEBFORM. Log into your school zone and complete WEBFORM to submit entries. Entries must be completed no later than October 6. Teams may compete in 3 of the 4 categories during the state competition.

C. Order of Competition

The SDHSAA will utilize the rotation noted previously for the order in which the categories will be performed. The order of competition will be randomly drawn by the SDHSAA for each category.

D. Teams

Each school may enter one team per division. The performing dancers may be anyone on the SDHSAA eligibility report.

E. Determining a Champion

Teams may compete in 3 of the 4 categories during state competition. For the purpose of determining a State Champion in each class, the 3 category scores will be averaged. The teams will be placed according to their average scores. A school must compete in three categories to be eligible for placement

F. Tie-Breaking Procedure

Should a tie occur for the overall championship placement of teams, the following criteria will be used sequentially to break the tie.

1. The highest score in a routine, regardless of category, will be used to break the tie.
2. The 2nd highest score, regardless of category, will be used if a tie remains.
3. The 3rd highest score, regardless of category, will be used if a tie remains.

G. Awards

1. Medals- Individual medals will be awarded to 1st place team members and their coach in each category and each class. (Hip Hop, Jazz, Kick and Pom)
2. The number of overall team trophies/plaques presented will be based on the number of teams competing in each class of the competition: “AA” and “A”.
 - a. Minimum of 4 schools competing- award first place trophy and first place medals.
 - b. 5-8 schools competing- award 1st and 2nd place trophy, and medals for 1st and 2nd.
 - c. 9-12 schools competing-award 1st and 2nd place trophy, 3rd place plaque, and medals to 1st-3rd place.
 - d. 13 or more schools competing-award 1st and 2nd place trophy, 3rd and 4 place plaques, and medals to 1st-4th place.

For the purpose of determining a state champion and place finishers in each class, a school must compete in three of the categories. These three category scores will be averaged, with teams receiving the appropriate number of trophies, plaques, and medals.

H. Judges

State Finals: Three performance and two safety judges will evaluate performances at the state finals. All judges must be registered and meet all requirements.

The SDHSAA will be responsible for securing judges for the state finals.

All decisions of the judges are final.

I. Performance Requirements:**Time**

The length of the dance routines shall be a minimum of one minute-thirty seconds (1:30) to a maximum of two minutes-thirty seconds (2:30). Teams may begin from any position on the floor and the time of the routine will begin with the first word, musical sound, or movement of any team member, and will stop with the last word or movement of any team member.

Music

I-pods and auxiliary cords are the general means of music used at competitions. They should be presented to the sound technician at the competition. Schools must have backup music available. Working with the sound technician, the coach or representative for the team is responsible for starting and stopping the music during the routine.

Time Infractions

Time infractions occur for overtime of competition and violation of length of music.

- 1-3 seconds over time warning
- 4-8 seconds over time 10 pts
- 9 or more seconds over time 20 pts

Coaches' Seating

A “VIP coaching section” will be provided during a team’s performance. There must be coaching seats available for the team’s designated coaches. Only coaches listed on each specific team roster are allowed in the VIP seating. Coaches will need to be seated in the VIP section or standing by the music sound system during competition (if they choose to put in music). Designated coaches must be wearing name badges to be in the VIP seating. Competitive teams not performing will need to be seated in the bleachers. There will be a 10 point team deduction for not being in the designated areas during the team’s performance.

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1. Bases of a t-lift may walk only. Must be two bases for each (one) person lifted.
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There will be four categories:

1. **Hip Hop** – Emphasis on execution, synchronization, body control, and rhythm. Jazzy style movements should be kept to a minimum. No props. No partner stunts. A tumbling skill that does not have flight will be allowed in all dance routines. At least one shoulder, one hand or the bottom of one foot must be in contact with the floor at all times. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.

2. **Jazz** – Emphasis on jazz dance movements, flexibility, and technique. No more than 50% of the routine may be kick or kicklines. No props. Basic t-lifts may be used in Jazz and Kick. No other partner stunts are allowed. Exception: round-offs and aerial cartwheels. A tumbling series is defined as executing more than one tumbling skill consecutively or same skill repetitively and is not allowed. Illegal examples would include, but are not limited to: a cartwheel followed by a round-off or two cartwheels.
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Definitions:

1. Props – a prop is defined as anything that you dance with that is not attached to your costume (gloves will be considered a prop). Hats are not considered a prop unless they are taken off and danced with.
2. Partner stunts – any skill that cannot be done unassisted is considered a partner stunt and illegal.
3. Tumbling – executing more than one tumbling skill consecutively, or the same skill repetitively.
4. Collision: The unintended contact with another dancer that causes their balance to be compromised and disrupts the intended choreography.

J. Scoring

All competitions must use the SDHSAA Scoresheets.

- Hip Hop Performance Scoresheet
- Jazz Performance Scoresheet
- Kick Performance Scoresheet
- Pom Performance Scoresheet
- Technical/Safety Scoresheet

(Found on the Competitive Dance page on the SDHSAA website)

K. Disqualification procedure

For a team to be disqualified, the judges must all agree that the offense is serious enough for disqualification. Any judge, safety or performance, may make a ruling for disqualification. Upon judges' ruling for disqualification, judges will inform the hosting Athletic Director and coaches prior to the awards ceremony to explain the disqualification. Judges must fill out the disqualification form and send it to the SDHSAA office explaining the circumstances surrounding the disqualification. SDHSAA will then contact the school to ensure knowledge and reason for the disqualification. That school will not be allowed to compete the remainder of the day.

L. School Approval Form

1. Schools are required to have on file the School Approval form prior to the team's first competition. This form does not need to be sent to the SDHSAA, the form simply needs to be on file at your school. The approval form can be found on the Competitive Dance page of the SDHSAA website. For state competition, a statement will be included on your entry form for verification.
2. All facets of a performance or routine, including choreography, music selection, and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading and dance performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants, and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration of the school which the team represents.
3. Deductions or possible disqualification will be given for vulgar or suggestive choreography, which includes but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts, and positioning one another.
4. Deductions or possible disqualification will be given for music or word unsuitable for family listening, which includes but is not limited to, swear words and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions or disqualification will be made accordingly.

M. State Championship Ticket Prices

Adult tickets: \$12.00* per day
 Student tickets: \$ 7.00* per day
 *plus facility fees, if applicable

Proper student identification must be shown.

Tickets are for high school, junior high, middle school, and elementary students. (Grades 1-12)

Kindergarten and younger are admitted free.

There will be no refunds.

N. State Championship Passes

1. Passes will be issued for participants, student managers, and coaches as listed on the Team Roster and School Information Form on the SDHSAA website and will be found in the coaches packet upon arriving at the state site.
2. One trainer pass, if applicable (must be listed on Team Roster form)
3. Complimentary: 4 per school will be mailed directly to the school administration for distribution to school personnel to include bus driver.

O. Expenses

Each school shall pay the entire expense of the contestants at the State Championship per their local school policy. Schools will receive partial reimbursement by the SDHSAA. Please refer to the general section of the athletic handbook for an explanation for the amount to be reimbursed.

P. Recommended Dance Coach Uniform Rule

The SDHSAA reminds all coaches of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the importance of the game. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride, and respect. **Coaches are asked to dress appropriately (comfortable, but not sloppy; NO hats, t-shirts, denim jeans, or sweat pants). Coaches are in the spotlight, not a fan in the stands. BOD action: April 2008.**

Q. Practice Time for State Tourney

Practice times will be posted on the SDHSAA website, based on competitive order. Practice times for Class A will be on Friday, October 20, from 1:30-3:30 p.m. Practice times for Class AA will be on Saturday, October 21, from 7:30-9:30 a.m. If you are not able to practice at the designated time, your practice time will not be rescheduled. You may exchange times with another team if you can find another team to exchange. Please let host management know of the change.

R. Order of Competition

October 20-21– at Rapid City Stevens

October 20	Class A	5:00 p.m. (MT)
October 21	Class AA	11:00 a.m. (MT)

Schedule for practices and competition will be posted on-line.

No warm-up on the competitive floor on Friday or Saturday at the conclusion of the practice times. Teams will rotate from practice gym to competitive area on announcer cues of “In the Hole,” “On-Deck,” and “Now-Performing.”

SUGGESTED GUIDELINES FOR HOSTING A COMPETITION

Cheer and Dance Competition Reference

In an attempt to provide consistency amongst Cheer and Dance competitions, we ask that schools hosting any Cheer/Dance competitions that they try and utilize the information listed below.

1. **Score Program**: Bruce Kleinsasser (Aberdeen Central) is willing to set up the score program and enter the information and send the program to you prior to your competition. It is very user friendly and it would provide consistency of how the coaches receive their final results. Please contact Bruce at Bruce.Kleinsasser@k12.sd.us
2. **Packets** at the end of competition should include:
 - a. The judges score sheets (performance and safety)
 - b. The final score sheet that lists all scores and deduction and the ranking for each school participating (which the score program will do for you).
3. **Awards** should be done at the END of the EVENT and not at any break or intermission.
4. **Order of Competition for Cheer**

This is the preferred order of competition. We do realize that some meets may have Class A and AA schools in the same competition. The host management has the prerogative to host the event with the category being one size squad, however we would like the order of events to stay consistent.

Class A	Stunting/Tumbling	Small Squad
	Stunting/Tumbling	Large squad
Class AA	Stunting/Tumbling	One size squad

5. Order of Competition for Dance

Class A	Hip Hop	One size squad
Class AA	Hip Hop	One size squad
Class A	Jazz	One size squad
Class AA	Jazz	One size squad
Class A	Kick	One size squad
Class AA	Kick	One size squad
Class A	Pom	One size squad
Class AA	Pom	One size squad

6. Order of Competition if Combine Cheer and Dance Competition

Basically you can alternate cheer and dance, but would like to see the order of competition stay the same. In other words, stunting/tumbling, then hip hop, then stunting/tumbling, followed by jazz. This will provide consistency in the format of all competitions. As we all know there are usually far more dance routines than cheer routines, so it is alright to place the dance routines in between cheer, just remember the order should be hip hop, jazz, kick and pom.

OTHER ITEMS FOR CONSIDERATION**FACILITY**

1. Cheer: must have mat (42' x 42' minimum) mat strips are vertical; Large squad mat size: 42' x 54'.
2. Dance: must have wood or dance floor (45' x 45' minimum). Two inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45' X 45'.
3. Separate seating areas for fans vs. teams
4. Separate seating area for judges away from the crowd.
5. Provide monitors for in-the-hole and on-deck areas.
6. Don't host a competition if you can't provide adequate seating.
7. Microphone for MC.
8. Sound system that can play CD's, and mp3 player.
9. If possible, provide a separate warm-up area.
10. A "VIP coaching section" will be provided during a team's performance. There must be coaching seats available for the team's designated coaches. Only coaches listed on each specific team roster are allowed in the VIP section. Coaches will need to be seated in the VIP section or standing by the music sound system during competition (if they choose to put in music). Designated coaches must be wearing name badges to be in the VIP seating. Competitive teams not performing will need to be seated in the bleachers. There will be a 10 point team deduction for not being in the designated areas during the team's performance.

PERSONNEL (All working personnel should be high school graduates)**A. Tournament Director**

1. Secure your facility.
2. Send out registration/info forms.
3. Send confirmation to teams upon receiving their registration.
4. Receipt any monies received.
5. Cover all pertinent information specific to your competition.
6. If a copier is available, hand out final standings listing scores of all participating teams. A separate column should reflect the total number of points deducted for safety violations.
7. Hand out score sheets at the end of the meet after final tabulations have been made sheets.
8. Keep all judge scratch sheets.
9. If possible, provide a 'light' hospitality area for coaches and for judges.
10. Arrange for national anthem to be played prior to competition. The Lakota Flag Song may be played as well.
11. Provide all scoresheets.
12. Announce awards in the following manner: Beginning with Stunting/Tumbling, then the dance groups of Hip Hop, Jazz, Kick, and Pom, in that order.

B. MC

1. Role – Welcome to the event and announce teams and results. Can make announcements between routines.
2. All comments made should be neutral.

C. Music Operator (provided at the discretion of hosting team)

1. Role is to show coaches how to operate the equipment.
2. Cheer: Music operator **is not** to play a team's music.
Dance: Music operator may play a team's music.
3. Music operator is allowed to play music between routines.

D. Timers

1. Cheer: Separate routine timer.
Separate music timer
Dance: May utilize safety judge as routine timer.
2. Host should supply timer sheets and stopwatches for timers.
3. Record all times, collect sheets and save.

E. Tabulators

1. Need one person (or more, pending size of competition)
2. Sit with judges.
3. Collect score sheets as soon as a team is judged.
4. Start tabulating as soon as you received score sheets.
5. All safety violations must be recorded and deducted on master score sheet.
6. Record individual judge's score on the master score sheet.
7. Record any time or mat deductions on the master score sheet.
8. List all teams and scores on a Final Results Sheet, along with a separate column tabulating total points deducted for safety violations.
 - Do not give score sheets back to judges once you put the total score on the master score sheet.
 - Recalculate all math before releasing final standings.

JUDGES

A. Securing judges

1. Must provide performance judges as per SDHSAA policy.
2. Must provide safety judge(s) as per SDHSAA policy. **Two safety judges are needed for all competitions.**

B. Seating

1. Must seat judges away from fans (rope off the area, provide security to do what is necessary to keep fans away from judges)
2. To discourage conversation and provide privacy, please provide adequate spacing between judges.

C. Tabulations

1. Performance and safety judges are to submit their individual score sheets to the tabulator as soon as they complete scoring for each team.
2. Safety judges should hand their deduction sheets to the tabulator once each division has completed their competition.
3. Once the score sheet has been submitted to the tabulator, the judge will not see the score sheet again. (If the score sheet is incomplete, the tabulator may return the sheet for completion.) Judges must initial the scoresheets.
4. Judges are not to have any contact with the tabulator once the competition ends.

D. Responsibilities

1. Judges should not interact with team, coaches, or fans at any time, with the exception of the coaches' meeting.
2. Judges should not leave the facility until final tabulations are complete.

AACCA Addendum for Competitive Dance South Dakota Dancer Readiness and Appearance

Uniforms

All team members must be dressed in the school-issued, administration approved uniform that complies with the National Federation uniform guidelines. Uniforms must be like in color, but do not need to be identical.

- Apparel must be appropriate for the activity to minimize risk to the participants.
- When standing at attention, apparel must cover the midriff.
- Undergarments are recommended as follows:
 - ☐ When wearing skirts and dresses, tights should be worn that either match the uniform or are flesh colored.
 - ☐ Leotards that either match the uniform or are flesh colored should be worn under all uniforms
- Any uniform worn in competition where the midriff and skin is showing below the bra-line, a leo or body tight must be worn to cover the exposed area.
- Uniform must cover midriff and anything below bra line while standing at attention before dance starts. Body tights cannot be a substitute for the sheer material. If wearing sheer material, you need two layers.
- Wearing tights and a leotard provides modesty, support, helps with fast uniform changes, ensures the uniform presents a continuous line and will cover the midriff.

Shoes

All performers must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot.

Hair and Nails

Hair must be worn in a manner to minimize risk for participants. All hair must be pulled up so it does not touch the neck and face at all during any part of the routine. This includes bangs being pulled back from the face. Pony tails are acceptable with prior listed restrictions. Hair devices must be secure and appropriate for the activity. No glitter hairspray (SD rule 09-10).

Fingernails, including artificial nails, must be kept short, near the end of the fingers to minimize risk for participants.

Jewelry

Wearing “hard” jewelry is illegal except when such items are securely affixed to a costume or the hair. A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. If you weren’t born with it, you can’t wear it!

Performance SafetyCompetition Area

A wood or dance floor is required. Minimum floor space is 45’ x 45’. The performance area at state competition is 45’ x 45’. Two-inch contrasting tape must be laid to define boundaries along all four sides, minimum of 45’ x 45’.

Spacing and Formations

To avoid injury or contact with another dancer, it is crucial that the spacing and formations be uniform throughout a routine. It is recommended that dancers use their peripheral vision to be aware of the space around them.

Gum and Candy

Participants are not permitted to chew gum or have candy in their mouths during any practice or performance. Dancers should guard against having gum anywhere near the performance floor.

Dance TechniqueBasic Jazz Technique

- Jazz style is represented with technical skills and flexibility. A team may choose their overall stylistic preferences. Examples may include: lyrical, contemporary, or Broadway styles. Proper technique is always important.
- A jazz routine includes a showcase of flexibility through the use of splits, leaps, heel stretches and extensions.
- A jazz routine includes appropriate use of the performance floor space.
- The technique in the routine should be displayed uniformly by the entire team rather than a select few.
- Level changes, transitions and creative combinations are extremely important.
- Expressive musical interpretation is the backbone of a good jazz routine.

Basic Hip Hop Technique

- Hip hop style utilizes a low, wide center of gravity. An example would be the use of a wide second parallel position. A deep plié allows the dancer to drop their weight into the floor to aid in the low center of gravity. Tricks and stalls should be incorporated into the routine. One example of a stall is a scorpion. Care should be taken to ensure that music and movements selected for the hip hop routine are appropriate for family audiences.

Basic High Kick Technique

- The following should be followed in High Kick Routines:
- Hands should be in “blades” - avoid thumbs sticking out.
- Hook Up – Right hand rests on top of shoulder; left hand underneath shoulder blades.
- Support your own body weight – avoid leaning or pushing down on your neighbor.
- Prep with feet together in plié.
- Feet should be turned out or parallel in preps and foot closing (watch for turned in feet).
- Point toes and extend the line of the leg. Feet should be pointed from the moment they leave the floor to the highest height of a kick.
- Keep knee and toe in alignment – shoelaces pointed upward.
- Keep legs straight – kick at least 90° or higher to increase flexibility.
- Chin (not just eyes) up, shoulders back and relaxed.
- Back straight.
- Abdominals lifted

Basic Pom Technique

- The following should be followed in Pom Routines:
- Thumbs are wrapped on the outside of each fist – no thumbs sticking out.
- Squeeze the fist as tightly as possible for power and strength.
- Elbows locked and straight, but not over-extended.
- Do not hyperextend motions.
- Focus and precision and sharpness of each motion. Each motion should “freeze” before moving to next count.
- Deep fists in line with the wrists and elbows – do not break them.

Conditioning and Stretching

The benefits of stretching

- It improves posture
- It reduces the chance of injury
- It aids with extension and the range of motion
- It accelerates the team through the dance progression levels
- It can increase physical and mental relaxation.

Proper Stretching

The most effective stretching results are obtained through sustained holding and breathing through stretches. Avoid ballistic pulsing, bouncing or jerking.

Partner Stretches

Partner stretches are a good example of ways dancers can make improving their flexibility both fun and enjoyable. During a partner stretch, it is important to communicate between partners about how the stretch is feeling

Flexibility

Good flexibility is crucial to minimize injury and maximize optimal performance level. A good way to monitor your team's flexibility is by noting how completely they can execute the splits.

The Benefits of Strengthening the Body

- Improving turn technique
- Improving leap/jump technique
- Improving your pom technique
- Aids in muscular strength, muscular endurance and cardiovascular endurance
- Can turn a good team into a versatile team

Strengthening the Upper Body

- Helps with overall pom technique
- Helps with placement, strength, power and punch
- Aids in control of arm movements

Strengthening the Core

All movement initiates from the center of the body. Sit-ups are one of the most effective ways to strengthen the body without the use of free weights or machines. To execute a proper sit up, a dancer should:

- Exhale during the crunch
- Contract the abdominal muscles
- Resist going down after the crunch
- AVOID pulling on the neck and head

The plank position is another great example of an exercise you can do to increase muscle endurance and strength of the abdominal muscles.

Foot and Ankle Strengthening

You can target foot and ankle strength by doing the following exercises:

- Ankle rolls
- Using a towel and curling the toes
- Releve exercises

Strengthening your team

The following are ways to monitor your dancers' conditioning strengths and weaknesses

- Keeping a conditioning log of your dance team members
- Setting measurable goals
- Assessing individual dancer's strengths and weaknesses

As always, listening to the body is important. If a dancer tells you something hurts, they should stop.

QUESTION & ANSWERS FOR CHEER AND DANCE

1. **Question:** If a team is participating in the high school competitive cheer and/or dance program, can they compete against teams that are not part of the program (those that are still high school teams but did not choose to participate in the SDHSAA competitive season)?

Answer: No.

2. **Question:** Can a competitive cheer or dance team participate in a high school pep assembly after the season is over?

Answer: Yes.

3. **Question:** What is the difference between competitive cheer and sideline cheer?

Answer: *Competitive Cheer* is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 16.

Sideline Cheer is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA. The competitive cheer coach may coach/advise a sideline cheer squad/team; however, the squad/team may NOT compete at any level.

4. **Question:** What is the difference between competitive dance and performance dance?

Answer: *Competitive Dance* is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 16.

Performance Dance is not an SDHSAA recognized sport. It is a support activity that typically provides entertainment during breaks at competitive sports contests. Its main function is performance. The competitive dance coach/advisor may supervise the performance dance squad/team; however, the squad/team may NOT compete at any level. There is no restriction as to the number of performances.

5. **Question:** When the competitive cheer season is over, may the competitive cheer coach also be the sideline coach and the competitive dance coach also be the performance dance coach?

Answer: Yes.

6. **Question:** What restrictions are placed on the coaches during the sideline cheer season and the performance dance season?

Answer: The competitive cheer and competitive dance coach may work with the girls in sideline cheer and performance dance only. There are no restrictions as to the number of contacts however there can be no competition for the sideline cheerleaders or the performance dancers.

7. **Question:** What restrictions are placed on the cheerleaders and dancers during the sideline cheer season and the performance dance season?

Answer: The cheerleaders may only cheer at athletic contests and the performance dancers may only perform at a school athletic contest or perform at some event with SDHSAA approval. Absolutely no competition representing the school following the competitive school season.

8. **Question:** Can a club/high school coach bring club team members into a high school team during the in-season time period?

Answer: No. This would be a violation of the in-season game, scrimmages and practice rule, which states, "Games/practices between high school teams/individuals and independent/club/alumni/college teams/individuals are prohibited. This prohibition is applicable to both individual and teams sports."

9. **Question:** Can a coach of a competitive cheer or dance team take their team to a competition during the months of December through May?

Answer: No. There can be no team competition after the season is completed during the school year. A coach is limited to 4 competitive contacts during the months of June and July with his/her cheer or dance squads.

10. **Question:** Can a coach who manages an outside entity or club, coach his/her athletes at the club during the school year "out of season" time period?

Answer: Yes, however, the manager of the club would have to follow the club guidelines as to only being able to work with 4 members of his/her competitive squad for cheer and limited to 5 members of his/her competitive squad for dance at a time.

SD SANCTION DANCE RUBRIC

Teams fall into the highest category they attempt. If 50% of a team's skills fall in a category level they should receive the upper end of the point range for difficulty. The below skills are examples and not meant to be all-inclusive.

JUMPS Degree of Difficulty: 5 points	LEAPS Degree of Difficulty: 5 points	TURNS Degree of Difficulty: 5 points	KICKS Degree of Difficulty: 5 points	TRICKS AND STALLS Degree of difficulty: 5 points
Beginning Level: 1-2 points	Beginning Level: 1-2 points	Beginning Level: 1-2 points	Beginning Level: 1-2 points	Beginning Level: 1-2 points
<ul style="list-style-type: none"> Star Tuck Eagle Split 	<ul style="list-style-type: none"> Stag Grande Jeté / Front Split 	<ul style="list-style-type: none"> Any Single Rotation <ul style="list-style-type: none"> Pencil Coupe' Pique' Pirouette Fouette' / a la seconde' Chaine' 	<ul style="list-style-type: none"> Hip / Waist Height <ul style="list-style-type: none"> Straight Leg 	<ul style="list-style-type: none"> 3 step Forward Roll Backward Roll Round-off
Intermediate Level: 2.5-3.5 pts	Intermediate Level: 2.5-3.5 pts	Intermediate Level: 2.5-3.5 pts	Intermediate Level: 2.5-3.5 pts	Intermediate Level: 2.5-3.5 pts
<ul style="list-style-type: none"> Herkie Side Hurdler Double Attitude C Toe Touch / Russian Pitch / Tilt Front Hurdle Arabesque Sissone 	<ul style="list-style-type: none"> Side / Center Front Split with Back Attitude Axle variation Tour Jeté 	<ul style="list-style-type: none"> Any Double Rotation Attitude (Front or Back) Tour en l'air 	<ul style="list-style-type: none"> Chin / Chest Height <ul style="list-style-type: none"> Flick Hitch Pitch / Peek a Boo 	<ul style="list-style-type: none"> Freeze variations Coffee Grinder K-stand / Colt Nike Invert Headstand variations Handstand variations Kip up from knees Aerial
Advanced Level: 4-5 points	Advanced Level: 4-5 points	Advanced Level: 4-5 points	Advanced Level: 4-5 points	Advanced Level: 4-5 points
<ul style="list-style-type: none"> Any Turning Jump (Turning C / Suicide, Turning Toe Touch / Disc) Ring Pike Double Nine Around the World 	<ul style="list-style-type: none"> Any Leap with Switch (Front, Side, Open / Center, Turning) Calypso Firebird Reverse Romberse' 	<ul style="list-style-type: none"> Any Triple or Greater Rotation Leg Hold Turn / Leg Pirouette Illusion Changing spot of any turn combo in a la seconde' 	<ul style="list-style-type: none"> Nose / Forehead Height <ul style="list-style-type: none"> Tilt Fan (Inside / Outside) Hanger 	<ul style="list-style-type: none"> Headspring Handstand pirouettes Hollow back Kip up from back- variations Headspins Threading Windmill
JUMP EXECUTION KEY POINTS:	LEAP EXECUTION KEY POINTS:	TURN EXECUTION KEY POINTS:	KICK EXECUTION KEY POINTS:	HIP HOP EXECUTION KEY POINTS:
<ul style="list-style-type: none"> Synchronization Technique <ul style="list-style-type: none"> Body Position / Control Arm Placement Pointed Feet Landing (feet together) Height 	<ul style="list-style-type: none"> Preparation & Landing Technique <ul style="list-style-type: none"> Body Position / Control Arm Placement Straight Knees (if applicable) Pointed feet Height 	<ul style="list-style-type: none"> Preparation Technique <ul style="list-style-type: none"> Body Position / Control Hand / Arm Placement Foot Placement (Coupe'/Passe') Releve' (Higher/Knee locked) Rotation Stability 	<ul style="list-style-type: none"> Body Control <ul style="list-style-type: none"> Mid-Section Technique <ul style="list-style-type: none"> Hand/Wrist Placement Shoulders pressed Hook-up / Arm Placement Feet/Knees Parallel Head Precision / Placement Height Variety 	<ul style="list-style-type: none"> Balance and Control <ul style="list-style-type: none"> not falling out or swaying strong landing Technique <ul style="list-style-type: none"> head, hand, leg & foot placement Clarity in each movement and as a team Creativity (originality)