



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA 2020-21 COMPETITIVE DANCE CONSIDERATIONS

This document is intended to provide guidance for schools conducting competitive practices, hosting invitationals and virtual competitions during the 2020-2021 IHSA Competitive Dance season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as dance practices and competitions. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Modified Season:

- On July 29, the IHSA Board of Directors modified the IHSA Competitive Dance season along with all other sport seasons in response to the circumstances surrounding the ongoing COVID-19 pandemic. The modified competitive dance season is as follows:
 - **November 16 – Competitive Dance Tryouts May Take Place and Practice May Begin**
 - **November 30 – First Contest May be Held**
 - **February 13 – End of Season (with or without a State Series)**
- Currently, State Series events are *To Be Determined*. The IHSA will make every effort to conduct some form of State Series event and will announce decisions related to this as they become available.
- It is recommended to keep Saturday, Jan. 23 as an open date on your schedule for the purpose of a potential date for some form of State Series event.
- Competitive Dance Teams still must follow IHSA By-law 5.352 Contest Limitation and are limited to participating in no more than six (6) dates (both virtual and in-person count toward the six) exclusive of the State Series.

IHSA Competitive Dance MUST FOLLOW Competitive Dance Mitigations

2020-2021 Dance Rules Requirements/Considerations

- ***Dancer to dancer contact will not be allowed.***
- ***Lifts, Stunts and Partner Stunts will not be allowed. (NFHS Rules 4-2 through 4-7)***
- Participants should be appropriately spaced on floor to ensure proper social distancing, 6-ft apart. When changing formations social distancing (6-ft.) apart must be followed.
- Masks must be worn, at all times, including while performing.
- If poms are used, they cannot be shared among dancers.



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In-Person Requirements and Considerations for Contest Hosts and Invitational Managers.

- All guidelines of IHSA Return to Play Phase 4 must be adhered to.
- **Competition Capacity** – Dancers, coaches, judges, competition personnel, and media are restricted to a combined total of 50 people inside of a (i.e. gymnasiums, field houses, all-purpose rooms).
- **Pre-contest Meeting**
 - Consider using methods to keep coaches socially distanced during coaches' meetings.
 - Electronic or virtual meetings are encouraged when possible even a day before the competition.
 - Face coverings for all officials and coaches are required at pre-meet coaches' meetings.
- **Spectators** – If competition hosts allow spectators, they must always wear masks and maintain 6-foot social distancing throughout the entire event as outlined above and in the IHSA Return to Play Phase 4 Guidelines and IDPH guidance and are counted as part of the 50 individuals throughout the entire event as outlined above and in the IHSA Return to Play Phase 4 Guidelines and IDPH guidance. NOTE: Some sites may not permit spectators.
- **Warm-up Spaces** – For invitationals, auxiliary spaces (i.e. gymnasiums, field houses, all-purpose rooms, etc.) can be used as holding areas for student participants, meet personnel, spectators, etc. as long as all auxiliary spaces allow for social distancing and are kept at 50 people or less.
- **Competition Rotation**- Once one group of dancers, coaches, competition personnel, and media for a combined total of 50 people completely vacate the warm-up space or performance area a new group of 50 can occupy that area. Time schedules should be spaced with minimum of 10 minutes between routines.
- **Invited Teams**- Per IDPH guidelines, competition is limited to intra-conference or intra-EMS-region (See IDPH COVID EMS-Region Map link below in resources). Small events make it easier to space those in attendance to the appropriate social distancing. Small events must adhere to the event capacity guidelines outlined in IHSA Return to Play Phase 4.
- **Locker Rooms**- should be used as little as possible. Dancers should wear costumes to competitions to limit use of locker rooms.
- **Awards:**



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- Avoid meet protocols that cause coaches, participants, and spectators to congregate closely together (results boards, awards ceremonies, water stations, etc.).
 - Consider using an online platform for results and awards announcements.
 - Ask athletes to bring their own water and have their own plan for retrieving their water after competition.
- **Streaming** – Competitions can be streamed. Schools may use their preferred streaming service. It is the responsibility of the host and the competing schools to secure all appropriate copyrights necessary for streaming and performing. The Association is not responsible for copyright. For additional information on streaming contact the NFHS Network - <https://www.nfhsnetwork.com/> - customersupport@nfhsnetwork.com or mkoski@nfhsnetwork.com.
- **Transportation** -For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.
- **Sanitation:** Have sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for host personnel to clean and disinfect frequently touched surfaces and meet equipment.

Guidelines and Considerations Virtual Contest

- **Small Invites-** Schools are encouraged to keep virtual invites small (30 teams or less) while the concept is new and school technology platforms will vary. Times below can be adjusted depending on the size of invite.
- **Officials-** Adjustments to the number of dance officials may be made due to the size of the competition and the COVID-19 mitigation protocols (ex. Number of technical officials due to no lifts, stunts or sharing of poms)
- **Timeline-** Individual contest hosts will establish a timeline for their invitational. Below is a sample.
- **Timeline (Proposed):**
- 3:00 pm -Friday- Contest hosts emails competing teams a keyword (*if a keyword is going to be used*).
- 3:30pm- 5:30 pm -Friday- Teams must hold the key word on the screen and then immediately film their routine. (*Timeframes for uploading videos can expanded by the host school and keywords do not have to be used*).
- 5:30 pm- Friday-All routines submitted into a google drive folder or alternative platform.



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- 9:00 am – Saturday- Judges will begin scoring (from the host school 6-ft apart socially distanced. This will need to be communicated in official contracts). If judges are scoring from home, additional time should be allowed.
- 11:00-3:00 pm- Competition host will combine all videos into a YouTube Live or Zoom.
- 6:00 pm- Saturday- all videos will be shown through a school's choice platform: YouTube Live, Zoom, Big Marker, NFHS Network, etc.. Invite hosts can enable chat, utilize an announcer and/or add additional audience features at their discretion.
- 7:30 pm Awards Ceremony.

Virtual Competition Guidelines:

- Video must be taken from a team's high school gym.
- Utilize full house lighting.
- The camera should be elevated on center and all dancers must be seen throughout the performance. No side or back angles should be on the videotape.
- Filming must be from center court.
- Video should be taken 10-20 bleachers elevated so all formations can be visible to the judges.
- Video should not be cut or altered in any way. Teams may put their audio file over the video (especially if they are sharing the gym with other sports and music will be challenging to hear), but they may NOT edit their video in any other way or put multiple videos together. Any editing with more than one video of their competition routine compiled together, will be disqualified from the competition. **Entries must be one video from start to finish.**
- Filming should be on an iPhone, iPad, or basic camera.
- No professional cameras or operators can be used.
- Fans/spectators cannot be present during the recording.
- If keywords are used, the keyword must be visible at beginning and end of the video.
- Keywords are not required. Timeframes for uploading videos can expanded by the host school.

Virtual Consideration for Officials:

- Judges can score from home or the contest site. Contest managers will need to clearly communicate the expectations to the judges via their contact.
- If the judges officiate from their home, they will be required to:
 - Attend a zoom meeting setup by their head official.
 - The Zoom meeting must be within the allowed time frame given by the contest host



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- Officials are expected to collaborate on scores and deductions as a team
- Judges will access the videos from the platform indicated by the competition host
- Judges can utilize Tourneywire.
- It is recommended that contest hosts give officials at least 24 hours to critique and score the virtual contest from home before announcing their awards if officials will not be gathering together to score at the host school.
- In the event the virtual contest is live scored, a minimum of 10 minutes between each live virtual performance is recommended.
- Contest hosts can request the head judge to be in a zoom meeting with the host school to confirm contest results.

Requirements and Considerations for Coaches:

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff at all times.
- Always require use of facial coverings.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- It is recommended to always have sanitation materials available (i.e. hand sanitizer, disinfecting wipes, etc.) for the team and coaching staff.
- Educate your student athletes on proper hand washing and sanitation.
- Coaches should wear face coverings at all practices and meets.

Requirements and Consideration for Officials:

- **Communicate the format and protocols in the officials’ contracts.**
- **Face coverings are required at all times.**
- **Officials should be spaced 6ft apart.**
- Bring personal hand sanitizer and wash your hands frequently.
- Do not share equipment.
- Follow social distancing guidelines



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- Communication with coaches, participants, invitational managers, or other judges must be done at the appropriate social distance.
- Refrain from shaking hands.
- Adjustments to the number of dance officials may be made due to the size of the competition and the COVID-19 mitigation protocols (ex. Number of technical officials due to no lifts, stunts or sharing of poms)

Requirements and Considerations for Student Athletes:

- Student athletes should be responsible for their own supplies such as a water bottle.
- Students should wear their own appropriate practice clothing and not share clothing or costumes with anyone. All equipment and attire should be washed immediately upon returning home.
- Hand washing and the use of hand sanitizer should be frequent at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Face coverings are required at all times.
 - Any mask modification requests, due to a documented medical condition, must come through an Accommodation Request through the IHSA School Center.

Requirements and Considerations for Parents:

- Make sure your dancer and immediate household members are free from illness before participating in practice and competition (if there is any doubt, stay home).
- Provide personal items for your dancer and clearly label them.
- Help make sure that your dancer is washing/cleaning clothing and personal items after each use.
- Know facility/venue limitations on capacity/attendance prior to attending a competition. Always maintain social distance and wear a face covering while in attendance at an event.

Transportation

- Follow ISBE Guidelines. For transportation to events, schools must consider social distancing requirements. Social distancing (as required by state or local health department) will need to be maintained on all transportation.

Eating and drinking:

- Ensure 6- ft distance whenever athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.



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Questions:

- Questions may be addressed to IHSA Dance Administrator, Tracie Henry (thenry@ihsa.org).

Resources:

IHSA Return to Activities 2.0 -

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Activities%202.0.pdf>

IDPH Sport Safety Guidance - <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

IDPH COVID-19 EMS-Regions Map -

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>