



CADTD Safety Guidelines **NEW for 2014-2015**

Safety is a priority with all of the gymnastic and partnering stunts that are an integral part of Dance/Drill choreography. CADTD's philosophy is that all stunts should be:

- 1. SAFE**
- 2. IN CONTROL at all times**
- 3. Include an appropriate PREPARATION**
- 4. Include an appropriate LANDING**
(with spotters wherever warranted)

With all partnering, the base should maintain constant contact with the lifted dancer for safety. The following is a list of stunts and specialties that are considered UNSAFE:

Front/Back Standing tucks
Toe pitches
Shoulder STANDS
UNCONTROLLED Partner tossing/releasing
Un-assisted/spotted standing flips

Any other specifics/details regarding stunts/specialties will be at the Director/Coach's discretion. Our hope is that choreography will continue to be creative and innovative, but safe for the performers. For a safety violation, 2 out of 3 judges must concur and the specific stunt should be noted on the penalty sheet from the above list.

All props, sets and shoes must have protective, non-marking pads to ensure that the gym floor is not damaged. CADTD allows bare feet and half-soles/paws, but footwear violations will be at the discretion of the Individual Contest Director. Some schools/districts will NOT allow performers without shoes. ***Be sure to read the rules for each event so that your team is not unnecessarily penalized.***