



CADTD Safety Guidelines

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 **SAFE, IN CONTROL** at all times, including appropriate **PREPARATION** and **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 with both SAFE and UNSAFE examples.

SAFE

Somersault, Cartwheel, Round-off, Walkover, aerial, handspring
Stationary Headstand
Shoulder SITS
Controlled/in contact partner Lifts
Assisted line/back flip
Stepping safely over a dancer

UNSAFE

NO Front/Back Standing tucks,
NO toe pitches
NO Rotating Headstands
NO Shoulder STANDS
NO Partner tossing/releasing
NO Un-assisted/spotted standing flips
NO Jumping/leaping over a dancer

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.