



<https://www.modta.org/>

**2025 Missouri State Dance Team Championships**

**Solo Competition February 21, 2025**

Francis Howell North High School  
2549 Hackmann Rd  
St Charles, MO 63303

**Team Competition February 22, 2025**

Family Arena  
2002 Arena Parkway  
St.Charles, MO 63303

**Entry deadline for teams & solos: December 12, 2024**

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Missouri State Dance Team Championships  
Date: February 22, 2025  
Hosted By: Missouri Dance Team Association

Requirements to compete:

- ★ Teams must be registered with MSHSAA as a high school dance team
- ★ Directors must be a member of MDTA.
- ★ Directors must have completed the MSHSAA dance rules test online.
- ★ Each team must compete in one other MDTA **Missouri State** approved competition prior to State at the Varsity level
- ★ Each team may enter a maximum of 2 routines and must use a minimum of 80% of their current registered team members.
- ★ A team must have a minimum of at least 3 members on the team to compete.

Division of teams:

- ★ All entries are ranked from smallest school enrollment to largest. We then divided into 6 equal divisions. We will send a tentative placement out as we get close to the deadline and will finalize the divisions after the Dec. 12, 2024 deadline.

Contest start time:

- ★ The first performance of the competition will begin after 8 a.m.
- ★ 1, 3 and 6 divisions will perform in the morning. 2, 4 and 5 will perform in the afternoon session.
- ★ A schedule will be sent to coaches 2 weeks prior to the competition.

Awards:

- ★ Awards will be given to the top 5 places in each category. If more than 10 teams are entered in a category we will present trophies to 50% of those entered.
- ★ Academic All-State Awards will be recognized. Criteria for Academic All-State is on the academic all-state form.
- ★ There will be 5 places awarded in the State Championship for each division.
- ★ Ties WILL NOT be broken.
- ★ Solo competition awards will be presented.

### Admission:

- ★ Competing dance team members, head / asst. coaches who are registered members of MDTA, one manager and bus drivers will be admitted free. (max admission for coaches is 1 head and 3 asst.)
- ★ Admission is \$ 20.00 CASH or CCard
  - Parking is \$15 CASH (faster) and cc (slow)
  - NO personal checks will be accepted.

### Coaches Meeting

- ★ There will be no official coaches meeting. We will have a facebook live event prior to state and if you have a question that day please find a MDTA staff member.

### Performing Area:

- ★ The performing area is regulation HIGH SCHOOL size (84x50) with NO volleyball markings.
- ★ Judging will be from one side only for the team's performance.
- ★ No team will be allowed onto the performing floor for the purpose of practicing or spacing, etc. before the competition begins or during any breaks. Violation of this rule will result in a 10 pt. per judge penalty for each routine performed throughout the day.
- ★ There will be a run through area without music available prior to performing. Unless we have mats no tricks, stunts or tumbling will occur.
- ★ Spacing ropes are permitted but no extra time for set up will be given.
- ★ Video Recording/Photography
- ★ Video recording is only permitted with a hand-held device and may NOT interfere with other spectators' line of vision.
- ★ Photography **WITHOUT** flashes will be allowed.

### Liability Release and Waiver Forms

- ★ All dancers who are attending must complete a liability release and waiver form. Please make 2 copies for soloists. One to turn in for solos/other for team day. [MDTA Waiver Team & Solo](#)
- ★ These forms are to be presented by each performer at team check in on the day of the competition.

\*\*\*Team photo information for performances\*\*\*

**EACH TEAM MUST SUBMIT a team photo, which is due by January 1, 2025.**  
Please submit a photo to Melissa Albright. (email below)

The picture should be sent electronically.

**Change the name of the photo to the name of your dance team before sending to help with accuracy.**

A tif file is preferred, but a high-resolution jpg (minimum of 300 dpi) file would also be acceptable.

Pictures can be sent as either grayscale or color and should be at least 4" x 6" in size.

**\*\*\*\* Please indicate in the subject line of the email or in the body of your email: Name of the School, Team Name, Town/City you are located , and MDTA State Competition \*\*\*\*\***

If the team picture is over 10 megabytes in size, you will need to zip the file before sending.

Periodically, a confirmation email will be sent out listing the teams that have submitted photos.

❖ Contact information: Melissa Albright [melissa.albright@modta.org](mailto:melissa.albright@modta.org)

She will send an email that it has been received. If you don't hear from her in a few days please resend.

Separate Submission for the video board at the Family arena:

\*\*Please send your School name and logo to use on the video board during the contest to this link : [Team Name and Logo Form 2025](#)

Category Descriptions  
Precision Dance , Lyrical & Pom Pon

Dance: (you may choose only 1 style out of dance)

**Precision:** This is a style of dance routine with sharp, clean motions and the display of effective formation changes similar to a show production or Broadway style. Concentration should be on precision as well as technical elements. PROPS may not be used in this category (ex. chairs, hats, scarves, etc.). Uniform parts may not be removed and then used as a prop with which to dance) (i.e. gloves taken off and swung around in a lasso fashion and then thrown to the side.)

**Lyrical:** Lyrical dance is a dance style that blends elements of ballet and jazz dance. Lyrical dance is generally a little more fluid than ballet and also somewhat faster -- although not as rapidly executed as jazz dance. Concentration should be on technical aspects. PROPS may not be used in this category (i.e. chairs, scarves, ribbons, etc.). Uniform parts may not be removed and then used as a prop with which to dance) (i.e. gloves taken off and swung around in a lasso fashion and then thrown to the side.)

If a coach is uncertain as to what category a routine should be registered, they may contact Kara Mueller or Karen Asbell. Their emails are available on the MDTA website contact page.

**Pom Pon:**

This is a style of routine with a strong visible use of pom pons throughout. Precision, transitions and visuals should be a vital component of the routine. ONLY pom pons may be used in this category. No other props are allowed. Poms must be used at LEAST 80% of the time. Poms may have rubber bands that go around the wrists. Male dancers have the OPTION to use poms in their hands. (this is a coaches choice)

Category Descriptions  
Kick, Mix, & Prop

Kick:

This is a style of routine which showcases a team's ability to perform a variety of kicks in a creative and entertaining format. Emphasis should be placed on kick control, uniformity of kicks, kick timing, and team stamina. Kick routines **MUST** contain a **MINIMUM** of 35 team-performed kicks which are at least waist high. A team kick is one in which all team members execute the kick on the same count at the same time.

Mix:

This style of routine must include kick and pom. The last element of dance must include one or more of the following: precision jazz, lyrical jazz or hip hop.

Poms must be used during the pom portion (these may be traditional or non-traditional (whatever used must have similar visual effect as a pom) and must be 4-8 8 cts in length. **NO** props other than poms may be used. There must be a minimum of 12 team kicks (waist height and above) executed in the routine.

A team kick is one in which all members execute the kick at the same time.

Prop:

This style of routine must utilize at least 1 prop (no maximum), **AND** prop must be an integral part of the choreography. Prop utilization requires that the dancers must use the prop to enhance the aesthetics and effectiveness of the dance. If the dance could be done without the prop and not noticed, then it is **NOT** a prop routine.

In a prop routine No backdrop can be used. (A backdrop is defined as a stationary item used strictly for background, and not manipulated by the team members during the performance.)

## Category Descriptions

### Hip Hop

#### Hip Hop:

This style of routine must display the latest nontraditional dance styles (i.e street dance, funk, tricks, popping).

Emphasis should be placed on rhythm, execution, synchronization and body control.

NO PROPS other than parts of the costume may be used in this category.

Routine choreography is at the discretion of the director but should be appropriate for a family audience (no vulgar or suggestive moves).

Penalties will be assessed for any routine that DOES NOT contain all the required elements of the category. Please refer to the category sheets listed on the website for specific penalties.

The maximum prop break down time is 2 ½ minutes.

- Timing will begin at the conclusion of the team's performance.



## Academic All State Info

### Academic All State Information:

- ❖ Please use the online form to register the eligible team members.

### INDIVIDUAL STUDENTS RECOGNIZED:

Dancers in grades 10-12 with a weighted grade of 3.5 or above will be recognized individually (certificates for dancers with 3.5 to 3.69 GPA, certificates for dancers with 3.7 to 3.99 weighted GPA, and certificates for dancers with 4.0 GPA). Dancers who received a 4.0 GPA will also receive a medal.

### TEAM ACADEMIC REQUIREMENTS:

MDTA will use highest team's GPA's to determine the teams in each division with the 4.0 UNWEIGHTED system. These will be based on the team's cumulative grades from the first semester of the 9<sup>th</sup> grade through the SPRING semester of 2024.

The team in each division (class 1, 2, 3, etc) with the highest unweighted TEAM GPA (not including the 9<sup>th</sup> grade team members) will receive a plaque

### PROCEDURE:

- Please carry GPAs out to the hundredths place (EX. 3.54 not 3.543)
- YOU MUST fill out the form even if you do not have any members who qualify or if your school does not allow you to participate in this program.
- If coaches do not submit the correct information (for example a 4.5 GPA) or if coaches do not send the corrected information when it is requested, the team may be disqualified from receiving Academic Awards due to the time sensitive nature of this portion of the contest.

### ACADEMIC ALL-STATE QUESTIONS: should be addressed to:

Zoe McCarthy Cell: 314-703-1886 (email): [Zrm123@mac.com](mailto:Zrm123@mac.com)

Link: [Academic All State Form 2025](#)

## Routine Performance Rules

Teams are required to perform with the number of registered team members. If you have team members who have quit or have been removed from your team you will need to complete the add/drop form online at [modta.org](http://modta.org) to change your performance number. **DO NOT use this form for injured members who are STILL on your team.** If a team falls below 80% of the registered number of team members, the coach may send a request to [kasbell@stcharlessd.org](mailto:kasbell@stcharlessd.org) for the board to evaluate each situation on an individual basis. Our suggestion is to not make cuts for competition so that if one girl gets injured, the performing number does not fall below the 80% requirement.

Maximum performing time is 2 minutes 15 seconds. There is NO MINIMUM time requirement.

Timing will begin with the first note of music and will end with the final note of music.

A 10 pt. penalty will be assessed for each infraction if a routine is over the allotted time limit for routine length.

Any routine which has previously received an award at the state competition may not be used.

## Policy for "Do Overs"

### Safety Judging

- All safety issues will be judged on first performance only. This is videoed and can be reviewed by the judging panel as requested.

### Routine Judging

- The team will be allowed to redo their performance.
- If any portion was judged during the 1st performance judges will only judge the missed portion in the second performance.

Coaches will be notified if this has occurred and they will be given time to prepare for their 2nd performance.

## Safety Rules for your Team and Deductions

Teams must follow all rules and regulations regarding safety set forth for pompon/dance teams by the Missouri State High School Activities Association, NFHS, and MDTA.

Contact [utopiacoach@yahoo.com](mailto:utopiacoach@yahoo.com) if you have any questions. Tiffany Aboussie is our official MDTA rules interpreter and will make all decisions regarding lifts and safety move/issues.

All safety reviews submitted for the 2025 Missouri State Dance Team Championships must be submitted by January 30, 2025. Only send the clip with the move in question.

No reviews will occur after January 30, 2025. A team may submit no more than 4 clips for review.

Once a team has reached 4 inquiries, no further reviews will take place and no rulings will be sent to the coach.

**MDTA does not follow the rules of any other competitions, including, but not limited to, UDA, NDA, DTU, Contest of Champions, or any other dance competition. It is the responsibility of coaches to read the MDTA rules and penalties and to ensure compliance with the same.**

**\*\*\*If you performed this routine at another contest and no penalty deductions happened, that DOES NOT mean no penalties will be assessed at state.\*\*\* Penalties are based on each performance as presented.**

### REMINDER:

**Safety inspections will not occur before performances and the burden of compliance to safety guidelines falls on the coach.** Please note a safety panel will view your routine. If violations are noted, points WILL be deducted.

## Music and copyright information

Selection of music is at the discretion of the director but **MUST** be appropriate for a family audience (no profane/vulgar or suggestive lyrics)

### Updated Music requirements

All recordings used in dance routines at MDTA contests should comply with U.S. copyright law. Music should be legally purchased or obtained. Coaches will not have to complete or submit any form regarding their music to compete in an MDTA contest. By competing in an MDTA contest, all coaches and teams acknowledge the rules of MDTA and agree to abide by them.

Therefore, coaches can once again create mixes of various songs as long as they have legally purchased the music.

**Music will be submitted prior to the competition for both teams and solos.**

This will be done a month before the competition occurs. Emails regarding when your division should submit music will be sent starting in Early January.

**TEAM MUSIC and SOLO Music will be uploaded on a google form:** ?'s regarding team music go to: [shelley.mccain@lsr7.net](mailto:shelley.mccain@lsr7.net) and solo music to: [brittanimcclellan@yahoo.com](mailto:brittanimcclellan@yahoo.com) Please put in subject area: School Name, Routine Category and Division. Links to upload music are on the back checklist page.

Make sure to have a back-up of the music or on an ipod, iphone (phone), MP3 player, or ipad.

*We will have someone playing all music that has been preloaded so that you may watch your team's performance.*

If there is a pause in the music, you **MUST** let the music person know PRIOR to the team's performance.

Selection of music is at the discretion of the director but **MUST** be appropriate for a family audience (no profane/vulgar or suggestive lyrics)

## Penalty Procedure

A safety panel will be viewing the routine alongside the performance judges. If the safety team deems there to be an infraction the following will occur:

- 1) the safety team will immediately review the infraction to determine its accuracy.
- 2) They will then ask the contest coordinators to review the infraction. No further review will take place, as the violation will have already been reviewed twice.
- 3) This is the same procedure for each routine performed/viewed during the day.
- 4) Additionally, any routine that receives category infraction penalties, will automatically be reviewed for accuracy.

## Score verifying procedure

All scores are electronic and verified accordingly. You will receive your score breakdown via email/google.

All judge voice recordings will be shared via gmail to coaches either that day or the following day (if internet is not available).

There will no longer be anything that coaches must pick up after the competition due to these means of getting the information to coaches regarding their team's performances for that day.

## Solo Competition

The cost for entry is \$75.00.

Depending on time and space we reserve the right to cap solos at 200 performers and team state participating members may do one solo only.

Registration and payment must be received by MDTA by January 31, 2025 or the soloist will be removed from the competition.

Solo music will be sent a month prior to the competition. Make sure you have a backup the day of the competition just in case there is an issue with your music.

Registration will open in October. Payment is due by Dec. 12. No refunds for drops will occur AFTER January 1, 2025.

All soloists must abide by NFHS and MSHSAA Rules. These rules will be enforced and penalties will be assessed for violations. This includes the costume modesty policy.

The routine time limit for the competition is 1 1/2 minutes. Penalties will be assessed for routines that are longer in length.

Music must be compliant with the new rules set forth by MDTA.

Awards for each age division are as follows:

Top 10 for each category

The winners will be announced on Saturday, February 22, 2025 during the first awards ceremony.

The registration form is in the brochure in the checklist.

Team must be registered at state to enter a solo.

*\*\*Due to the inability to reschedule this event, in the event the competition is canceled due to weather or something out of MDTA's control there will be no REFUNDS. Enter at your own risk.*

## Community Service Award

MDTA is excited to announce the inaugural year for a new award to be announced at Missouri State Championships. A MDTA member coach may self nominate their team for the Community Service Award. This is a team award honoring those who are making significant contributions to their community through their time, actions, talents and dedication. One team per division will be announced during the AM and PM award ceremony. Applications are due by January 24, 2025.

Questions about the award can be directed to [nikki.boekhout@modta.org](mailto:nikki.boekhout@modta.org)

### **Application Link:**

[Community Service Application](#)

## T-shirt Design Contest

Any team member attending state has the ability to submit a design for the state dance competition. Submissions are due by Dec. 12, 2024. One submission per attendee.

Voting will occur via instagram for all team members. Winner will be recognized at first session awards and will receive a complementary t-shirt.

Have a business that would like to be a sponsor? Contact Karen Asbell for more information on sponsorship of the State Dance Competition @ [kasbell@stcharlessd.org](mailto:kasbell@stcharlessd.org)

Sponsors will have their information on the back design contest apparel.

[T-shirt State Design Form 2025](#)

## Additional Rules

- ❖ Props should not damage the performance floor and teams will be **CHARGED** for any damage caused by props.
- ❖ Props that float to the ceiling or damage lights may not be released (most arenas will not allow helium balloons inside the facility, whether you plan to release them or not).
- ❖ **NO** fire is allowed.
- ❖ **No** noise makers are allowed.
- ❖ **No** devices that manipulate props may be pushed by a non-performing member or parent/coach and these devices **MUST** be on the performance floor area.
- ❖ Props will enter with teams. Teams must find a space to store props.
- ❖ Individuals acting in an unsportsmanship like manner will be asked to leave the facility and no refund will be issued.
- ❖ No banners or signage may be hung in the arena.
- ❖ ***Spacing devices can be used on the performance floor, but no extra time will be given to set them up.***
- ❖ *The warm up area floors are college sized with no volleyball markings. These are different from the actual performance floor. Spacing devices are at your own discretion.*
- ❖ MDTA adheres to all MSHSAA policies including the National Anthem, safety, and eligibility.
- ❖ **MDTA adheres to the NFHS rules. Rules adopted by other competitions are not applicable. It is the responsibility of the coaches to be aware and comply with these rules.**



# Team Registration Process and Check List

- Go online at [MDTA Website](#) and complete the Team Application form.  
A confirmation email will be sent when forms have been submitted.

Direct Link to form: [Team Registration 2025](#) Due date: **Dec 12, 2024**

- Complete the Academic All-State Form  
A confirmation email will be sent when forms have been submitted.

Direct Link to form: [Academic All State Form 2025](#) Due date: **Dec 12, 2024**

- If you have any soloists, have them fill out the solo application form.  
Direct link to form: [Solo Registration 2025](#) Due date: **Dec 12, 2024**

- Mail the payment (PO, check or money order **or pay online**)  
Due Date: **Dec 12, 2024**

- Send the team photo to: [melissa.albright@modta.org](mailto:melissa.albright@modta.org) Due Date: **January 1, 2025**

- Copy Solo /Team Waiver. Please have your soloist complete and return to you to keep and turn in the day of solos. Have all team members complete the and return to you to keep and submit the day of the competition when entering the arena.

- Direct link Team and Solo waiver [MDTA Waiver Team & Solo](#)  
**\*\* Due when checking in at solos and also entering team check in (If you have a soloist make a copy so you have one for the team check in as her solo one will be collected the night of solos.)**

- Submit school name and logo for the HyVee Video board during performance to the link below:*  
[Team Name and Logo Form 2025](#)

- Community Service Application Link (optional) : [Community Service Application](#)

- Music submission Links: [Freshman Solo Music](#) [Sophomore Solo Music](#)  
[Junior Solo Music](#) [Senior Solo Music](#)  
[Division 1 Team Music](#) [Division 2 Team Music](#) [Division 3 Team Music](#)  
[Division 4 Team Music](#) [Division 5 Team Music](#) [Division 6 Team Music](#)

- All forms and money must be submitted by **December 12, 2024.**

[Team Invoice 2025](#)

[Solo Invoice 2025](#)

Please note all online entries are time stamped when submitted online.  
**NO LATE** submissions will be **ACCEPTED. NO EXCEPTIONS.**

## Fees, Category Change, Add/drop form & Cancellation policy:

The fees are \$110.00 per routine. Payment is due December 12, 2024 in the form of a PO, check, money order or you may pay online.

The Online registrations forms have a direct link for online payment for both team entries and solo entries.

WE do NOT bill the schools for PO's. Use the online invoice link above. PO checks MUST be received by January 31, 2025.

### REFUNDS / CHANGES in routine types:

NO refunds for team/solo drops will be made AFTER January 1, 2025.

Category changes and head coaches registered as members are required by January 24, 2025 @ 10 am.

[Routine Category Change Form](#)

\*Errors on your part will result in a change category fee of \$25 / change. Coaches not registered by this date will have a \$25 late fee assessed.

If you need to add or drop a member that has quit. Form is below.

[Team Member Add/Drop Form](#)

Once the schedule is released to check for errors on our part -- a one time coaches entry error will be changed and assessed a \$25 wrong entry fee for each category changed AFTER Jan 24, 2025. *No changes will be done after Feb. 1, 2025.*

Questions on State Registration Process

- ❖ Karen Asbell (St. Louis)
- (Cell ) 314-324-4195
- email: [kasbell@stcharlessd.org](mailto:kasbell@stcharlessd.org)

State Address for payments:

- ❖ MDTA Karen Asbell 30 Cruzatte Place St. Charles, MO 63303

### CANCELLATIONS:

\*\*Due to the inability to reschedule this event, in the event the competition is canceled due to weather or something out of MDTA's control there will be no REFUNDS. Enter at your own risk.

***Hotel Information:***

Sheraton Westport Chalet and Plaza 191 Westport Plaza Drive, St. Louis MO 63146 – (Chalet) \$149 – Outdoor Pool 900 Westport Plaza Drive, St. Louis MO 63146 – (Plaza) \$149 – Indoor Pool  
[www.sheratonwestport.com](http://www.sheratonwestport.com)

Double Tree Westport \$139 Hot Breakfast Sandwich Plus Continental Included in Room Rate 1973 Craigshire Blvd, ST. Louis MO 63146 [www.doubletreewestport.com](http://www.doubletreewestport.com)

Homewood Suites Westport \$165 Rate includes Full American Breakfast Buffet 2434 Old Dorsett Road, Maryland Heights MO 63046 [www.homewoodsuites.com](http://www.homewoodsuites.com)

For more information or to reserve a block of rooms please contact Patti Miller @ [patti.miller@swphotels.com](mailto:patti.miller@swphotels.com)  
Phone: 314-212-2150

[State Brochure 2025](#)

