



**WOMEN'S NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**  
**56TH SEASON**  
**"Breaking Barriers, Building Legacies"**  
**2025-2026**

**GROUND RULES: STREET DANCE**

**RULES & GUIDELINES :**

**Junior Division**

- Minimum of 8 dancers – Maximum of 15 dancers
- 2 minutes - 2 minutes and 30 seconds (excluding entrance and exit)

**Senior Division**

- Minimum 8 dancers – Maximum of 15 dancers
- 2 mins 30 seconds – 3 minutes (excluding entrance and exit)
- Groups are requested to email their music to [soji.gragasin@gmail.com](mailto:soji.gragasin@gmail.com) 8 days before competition day 12 noon
- The competition piece should include in their performance a broad selection of street dance styles. (ex: Hiphop, Popping, Locking, House, Waacking, Krump, Vogue, Dancehall, etc.)
- No profanity, obscenity or vulgarity allowed in speech, music, gestures or performance.
- Attire may include accessories such hats, caps, gloves, scarves, jewelries, etc.
- Appropriate clothing should be observed in the competition.
- Props are allowed and there will be NO usage of dangerous weapons, paint, powder, or anything that can endanger dancers)
- Dance lifts are allowed provided that no dancer may be tossed.

## Notes on Prohibited Moves, Gestures, and Content :

### 1. Acrobatics

- Double Saltos (front or back tuck)
- Tosses

### 2. Lewd or Sexual Gestures

- Spanking
- Touching of private parts (self, partner, or group)
- Movements simulating sexual acts, including placing private parts near a partner
- Intimate contact with sexual intent

### 3. Profanity in Music or Gestures

- Profane language in music
- Gun gesture toward head (self or others)
- Slicing throat, stabbing (self or others)
- Middle finger
- Hanging gesture

### 4. Notes on Dance Moves

- Whining/whining and twerking are allowed
- No touching of private parts or acting out of sexual acts while performing
- these moves like touching of private parts (self, partner, or group)
- Movements, gestures or choreography suggesting sexual acts or intent are strictly prohibited

## DEDUCTIONS :

- Profanity, offensive & lewd gesture /language (dance movements, theme intent , music or actions) - **5pts**
- Violation of safety guidelines & rules (includes prohibited Saltos and usage of deadly weapons, paint, powder, oil, etc ) - **5 pts**
- Biting (copying other choreography) - **5pts**
- Fall from a lift or a skill (example: not landing on the feet ) - **1 pt per occurrence**
- Time over or under - **1 pt per 30 seconds**

**NOTES:**

- Please be informed that the league is currently updating all competition guidelines to improve the system in line with the vision of the league committee, participating schools, and the students we serve.
- These updates aim to uphold the values that the league stands for and to continue promoting them among participants, coaches, schools, and the committee itself. At the same time, we remain committed to keeping the competition fun, challenging, and inclusive—providing everyone with opportunities to learn, grow, and experience a variety of streetdance styles and cultures.