



*Heart Beat 2 The Beat 4:  
Gulf Coast Dance Competition  
and Wellness/Health Event*

*Defending Champions: Purple Diamonds of Jackson MS*

*August 26, 2018 at Gulfport High School  
100 Perry St, Gulfport, MS 39507*

**Overall Rules and Regulations**

**Monetary Obligations**

- The registration fee is \$50 per team, and is due by June 30 for personal checks, and July 15, 2018 for money orders. Make payment out to NHR BLUEPRINT. Depending on this year's sponsorships, IT IS MY HOPE that your \$50 will guarantee your appearance and can be returned when you arrive. TBA.
- Advance tickets will be available for each team to sell. Tickets are \$10 in advance and \$12 at the door. All ticket money and/or unsold tickets will be due on August 15, 2018. A trophy will be awarded to the team with the most ticket sales.

**WHATS NEW**

1. We have a school this year! Gulfport High has a gym that sits on the campus detached from the classrooms and it is big and nice.
2. In addition to the usual trophies, the overall grand prize winner will get a cash prize. Amount to be announced closer to the event date! IT IS MY HOPE that something can be offered to each category winner as well. Everything will be finalized the month of. TBA.
3. The "Heart break" out sessions will not be in between the dance categories as usual. We will have a "health and info" expo in the hall starting two hours before the competition. Encourage your guests to arrive early to partake in the vendors and information. There will be things to the like of "first one hundred visitors get a free book bag" and things like that. I would also like to advertise that visitors can meet and greet each team with a designated time.
4. Each team, as soon as possible, must submit the names of 5 fast songs, 5 medium tempo songs, and 5 slow songs to be submitted to me to give to the DJ for possible inclusion in the stand battle. Last year there were varying views on tempo speed. So, once everyone submits their song choices, it will be sent to all so everyone will be in agreement!





### **General Information**

- Only performing female team members, 1 director, and 2 assistants will be allowed to enter free of charge. A team roster must be submitted prior to the date of the competition.
- Only current female members are allowed to perform (special circumstances below).
- All teams must arrive and check in at the competition site, no later than one hour before the start of the show. Failure to arrive on time will result in your team *possibly* being removed from the show.
- All team members, directors, instructors, parents, supporters, etc. must display good sportsmanship. Taunting or degrading other teams will not be tolerated and may result in disqualification and/or removal from the premises.

### **Awards and Judging**

- In order to vie for the Grand Trophy, you must compete in at least 3 of the 4 available general categories: field show, Captains Challenge, Mixed Team, and stand battle tournament. Only the top 6 teams will move on to the Mixed Team. Only the top 4 will move on to the stand battle (unless circumstances dictate otherwise). For those that compete in all four categories, only your top three category scores will be counted. Males may **ONLY** compete in the Mixed Team Challenge and stand battle and **MUST** be either a director, choreographer, or part of the team.
- Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places will be awarded in each general category; with the exception of the stand battle (1<sup>st</sup> and 2<sup>nd</sup> trophy will be awarded).
- Only the areas listed on the adjudication forms will be judged. An example adjudication form will be provided for you at a later date.
- There will be (at least) three professional judges and two professional tabulators.

### **Music and time guidelines**

- All music must be radio edited. Use of profane and/or obscene lyrics will result in disqualification from that particular category.
- All routines must not exceed the time allotted, from entrance to exit. Time will begin at the onset of your music and end when the last person leaves the stage. Time will be strictly enforced. Going over the specified time limits will result in a 10 point deduction from your total score in that category, to be deducted by the tabulators.





\*\*\* AS WITH LAST YEAR-please have a representative to stand with the DJ 5 minutes prior to your team performing, to instruct him when to start the music

- All music must be labeled (team name, category, and track#) and given to the DJ prior to the start of the competition. Please have music for each category on a separate CD/Jump Drive/Etc. In addition, if you are performing to more than one song, please have your music on one track and revised. The DJ will not start and stop music throughout your performance.

## Categories and Specifications

### Stand Battle

This category displays each team performing dance routines that are traditionally used as “battle counts”. Since this is a dance BATTLE, each team will take turns throwing mini dance routines not to exceed 20 eight counts. In addition, no obscene gestures may be displayed while performing battle counts. Teams are allowed to use “secret weapons” or gimmicks, but are definitely not required to. To prevent physical confrontation, each team must stay in their designated area while performing stands. Each team will be informed of the designated area on the day of the competition. This year, to prevent fatigue of each squad and to increase fairness, the stand battle will be done as a tournament. There will be two teams on stage during each round (unless situation dictates 3). Each round will consist of the teams performing mini dance routines to TWO songs (1 fast and 1 medium). 1 fast stand and 1 medium stand will be for the first and second phases. 1 fast, 1 med, and 1 slow stand will be performed for the final phase. The team that receives the most votes from the judges (each judge votes once) at the end of each round will progress to the next phase. An example of how the tournament will run is listed below. The asterisk (\*) denotes the winner of each round. As you see, the winner of each round then progresses to the next phase.

\*\*\*PLEASE REMEMBER THIS IS MEANT TO BE FUN AND EXCITING FOR THE YOUNG LADIES AS WELL AS THE AUDIENCE. PLEASE LEAVE IT ON THE FLOOR AFTERWARDS. THIS IS A FRIENDLY COMPETITION. TEAM CAPTAINS MUST SHAKE HANDS AT THE END OF EACH ROUND!!!\*\*\*

#### STAND TOURNAMENT EXAMPLE

##### First Phase (1 fast, 1 mid)

\*Team 1 vs Team 2

Team 3 vs \*Team 4

##### Second Phase (1 fast, 1 mid, 1 slow)

Team 1 vs Team 4\*

*Winner ----Team 4*





### **Field Show**

This category allows teams to display a full length dance consisting of dancing, stunts, formation changes, etc. The time limit is 7 mins, from entrance to exit. You may be creative and showcase your dance in the manner that you like as long as it resembles that of one that is typically done on the field. (It should not resemble stands, parades, etc.)

### **Captains Challenge**

This category allows you to showcase the talent of the current captain in a solo performance. Other members may accompany her during her performance, but only she will be judged, and a majority of the dance must be done as a soloist. The time limit is 5 mins from entrance to exit.

### **Mixed Team Challenge**

Possibly the most popular category ever, it is back again this year. This category is similar to Field Show, but is performed by up to five dancers (does not HAVE to be captains). The (up to) 5 dancers must include a combination of directors, alumni, active members, and parents (mom or dad of active members). The combination cannot be three of the all of the same (ie all alumni, all active members, all parents). At least 3 members must be of differing categories (ie parent, director, alum, and two active members) or (ie one director, one active member, one alumni, and two parents). Guys can perform in this category. Please follow the same format as the field show category, with the exception of time, which is 5 minutes in this category.

PLEASE NOTE: No glitter or confetti can be used. Only small props can be used if needed. Everyone over the age of 5 must pay to attend. 4 and under can enter free and be held by lap. This is a competition for girl dance teams only. Dancers must be at least 10 years of age. Please note that all ages compete on one level, **there will not be a separate baby and teen division.**





**Heart Beat 2 The Beat 4 Participation Form**

**NAME/CONTACT** \_\_\_\_\_

**ORGANIZATION NAME** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email address:** \_\_\_\_\_ **Telephone number:** \_\_\_\_\_

**Social media handles: facebook** \_\_\_\_\_ **twitter** \_\_\_\_\_ **IG** \_\_\_\_\_

**Amount enclosed:** \_\_\_\_\_

**Which categories do you plan to compete in: (please circle)**

- FIELD SHOW
- CAPTAIN CHALLENGE
- MIXED TEAM CHALLENGE
- STAND BATTLE

**How many tickets would you like to sell:** \_\_\_\_\_

Checks/Forms can be made out and mailed to:

NHR Blueprint Foundation

45 Hardy Court, #136

Gulfport, MS 39507

Paypal: [drnickie@nhrblueprint.com](mailto:drnickie@nhrblueprint.com)

**QUESTIONS?** Email Nickie @ [drnickie@nhrblueprint.com](mailto:drnickie@nhrblueprint.com) or call 601-519-0688

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+++Time and location tentative and subject to change based on occupancy needs. In the event of an emergency or unplanned circumstances, if the event must be rescheduled or cancelled, funds may be returned.

