



## *UDA SOLOIST ROUTINE RULES 2017-2018*

*Effective August 1, 2017*

*\*These rules apply to JUNIOR HIGH and HIGH SCHOOL Soloists ONLY.*

*Red print denotes a change from prior year\**

### **PENALTIES**

A two (2) point per judge penalty will be assessed to any soloist violating any of the specific rules as stated. If you have any questions concerning the legality of a trick or move, please upload a video to: <http://eventuploads.varsityspirit.com/> Include your team name, your name, and a contact phone number. It must be received at least two weeks prior to your competition. For questions please contact Ashley Udashen at [audashen@varsity.com](mailto:audashen@varsity.com).

### **GENERAL SAFETY GUIDELINES**

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
  - a. Concrete, asphalt, or any other hard or uncovered surface
  - b. Wet surfaces
  - c. Uneven surfaces
  - d. Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

### **COMPETITION ROUTINE GUIDELINES**

1. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all division in which they compete.

2. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
3. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc).
4. Soloists may dance off of the performance floor; however, all routine choreography must begin and end on the performance surface. Jumping on or off the performance surface is prohibited.
5. Time limit is as follows:
  - a. SOLOISTS will have a maximum of (1:30) one minute and thirty seconds to demonstrate their style and expertise. If a soloist exceeds the time limit by more than (3) seconds, they will be assessed a penalty.
6. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

### **MUSIC GUIDELINES**

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. These guidelines are as of June 16, 2016. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email [info@usacheer.net](mailto:info@usacheer.net). Please check Preferred Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
4. If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (Provided by Varsity Spirit).
5. If a team does not have the required paperwork, and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
6. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
7. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
8. Challenge Process
  - a. All music challenges must be submitted in writing to the event director.
  - b. There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
  - c. Fees collected will be voided if challenge is correct.
  - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
  - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
9. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CDs, make sure it's unscratched so it doesn't skip.

### **CHOREOGRAPHY AND COSTUMING**

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and is defined as any movement

or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.

2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc). Wearing socks and/or footed tights only is not allowed.
3. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
4. Jewelry as part of the costume is allowed.

### **PROPS**

Props are not allowed. A prop is defined as anything you dance with that is not attached to your costume. Articles of clothing may be taken off; however you may not dance with them. If taken off and danced with it becomes a prop. Poms being used for a pom solo do not count as props.

### **SOLO DIVISIONS AND CATEGORIES:**

- College- Over 18 years old
- Senior- 17 to 18 years old
- Teen- 15 to 16 years old
- Junior- 12 to 14 years old
- Youth- 9 to 11 years old
- Mini- 6 to 8 years old
- Tiny- 3 to 5 years old

There will be a limit of 5 solos per team.

## **ROUTINE RULES AND GUIDELINES**

### **WEIGHT BEARING SKILLS**

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed.

### **TUMBLING AND TRICKS (Executed by Individuals)**

#### **ALLOWED**

Aerial Cartwheels  
Forward/Backward Rolls  
Shoulder Rolls  
Cartwheels  
Headstands  
Handstands  
Backbends  
Front/Back Walkovers  
Stalls/Freezes  
Head spins  
Windmills

#### **NOT ALLOWED**

Front Aerials  
Front/Back Handsprings  
Front/Back Tucks  
Side Soma  
Layouts  
Shushunova  
Headsprings (without hand support)  
Dive Rolls (In any position)  
Continuous double (partner) cartwheels  
Toe Pitch Back Tucks

Kip up  
Round Off  
Headsprings (with hand support)

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
2. **Aerial cartwheels are not allowed while holding poms. They must be placed in one hand or executed with hands free poms. There are no exceptions to this rule.**
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova (see glossary) are not allowed.
6. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band” /”bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

**ON BEHALF OF MY DANCER, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES  
AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.**

\_\_\_\_\_  
(Advisor/Coach Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Soloist/Competitor Signature)

\_\_\_\_\_  
(Team Name/City/State)

\_\_\_\_\_  
(Administrator/Gym Owners Signature)

\_\_\_\_\_  
(Division)

**\*Retain a copy of these rules for your files\***