



UDA COLLEGE HOME ROUTINE RULES 2018

Effective April 1, 2018

**These rules apply to COLLEGE teams ONLY for home routines.*

*Red print denotes a change from prior year**

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 divisions in which they compete.
2. Formal, excessive, and choreographed 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, including backstage and practice area are prohibited (water, powder, glitter, fire, sliding oil, etc).
4. Teams may dance off of the performance floor; however, all routine choreography for the entire team must begin and end on the performance surface. Jumping on or off the performance surface is prohibited.
5. Time limit is as follows: college teams will have a maximum of (2) two minutes to demonstrate their style and expertise.
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, dance teams should email dancemusic@varsity.com. Please check Preferred Provider list for updates and changes periodically.
3. Teams must have proof of licensing, a printed copy, with them at all times.
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.

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.

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 allowed, however, they must fit through a 36 inch door. Props must be handheld and cannot be used to bear the weight of the dancer. Any props used must first be approved through the UDA National Office. To get them approved, please send an email to audashen@varsity.com.

HANDS FREE POMS

The use of hands-free poms will be allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.

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, as long as a clean hand is still being placed on the floor for all skills. ***Please reference the Hands Free Poms section for more details***

TUMBLING AND TRICKS (Executed by Individuals)

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Aerial Cartwheels	Front Aerials
Forward/Backward Rolls	Front/Back Handsprings
Shoulder Rolls	Front/Back Tucks
Cartwheels	Side Somi
Headstands	Layouts
Handstands	Shushunova
Backbends	Headsprings (without hand support)
Front/Back Walkovers	Dive Rolls (In any position)
Stalls/Freezes	Continuous double (partner) cartwheels
Head spins	Toe Pitch Back Tucks
Windmills	
Kip up	
Round Off	
Headsprings (with hand support)	

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support are allowed. 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 be executed with hands free poms. There are no exceptions to this rule. **If a team chooses to move the poms to one hand, and later touches down with that hand then a penalty will be issued.**
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. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. 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.
6. 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 are not allowed.

DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. **Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; Swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).**
4. Hip over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed as long as:
 - a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
 - a. The highest point of the released skill does not elevate the Executing Dancer's feet above head level of the Supporting Dancer, and the Executing Dancer lands on his/her feet.
 - b. The Executing Dancer may not pass through the prone or inverted position after the release.
 - c. Toe pitch back tucks are not allowed.

2. A Supporting Dancer may release/toss an Executing Dancer if:
- a. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level.
 - b. The Executing Dancer is not supine or inverted when released.
 - c. The Executing Dancer does not pass through a prone or inverted position after release.
 - d. Toe Pitch back tucks are not allowed.

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

(School/Team Name)

(Date)

(City/State)

(Advisor / Coach's Signature)

(Division — Junior High, Senior All Star, etc.)

(Administrator's Signature)

[Retain a copy of these rules for your files](#)