

NDA SCHOOL COMPETITION RULES

NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

INTERMEDIATE RULES & GUIDELINES

The Intermediate Divisions have been created specifically for Varsity Dance Teams who are interested in competing at the regional and national level with others at the same technical level. These divisions are a great fit for teams who are new to competing, have less than five years of dance experience or who are only able to train a limited amount of time each week.

Intermediate divisions for NDA will be offered for Varsity Pom, Varsity Jazz and Varsity Hip Hop categories and will have additional skill restrictions. The skill restrictions will be the same for both UDA and NDA. This will help to ensure teams will compete against others on the same technical level and will help to maintain the spirit of the division.

TUMBLING AND SKILLS (Executed by Individuals)

1. **Weight bearing** tumbling skills (with or without hip over-head rotation skills) must not be connected to any other **tumbling** skill or technical element.
2. **Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move.**
 - i. **Clarification: The stop/completion of one tumbling skill cannot be a prep into another technical skill.**
3. 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).
 - a. The proper use of hands-free poms for hip over-head skills is allowed.
4. Tumbling skills with hip over-head rotation:
 - a. Airborne skills with or without hand support are not allowed. (Exception: Headsprings with hand support not connected to any other skill or technical element are allowed.)
5. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
6. Choreographed 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.
7. 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.
 - a. All variations of a shushunova (see glossary) are not allowed.
8. Kip ups with hand support must initiate from the back/shoulder area touching the ground.
Exception: A roll to the ground prior to initiating a kip up would be allowed

****Note: The following are lists of commonly known dance skills. This does not mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal.****

ALLOWED:

Front/Back Walkovers
Kip Ups (With hands)
Round off
Shoulder Rolls
Stalls/Freezes
Headsprings (with hands)

Forward Rolls
Backbends
Backward Rolls
Handstands
Cartwheels
Headstands

NOT ALLOWED:

Front Tucks
Back Handsprings

Front Aerials
Barani

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Aerial Cartwheels
No Handed Headsprings
Dive Rolls
Toe pitch
Back Tucks
Layouts

Shushunova
Side Sumi
Front Handsprings
Windmills
Head Spin

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. Thigh stands, shoulder sits, and chair sits are allowed.
3. The following cheer-based stunts are not allowed:
 - a. Elevators
 - b. Extended cheer stunts (the lifted dancer is extended in an upright position over the base(s) who maintain fully extended arms and have the lifted dancers' feet in hands)
 - c. Pyramids and basket tosses.
4. Swinging in and out of lifts and tricks in the prone and/or supine positions is not allowed; 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).
If executing dancer is not in direct contact with the performance surface, then hip over head rotation are not allowed.
 - a. Assisted kip ups with hands **WOULD** be allowed
5. **If executing dancer is not in direct contact with the performance surface, then vertical inversions are not allowed.**

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. The Executing Dancer(s) may not be released.

TURNING SKILL/ELEMENT RESTRICTIONS

1. Stationary turns are allowed provided the following:
 - a. Pirouette turns may be executed in a passe, coupe, pencil, or attitude position and are limited to two rotations.
 - b. Leg hold turns and illusions are limited to one rotation.
 - c. Axels and **Tours** are not permitted
 - d. **Chaine and Pique turns may be connected if they meet the following requirements:**
 - i. **They can only be connected to the same skill (Chaine turns performed consecutively OR Pique turns performed consecutively)**
 - ii. **Only single rotation Pique turns are allowed**
 - iii. **Chaine to a fan kick IS allowed**
 - iv. **Chaine and Pique turns cannot be connected to any other skill or technical elements.**
 - e. **Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move.**
 - i. **Clarification: The stop/completion of the turn sequence cannot be a prep into another technical skill.**
2. Fouette turns/A la Seconde turns sequences are allowed provided the following:
 - a. Teams are limited to a maximum of two separate sequences. These can be performed by one or more team members. Turn sequences may not be performed consecutively.

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- b. Turn sequences are limited to Fouette turns, A la Seconde turns and Pirouettes only.
 - i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
 - ii. Floats are not permitted.
 - c. Turn sequences are limited to one eight count of turning. This does not include the preparation or ending/completion of the turn sequence. (Example: Preparation on counts 7-8, three a la seconde turns into a double pirouette on counts 1-8, completion/landing on count 1.)
 - d. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move.
 - i. Clarification: The stop/completion of the turn sequence cannot be a prep into another technical skill.
3. Leaps/Jumps are allowed provided the following:
- a. Leaps/jumps that release the head toward the back must be performed stationary and cannot be connected to any other skill or technical element. (Example: A dancer preps from standing position into a C jump with released head IS allowed. A dancer doing a chasse, step, ring leap with head released IS NOT allowed.)
 - b. Preparations for traveling leaps are limited to a step or chasse. A chaine turn used as a preparation directly into a leap is not permitted.
 - c. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill or technical element. The landing must not be a preparation for another skill or technical element.
 - d. Switch leaps in any form are not permitted.
4. Kicks/Kicklines
- a. Kicks/Kicklines are allowed and are not restricted in number.

****Note: The following are lists of commonly known dance skills. This does not mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal.****

ALLOWED:

Chaine Turn	Grand Jete
Pique Turn	C Jump
Pirouette	Side Leap
Fouette Turn	Firebird
A La Seconde Turn	Illusion
Toe Touch	Leg Hold Turn

NOT ALLOWED:

Switch Leap	Renverse Jump
Floats	Turning Disc
Switch Tilt	Calypso
Turning Switch Tilt	Axels
Turning C Jump	540 Jump