

NDA SCHOOL COMPETITION RULES

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

DIVISIONS	AGE / PARTICIPANT #'s	CATEGORIES	MINIMUM TIME LIMIT	MAXIMUM TIME LIMIT
Elementary School	6th grade & below (5 - 40 members)	Pom, Hip Hop, Jazz	no minimum	2 minutes*
Junior High/ Middle School**	9th grade & below (5 - 40 members)	Pom, Hip Hop, Jazz, Kick, GMD***	no minimum	2 minutes */***
Intermediate	12 th grade & below (5 - 40 members)	Jazz, Pom, Hip Hop	no minimum	2 minutes
Junior Varsity	12th grade & below (5 - 40 members)	Pom, Hip Hop, Jazz, Kick, TP*, GMD***	no minimum	2 minutes */***
Small Varsity	12th grade & below (5 - 10 members)	Pom, Hip Hop, Jazz, Kick, TP*, GMD***	no minimum	2 minutes*
Medium Varsity	12th grade & below (11 - 14 members)	Pom, Hip Hop, Jazz, Kick, TP*, GMD***	no minimum	2 minutes*
Large Varsity	12th grade & below (15 - 40 members)	Pom, Hip Hop, Jazz, Kick, TP*, GMD***	no minimum	2 minutes*

TP = Team Performance

*All Team Performance Category time limits are 2 minutes 15 seconds (2:15)

GMD = Game Day

***All Game Day Division time limits are 3 minutes (3:00)

**Teams made up of only 9th grade members may not compete in the Junior High/Middle School division.

Generally, High School/Junior High dance teams are made up of members from the same High School and/or Junior High or whose members are recognized by the High School/Junior High School district administration as being the official dance team of that High School/Junior High. High School/Junior High dance teams perform for particular organized sports at their school. Every team must consist exclusively of members that have not graduated from high school. Divisions are determined by the grade of the participants at the time of the competition, regardless of the participants' current ages. Every member of a team representing a school must be officially recognized by the competing school's administration as a member of the competing school's dance team. **Junior Varsity teams may not be the primary competitive dance team or the only dance team at their school.**

NDA strongly recommends that you have an alternate, not associated with another team, who is prepared to substitute in the event of injury, probation, etc. Once a team checks into the Championship, the team will not be allowed to change Divisions due to an injury (exception: if an injury reduces the number of participants on the team to below the Division requirement prior to their first performance).

All NDA Divisions are open to females and/or males. Teams are required to have a minimum of five members, and a .5 general rule deduction will be given for below the minimum participant number. Any participant on the performance floor is considered as a member. At the NDA National Championship, and at the discretion of NDA, Divisions may be split/combined based on the number of dancers per team in each Division. Participants may not compete in multiple Divisions of the same Category at the same Competition (i.e. a dancer may not compete in Small Varsity Jazz and/or Large Varsity Jazz and/or Junior Varsity Jazz at the same Competition). Dancers and teams may perform in varying Divisions based on the numbers of participants in each Category or style (i.e. a team may enter Large Varsity Pom and Small Varsity Jazz). Teams must compete all routines at the same level with the exception of Kick, Team Performance, and Game Day since those do not have Intermediate divisions offered. (i.e. a team can compete in Varsity Intermediate Pom and Small Varsity Game Day but cannot compete in Varsity Intermediate Pom and Small Varsity Jazz.)

Note: At NDA's discretion, divisions will be split when there are at least 3 teams registered in the split division at NDA Regionals & Classics. Not all Divisions will be offered at NDA Nationals. Please see nda.varsity.com for the most up-to-date info on NDA Nationals. Please see NDA Soloist & Small Group Rule Book for divisions and rules concerning Solos, Duets, Ensembles and Officer Lines.

Please note that any or all tumbling/aerial skills, lifts/partnering, and/or dismounts are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.