NDA BY VARSITY SPIRIT

NATIONAL CHAMPIONSHIP NDA

2027 NDA HIGH SCHOOL NATIONAL CHAMPIONSHIP

FEB. 12-15, 2027

ORLANDO, FLORIDA

2026-2027

RULES & REGULATIONS

NDA SCHOOL

NDA SCHOOL COMPETITION RULES

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

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**See Varsity Spirit School Soloist & Small Group Rule Book for divisions and rules concerning Solos, Duets, Ensembles and Officer Lines.*

**All 2026-27 updates/changes are displayed in RED font.*

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VARSITY SPIRIT RULES AND REGULATIONS

CODE OF CONDUCT

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants and coaches/owners/directors in all facets of team practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, Varsity Spirit asks that all participants, coaches, gym owners, directors and spectators adhere to and know the Code of Conduct and Prohibited Items for all Regional, Virtual, and Championships events.

To review the entire policy please click here: Varsity Spirit – Safety

EVENT ELIGIBILITY

Varsity Spirit will require that all coaches, directors, choreographers, and personnel wishing to access the warm up area, backstage, coaches' box, or athlete areas at our competitions have required credentialing, background check, and safeguarding as required by each event.

To review the entire eligibility policy please click here: Varsity Spirit - Event Eligibility

EVENT GUIDELINES

The coach/director of each team is responsible for understanding and following the Event Guidelines. Event Guidelines include:

- General Guidelines
- Safety Guidelines
- Music Guidelines
- Interruption of Performance
- Competition Area
- Warm Up Room Policy
- Spotter Policy

To review additional information, click here: Varsity Spirit - Event Guidelines

EVENT POLICIES

All attendees are expected to follow event policies to ensure a respectable and secure environment.

To review the event policies, click here: Varsity Spirit - Event Policies

NDA SCHOOL COMPETITION RULES

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SCHOOL DANCE DIVISIONS

DIVISIONS	AGE / PARTICIPANT #'s	CATEGORIES	MINIMUM TIME LIMIT	MAXIMUM TIME LIMIT
Traditional Rec – 12Y	2014 and Later (5-40 members)	Pom, Hip Hop, Jazz	No minimum	2 minutes
Traditional Rec – 14Y	2012 and Later (5-40 members)	Pom, Hip Hop, Jazz	No minimum	2 minutes
Traditional Rec – 12-18Y	6/1/2008-2014 (5-40 members)	Pom, Hip Hop, Jazz	No minimum	2 minutes
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	12th grade & below (5 – 40 members)	Jazz, Pom, Hip Hop	No minimum	2 minutes
Freshman	9th & 10th grade (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, Military, TP*, GMD***	No minimum	2 minutes*/***
Medium Varsity	12th grade & below (11 - 14 members)	Pom, Hip Hop, Jazz, Kick, Military, TP*, GMD***	No minimum	2 minutes*/***
Large Varsity	12th grade & below (15 - 40 members)	Pom, Hip Hop, Jazz, Kick, Military, TP*, GMD***	No minimum	2 minutes*/***

Note: Recreational Divisions will not be offered at the NDA High School National Championship

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.*

Intermediate Divisions will be split into Small (5-10) & Large (11+) at the NDA High School National Championship when there are 20 teams registered within division. Intermediate divisions will be split into Small (5-10), Medium (11-14) & Large (15+) at the NDA High School National Championship when there are at least 30 teams registered within the 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. See full cooperative team guidelines on page 6. 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. **Freshman & Junior Varsity teams may not be the primary competitive dance team or the only dance team at their school**. Teams are only eligible to compete in the Freshman Division if both a Junior Varsity team and a Varsity team from the same school are also competing at the event.

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 High School 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. Example: At an NDA Regional, if there are 5 teams registered (3 small, 2 medium), the division will not be split because there are not 3 teams in each split division. When/if a division has less than 3 teams, they may be combined into the same size division. Example: If there were 8 teams registered (5 small, 2 medium, 1 large), Small would split (5 Small), and Medium and Large (3 Medium) would be combined. Please see nda.varsity.com for the most up-to-date info on NDA Nationals. Please see Soloist & Small Group Rule Book for divisions and rules concerning Solos, Duos, and Trios.*

ELIGIBILITY POLICY

In fairness to all, NDA strictly enforces its age requirements for each division. NDA reserves the right to assess a penalty, disqualify, reclaim all awards and/or remove television appearance for any team found to be in violation of the eligibility policy, whether before, during or after the Event.

A Team Roster Form is required for all teams participating in an NDA Championship. One roster must be completed per team, and should include each participant's name, age and birth date. This form must be signed and given to NDA during the Event Check-In or submitted within registration. A school representative must sign and date this form.

NDA SCHOOL COMPETITION RULES

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Schools participating in cooperative sports agreement must have written permission from their single governing school board and send in an official request on school board letterhead to ndascoring@varsity.com for approval to the Rules Committee to compete as one team by **December 1, 2026**.

1. Cooperative teams are limited to combining from no more than 2 (two) schools*.
2. Both schools must be in one school district or governed by one school board.
3. Cooperative teams must support the school(s) athletics/ endeavors throughout the year and not solely combined for competition purposes.
4. If each school has its own official spirit squad, the two schools would not be allowed to combine athletes from both teams onto one combined competition team.
5. If approved, the team must compete as one for the entire 2026-2027 event season.
6. *Any co-operative agreements outside of these parameters, please email ndascoring@varsity.com.

RECREATIONAL GUIDELINES

1. Athlete eligibility will be based on the birth year, or partial year listed to be eligible for that division. All recreational divisions can be found on the NDA Division List
2. Teams must submit a Varsity Recreational Roster Verification Form at each event. This form can be found online under Required Forms.
3. Recreational Teams will require all coaches to have a USA Cheer Membership. At least one coach must have the USA Cheer Coach membership that includes the USA Cheer Youth Safety Risk Management certification course and must accompany the team at every competition. Proof of certification is required upon registration for every event.
4. Recreational teams will follow all NDA Routine Safety Rules and Regulations as listed below.
5. For the 2026-2027 event season, Recreational divisions will be offered at regionals only and not eligible to compete at the NDA High School National Championship.

GENERAL GUIDELINES

1. All teams must be supervised during all official functions by a qualified coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the dancer and team skill level regarding proper performance placement.
3. 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.
4. All programs should have, and review, an emergency action plan in the event of an injury.
5. No technical skills should be performed when a coach is not present or providing direct supervision.
6. All practice sessions should be held in a location suitable for the activities of dance and away from noise and distractions.
7. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
8. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performing area should be reasonably free of obstructions. Dancers should not perform technical skills on:
    - concrete, asphalt, or any other hard, uncovered surface
    - wet surfaces
    - uneven surfaces

- surfaces with obstructions

9. The dance team coach or other knowledgeable designated school representative should be in attendance at all practices, functions, and games.

COMPETITION ROUTINE GUIDELINES

1. Teams must have at least five (5) members. Any person on the performance floor is considered a team member.
2. Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
3. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
4. All staging, backdrops, special effects, costumes, or any items that may damage or otherwise alter the performance floor or environment, including backstage and practice area, are prohibited, including but not limited to water, baby powder, sliding oil, fire, feathers, etc.
5. The team's name will be called twice: once as the team is on deck and once as the performing team.

CHOREOGRAPHY

1. Deductions will be given for vulgar or suggestive choreography, which includes but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited to: swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.
2. Routines must be appropriate for family viewing. Suggestive, offensive, or vulgar choreography, costuming and/or music is inappropriate for family audiences and therefore lacks audience appeal. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc.), words, costuming or music will result in a .5 deduction per violation.
3. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material 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 and/or music may affect the judges' overall impression and/or score of the routine.
4. All choreography should be age appropriate.

COSTUMING

1. When all dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the sternum/diaphragm down, front of the body only. Low cut backs and side cut outs that expose the waistline AND/OR front of the hips will not be allowed. Nude body liners are acceptable. Costuming must be well secured throughout the entire performance and be age appropriate and acceptable for family viewing. This rule applies to all divisions.
2. Non-marking shoes or bare feet are acceptable when competing. Dance paws are acceptable. Wearing "socks only" and/or "footed tights only" is prohibited. Shoes with wheels are not allowed

(i.e. roller skates, roller blades, heelys, etc.).
   a) Clarification: Socks designed for dance that provide shock absorption, arch support, ankle stability, and traction are allowed.
3. Jewelry as a part of a costume is allowed. (Clarification: safety of the dancer should be considered.)
4. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.

UNIFORM DISTRACTIONS

The Legality Official, Head Judge or NDA Official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (i.e. garment not being securely fastened/attached, straps break, pants split, etc.). All uniform pieces must be secured to eliminate any possibility of a wardrobe malfunction with appropriate undergarments worn. If, in the event, a uniform malfunction was to occur resulting in indecent exposure, it will be the responsibility of the coach/sponsor to ensure the music is stopped from the music table.

PROPS

Poms are allowed, but props are not allowed. See glossary for prop definition. Wearable items used to enhance the routine are allowed but must remain connected to the garment/costume throughout entire performance. If taken off and danced with, it becomes a prop. Wearable items cannot be taken off and discarded. Poms used in a pom routine do not count as props.

Note: Refer to pages 10-11 section for prop use in Game Day Division.

ENTRANCES AND EXITS

1. Formal entrances which involve dance or technical skills are not permitted. Dancers should enter the performance area in a timely fashion. Entrances/exits will not be judged as part of the routine.
2. All performers (unless injured) must remain within the performance area throughout the entire performance. Dancers can only enter and exit the performance area through the designated entry and exit points.

TIME LIMITATIONS

1. Teams competing in the Team Performance Division will perform a choreographed routine not to exceed 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. Routines must clearly encompass a minimum of 30 CONSECUTIVE seconds of all four styles: Jazz, Pom, Kick, and Hip Hop. If the Legality Official, as well as the Judging Panel, does not think the routine meets the requirements, a .5 score deduction may occur. Judges' decisions are final.
2. Teams competing in the Jazz, Pom, Hip Hop and Kick Divisions will perform a choreographed routine not to exceed 2 minutes (2:00) to demonstrate their style and expertise.
3. Teams competing in the Game Day Division will perform 3 sets of choreography not to exceed 3 minutes (3:00), including transitioning between sections.
   a. Each component has a maximum time limit of 1:00 per section. Voice-overs and words recorded or overlayed on the music tracks are not allowed in the Fight Song and/or Spirit Raising sections and/or any transitions.
   b. The 1:00 time limit of each section will begin and end at the start and stop of the music for

each section. Teams must show a clear separation between elements, with no music, voice-overs or overlayed words being played during transitions from format to format

4. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. Teams must exit the performance area immediately following the Routine.

<u>TEAM PERFORMANCE:</u> 2 MINUTES 15 SECONDS (2:15)
<u>JAZZ, POM, HIP HOP AND KICK:</u> 2 MINUTES (2:00)
<u>GAME DAY:</u> 3 MINUTES (3:00)

5. Judges will time each routine with a stopwatch or similar device. Their time will be considered the official time of the routine. Due to speed variations on different sound systems, the judges will not give a deduction until their clock shows three seconds over the time limit.
6. Time limit violations (for both the music portion and/or total Routine time) are as follows:
    a. 3 - 5 seconds over time will result in a .5 deduction
    b. 6 - 10 seconds over time will result in a 1.5 deduction
    c. 11 or more seconds over time will result in a 2.5 deduction
        i. For Game Day – Deductions above are applicable to total time. Each individual section will be deducted .25 for surpassing 1 minute maximum.

TEAM PERFORMANCE

Dance teams competing in the Team Performance category at the NDA High School National Championship and/or an NDA Regional Championship will be required to submit a Routine Outline for their Team Performance with registration. The Routine Outline will consist of a breakdown in minutes/seconds of the style of dance being performed at that time. While a team is competing, the Legality Official will reference the team's outline to determine that routine requirements have been met.

KICK

Kick routines must have at least 45 kicks, performed by a majority of the team. NDA suggests your routine have more than 45 kicks to ensure meeting the minimum requirements. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least 90 degrees from the ground. Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks. See score sheet and range of scores for more information.

KICK RULE CLARIFICATIONS

1. Majority is defined as 50% of the team members. Teams with odd numbers will have the allowance of 1 less. *Example: A team has 17 members. Both 9 dancers executing a kick AND 8 dancers executing a kick will count as "majority."*
2. Tick-tock kick lines: Each set of the tick-tock will count as one kick, as long as a majority of the team executes the tick-tock sequence.
    a. *Example 1: A team has a total of 20 dancers. They perform 5 sets of tick-tock kicks. Five (5) kicks will count toward the required minimum, as a majority (20) was executing the tick-tock sequence.*
    b. *Example 2: A team has a total of 20 dancers. Three groups of 3 dancers (9 total) execute lifts while a line of 11 dancers executes 3 sets of tick-tock kicks. Three (3) kicks will count towards the required minimum.*
    c. *Example 3: A team has a total of 20 dancers. Twelve dancers perform a turn sequence center stage while 2 sets of 4 dancers (8 dancers total) perform 6 sets of tick-tock kicks. No kicks will*

count towards the required minimum, as therewas never a majority of team members executing kicks.

3. Leg Holds: As long as the leg hold is lifted off the ground with force at or above 90 degrees and is performed by a majority of the team, it is considered a kick that counts towards the requirement.
4. Contracted/Can-can kicks: See the 4th sentence in the Kick Category Description, as long as it happensabove 90 degrees, whether held or not held by an arm, all will count as separate kicks.
5. Ripples/contagions: When a kick is performed in a ripple or contagion by a majority of the team, it will count as one (1) total kick toward the required minimum. Chasing ripples will count as one (1) kick however many times it is completedby a majority. *Example: A chasing ripple of 3 high kicks goes down the line of an entire team, and* all 3 kicks are performed by all dancers. This will count a 3 kicks total towards the minimum requirement.
6. Kicks while kneeling or sitting: See the 3rd sentence in the Kick Category Description, these do not count towards the required minimum, as the dancer does not have one foot on the floor.
7. Each Kick team will now have to submit the total number of majority kicks in their routine before or at check-in. Ourhope is that this will create more awareness and will give the Legality Officials a reference, just like we do with theTeam Performance Routine Outline.

NOTE: The 45 minimum required kick rule does NOT apply to the Kick section of the Team Performance Category.

NDA GAME DAY DIVISION

GAME DAY TEAM GUIDELINES

1. The competition is open to all Junior High/Middle School, Junior Varsity, and Varsity dance teams.
2. Teams must have a minimum of five (5) dancers; maximum allowed is forty (40).
3. Individuals may not represent more than one team at the National Championship.
4. There are SIX separate NDA Game Day divisions:
   a. Junior High/Middle School Game Day – 9th grade & below (Teams made up of only 9th grade members may not compete in the Junior High/Middle School division)
   b. Junior Varsity Game Day – 12th grade & below (Junior Varsity teams may not be the primary or the only dance team at their school)
   c. Small, Medium & Large Varsity Game Day – 12th grade & below
   d. 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 highschool. 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.
5. Individuals are NOT permitted to compete in two divisions within the same school in the Game Day category. (Example:A dancer is not allowed to compete with both a JV Game Day and a Varsity Game Day team). Individuals are also NOT permitted to compete on two different school teams. (Example: A dancer is not allowed to compete with ABC Junior High and XYZ High School or ABC High School and XYZ High School).
6. Dance teams competing in the Game Day category at the NDA High School National Championship, will be required to submit a Routine Outline for their Game Day routine at check-in. The Routine

Outline will consist of a breakdown in minutes/seconds of the 3 sections and what routine type is incorporated in the Spirit Raising portion. A Routine Outline Form will be included in the Required Paperwork sent prior to the Championship. While a team is competing, the Legality Official will reference the team's outline to determine that routine requirements have been met. If the Legality Official, as well as the Judging Panel, does not think the routine meets the above requirements, a .5 deduction may occur. Judges' decisions are final.

GAME DAY SCORING, COSTUME / PROP GUIDELINES, TIME LIMIT,QUALIFICATION, JUDGING & SAFETY RULES

1. Teams will be evaluated and scored on each section of the Game Day Format. Within each section, performances will be scored on synchronization, execution of motion/skills and game day effectiveness.
    a. Each component should have a beginning and an ending.
2. The performance will follow this order: Fight Song, Spirit Raising Performance, Performance Routine
    a. Dance teams competing in the Game Day category will be required to submit a Routine Outline for their Game Day routine.
3. Teams are required to wear a traditional uniform typically worn when representing your school. These should be in school colors.
4. Teams may use poms and/or rally towels, but they are not required. No other props are allowed.
    a. Signs are allowed for fight song and spirit raising section only.
        i. Signs must be made of poster board, corrugated plastic or fabric.
        ii. Flags are not allowed.
        iii. Signs may not be larger than 3 feet in any direction.
        iv. Signs may not be affixed to a pole, stick or other similar device that extends the sign past 3 feet.
        v. Signs and/or rally towels cannot be tossed or thrown off the stage or into the crowd and must be safely placed away from performing athletes.
        vi. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
5. Mascot uniforms are allowed and must remain in the performance area throughout the entire performance.
    a. The mascot may not perform any hip over head rotation skills, dance lifts, or partnering.
6. The entire Game Day performance should not exceed 3:00 total, including transitioning from section to section. Each component has a maximum time limit of 1:00 per section. Voice-overs and words recorded or overlayed on the music tracks are not allowed in the Fight Song and/or Spirit Raising sections and/or any transitions.
    a. The 1:00 time limit of each section will begin and end at the start and stop of the music for each section. Teams must show a clear separation between elements, with no music, voice-overs or overlayed words being played during transitions from format to format.
7. Teams only entering the Game Day division do not require qualification before registration.
8. There will be two rounds for Game Day divisions; prelims and finals.
9. Teams will follow the same Safety Rules as all other NDA Divisions.
    a. Exception: Teams may perform technical/tumbling skills while "rallying" onto the floor prior to the Fight Song section.
10. Game Day Category Scores **WILL** be included for Grand Champion.

DEDUCTIONS

Scores for each caption will range from 0-10, including tenths of points (i.e. 5.5, 9.2, etc.). The maximum number of points on each score sheet does not always total 100, so the scores will be entered into a computer that will add the raw totals, average them, and then convert the average score into a 100-point scale. All penalties will be deducted from the converted 100-point scale score to get the FINAL SCORE.

DEDUCTION VALUES

a. .25 – exceeding the allotted 30 seconds to begin a performance once announced to the floor, costume/shoe rules, Timing Infraction (Game Day sections exceed 1 minute)
b. .5 – Performance Errors – any skill or trick executed incorrectly making it illegal (example: touching down on an aerial with non hands-free poms), Timing Infraction (3-5 seconds over), Major Falls, Team Performance routine requirements
c. 1.0 – General Rules – not enough kicks, prop rules, music during Game Day transitions, recorded or overlayed voice-overs on the music tracks in Game Day Routines (FS & SR ONLY).
d. 1.5 – Safety Rule Violations, Timing Infraction (6-10 seconds over time), Intermediate Rule Violations
e. 2.5 – Timing Infraction (11 or more seconds over time)

MAJOR FALLS

Serious falls incurred by one or more dancers that could result in injury or falls from a lift to the performance surface will result in a .5 deduction for each incident. Note: these falls are typically a result of a dancer(s) performing skills beyond their proficiency.

SAFETY VIOLATIONS / GENERAL COMPETITION RULES

A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will range from .25 to 2.5, depending upon the severity of the violation (see below for deduction values). Intermediate division rule violations will result in a 1.5 deduction.

Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NDA Safety Rules section to ensure your team does not have any safety violations. NDA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered.

- Deductions and/or penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final. Ties will not be broken. Tying teams will share the title and/or ranking.
- NDA has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in this book. NDA will render a judgment in an effort to ensure that the Competition is conducted in a manner consistent with the general spirit of the Competition and NDA.

QUESTIONS AND DISPUTE RESOLUTIONS

At an Event, questions or concerns regarding score sheets, legalities and other issues should be addressed exclusively by the coach. Please direct such inquiries to the Event Information Booth. The appropriate competition official will be contacted to discuss any questions or concerns.

NDA SCHOOL COMPETITION RULES

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LEGALITY REVIEW

As a coach, it is important to be current on the NDA Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your video inquiry.

1. All questions must be in written form.
2. Due to the differences in interpretation and terminology, no phone calls will be accepted.
3. Due to variance in camera angles/perspective, rulings on videos are not guaranteed.
4. **Do not rely on prior rulings from NDA Regional Championships.**
5. **Legality rulings will not be provided with a digital dance critique, a separate legality verification must be submitted.**
6. Costume approval must be submitted in photograph format with at least one (1) athlete wearing the costume in question. Front and back views of costume must be shown. Official approval cannot be given to sketches or drawings.
7. Music approval must be submitted in either MP3 or WAV format.
8. For all legality questions, you must send a video that contains the skill in question (each skill in question should be sent as a separate video clip).
9. A separate video must be submitted for each competition to ensure legality.
10. Video must include the following:
    a. Front, side and back view of skill.
    b. Name of the Championship where you will be performing skill and the Division you will be performing in.
    c. Include your name, team name, email and phone number with your video.
    d. Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NDA.

REMINDERS

- VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED.
- DO NOT DEPEND ON YOUR CHOREOGRAPHER OR COACH TO DETERMINE IF SOMETHING IS LEGAL.
- IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE NDA OFFICE.

VIDEOS MUST BE RECEIVED IN THE NDA OFFICE at least **TWO WEEKS PRIOR** to the Championship date. Videos not received in the NDA office three weeks prior to the championship date will **NOT** be reviewed.

Email videos to: **ndascoring@varsity.com**

NDA SCHOOL COMPETITION RULES

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NDA ROUTINE SAFETY GUIDELINES

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.

TUMBLING & AERIAL STREET STYLE SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand (Exception: Forward Rolls and Backward Rolls are allowed).
    a. The proper use of hands-free poms for hip over head rotation skills is allowed. (See Glossary)
2. Tumbling skills with hip over head rotation:
    a. Airborne skills with hand support may not be airborne in the approach but may be airborne in descent. (Exception: Dive Rolls are not allowed).
        i. Standing back handsprings are allowed, but cannot be connected to any other tumbling skill.
    b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
    c. Are limited to 3 connected skills (i.e. 3 consecutive Headsprings are allowed; 4 are not allowed).
3. Hip over head airborne skills without hand support are not allowed (Exception: Aerials and/or side somis not connected to any hip over head rotation skill are allowed.)
    a. Recommendation: If using NON hands-free poms in an aerial and/or side somi, dancers SHOULD place both poms in non-dominant hand. (If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, the dancer would be in violation of rule 1.)
4. Simultaneous tumbling over or under another dancer that includes hip overhead rotation by both dancers is not allowed.
5. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performance 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 is allowed from a standing or kneeling position or from ajump with forward momentum. All variations of a Shushunova (see glossary) are not allowed.
7. Airborne skills without hip over head rotation may not jump from a standing or squatting position with backward momentum landing onto the neck, shoulders and hands.
    a. Any kip up (see glossary) motion must initiate from the back/shoulder area touching the ground. (Note: This rule refers specifically and only to the “kip up” skill.)
    b. Kip ups are not allowed while holding poms or props. The proper use of hands-free poms for kip ups is 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:

Aerial Cartwheels	Front/Back Walkovers
Front Handsprings	Round Off (with or without hands)
Side Somi	Head spins
Forward Rolls	Windmills
Backward Rolls	Kip Ups
Cartwheels	Shoulder Rolls
Headstands	Headsprings (with hands)
Handstands	Backbends

Stalls/Freezes
Front Aerials
Standing Back Handsprings
Kip up without hands

NOT ALLOWED:

Front Tucks
No handed headsprings
Dive Rolls
Toe Pitch
Back Tucks
Layouts
Shushunova
Rubber band/Bronco

DANCE LIFTS & PARTNERING (EXECUTED BY GROUPS OR PAIRS)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface throughout the entire skill (exception: Kick Line Leaps and jumps).
2. At least one Supporting Dancer must maintain contact with Executing Dancer(s) throughout the entire skill.
    a. Lifting with poms is allowed.
    b. Extensions, pyramids, and basket tosses are NOT allowed.
3. 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.
4. Vertical Inversions may occur as long as ALL of the following apply:
    a. The Supporting Dancer(s) maintains contact until the Executing Dancer returns to the performance surface or returnsto the upright position.
    b. When the height of the Executing Dancer's shoulders exceed shoulder level there is at least one additional dancer to spot who does not bear weight.
        i. (Exception: When there are 3 or more Supporting Dancers, an additional spot is not required.)

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 release does not elevate the Executing Dancer's feet above head level.
        i. Exception: Leap frog jumps are allowed.
    b. The executing dancer's hips may not cross the vertical axis after the release if airborne and/or inverted.
    c. Toe Pitches are not allowed.
2. The Supporting Dancer(s) may toss an Executing Dancer if:
    a. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the supporting dancer.
    b. The Executing Dancer is not supine or inverted when released.
    c. The executing dancer's hips may not cross the vertical axis if airborne and/or inverted.
    d. Toe Pitches are not allowed.

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.

INTERMEDIATE TECHNICAL SKILL/ELEMENT RESTRICTIONS

Connecting skills are not required but are permitted. Dancers may connect up to two skills (tumbling, technical, and/or lifts) within a single sequence, provided they follow the skill restrictions listed below. After completing a skill or connected sequence, dancers must perform at least 8 counts of choreography before initiating another skill or sequence. These skill restrictions apply to all intermediate sections below.

1. Example 1: Chaine' connecting to a calypso is allowed.
2. Example 2: Double Pirouette into a toe touch is allowed.
3. Example 3: Leg extension into a soutenu into a turn sequence is NOT allowed (exceeds two connected skills).

Turn sequences are the exception and may not be connected to any other skill, technical element, or sequence. Dancers must perform at least 8 counts of choreography before and after a turn sequence.

1. Example 1: A leap into a fouetté turn sequence is NOT allowed (turn sequences may not be connected).

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/or Tours are not permitted
d. Chaine and Pique turns may be performed in succession; however, no more than two connected skills may be included in a sequence.
    i. Piques are limited to a single rotation.

2. Fouetté 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.
b. Turn sequences are limited to Fouetté turns, A la Seconde turns and one set of single or double pirouettes as permitted below.
    i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions.
    ii. Floats are not permitted.
    iii. No leg hold turns of any kind are permitted in turn sequence.
    iv. No changing spots/directions allowed.
    v. Turn sequences are limited to three a la seconde turns into a single or double pirouette. (Example: Preparation on counts 7-8, three a la seconde turns into a double pirouette on counts 1-8, completion/landing on count 1.)
    vi. Dancer(s) must come to a complete stop with both feet on the performance surface.

c. Turn sequences may not be connected to any other skill, technical element, or sequence. Dancers must perform at least 8 counts of choreography before and after a turn sequence.

3. Leaps/Jumps are allowed provided the following:

a. Preparations for traveling leaps are limited to a step, chasse or chaine'.
b. Choreographed landings must first bear weight on the hand(s) or foot/feet. Dancers can use a bug, roll, or soutenu as an optional landing for leaps/jumps.
c. Switch leaps of any kind are not allowed.
d. 540 leaps are not permitted.

4. Kicks/Kickline

a. Kicks/Kickline 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	Fouetté Turn
Pique Turn	C Jump	A La Seconde Turn
Pirouette	Side Leap	Toe Touch
Leg Hold Turn	Firebird	Illusion
Chaine' Calypso		

NOT ALLOWED:

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

<u>INTERMEDIATE TUMBLING AND SKILLS (Executed by Individuals)</u>

1. Tumbling skills (with or without hip over-head rotation skills) must not be connected to any other tumbling skill or technical element. Dancer(s) must come to a complete stop with both feet on the performance surface.
2. 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 required.
3. Tumbling skills with hip over-head rotation:
    a. Airborne skills with or without hand support are not allowed. (Exception: Round Off and Headsprings are allowed.)
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. 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.
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.
    a. All variations of a shushunova (see glossary) are not allowed.
    b. Clarification – Position must originate from the performance surface to be allowed.
7. 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.

NDA SCHOOL COMPETITION RULES

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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.

INTERMEDIATE 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

INTERMEDIATE NOT ALLOWED:

Front Tucks
Back Handsprings
Front Aerials
Barani
Aerial Cartwheels
No Handed Headsprings
Dive Rolls
Toe pitch
Back Tucks
Layouts
Shushunova
Side Sumi
Front Handsprings
Windmills
Head Spin
Rubber band/Bronco

<u>INTERMEDIATE DANCE LIFTS AND PARTNERING (Executed in pairs or groups)</u>

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. If executing dancer is not in direct contact with the performance surface, then hip over head rotation are not allowed. Example: Partner cartwheels are not allowed.
    a. Assisted kip ups with hands ARE allowed
5. If executing dancer is not in direct contact with the performance surface, then vertical inversions are not allowed. Example: Assisted hand stand with executing dancer's arms holding supporting dancer's legs is not allowed.

<u>INTEREMEDIATE RELEASE MOVES (UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE)</u>

1. The Executing Dancer(s) may not be released or tossed.
2. The Executing Dancer may jump, leap, step or push off a Supporting Dancer if:
    a. The highest point of the release does not elevate the Executing Dancer's feet above hip level.
    b. The Executing Dancer's hips may not cross the vertical axis after the release if airborne and inverted.
    c. "Leap Frog" jumps over a <u>standing</u> Supporting Dancer is not allowed.
    d. Toe Pitches are not allowed.

NDA HIGH SCHOOL NATIONAL CHAMPIONSHIP INFORMATION

HOW TO QUALIFY FOR THE 2027 NDA NATIONAL CHAMPIONSHIP

All teams attending the 2027 NDA High School National Championship must receive 1) Varsity Sprit/NFHS Squad Credentialing AND 2) NDA Nationals bid to be eligible to attend.

CAMP QUALIFICATION (Varsity Spirit/NFHS Credentialing & Nationals Bid)

Teams will continue to complete NFHS Squad Credentialing and have a chance to earn a NDA Nationals bid by participating in the Home Routine and/or Team Dance Evaluation (taught at camp) at a 2025 NDA Camp. Click here to start your journey to nationals at an NDA Camp or contact your State Director to set up a Home Camp. NOTE: Only 2+ day NDA Camps offer both Varsity Spirit/NFHS Credentialing and award bids to qualify for the NDA High School National Championship.

Attending an NDA Summer Camp allows you to receive special benefits at the NDA High School National Championship! These include:

GOLD TIER

NDA Overnight & PYP Camp Customers

- Registration Priority
- Hotel Priority
- Practice Time Priority

SILVER TIER

NDA Home & Day Camp Customers (2+ day)

- Registration opens after Gold Tier
- Hotel Priority
- Practice Time Priority

BRONZE TIER

NDA Regional Championship (Virtual or In-Person)

- Registration opens after Silver Tier
- Practice Time if space warrants

When qualifying with Home Routine at camp option, please visit ***www.varsity.com/nda/school/coaches*** *for a full listing of the Guidelines for Home Routines.*

REGIONAL CHAMPIONSHIPS (NDA Nationals Bid ONLY)

Teams may qualify for the 2027 NDA High School National Championship at an NDA Championship by January 25, 2027, by placing in the top three in their division or scoring a 7.0 or above (teams attending later competitions are responsible for paymentdeadlines).

Note: No prior qualification is required to compete at an NDA Classic or Regional Championships. Click here to learn more about NDA Competitions!

SQUAD CREDENTIALING PROGRAM (Varsity Spirit/NFHS Credentialing ONLY)

To learn more about this program, please contact your State Director.

NDA SCHOOL COMPETITION RULES

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GENERAL COMPETITION INFORMATION

PERFORMANCE AREA

At the NDA High School National Championship, teams will perform on a Marley dance floor. Strips are typically 38' longand 4' 11" wide running from front to back. Performance surfaces and dimensions may vary by championship based on venue size and restrictions, divisions offered and other factors. Please refer to the specific championship for which you areattending and make note of the Performance Area Information. Generally, at Regional Championships, teams will perform on a standard gym floor. Please refer to the specific championship for which you are attending and make note of the Performance Area Information or call 877.NDA.2WIN (877.632.2946) for more information.

EXCLUSIVITY POLICY

Teams participating in the NDA High School National Championship will not knowingly and willingly participate in any other dance event promoted as a "national championship" or "international championship" for the 2026-2027 school year. (Exception: USA National Championship). Teams who do not adhere will be ineligible to participate in the 2028 NDA High School National Championship.

Dance Teams that are performing alongside their cheer team in the Spirit Program division at National High School Spirit Championships will be allowed to also compete at the NDA High School National Championship, but will not be allowed to compete within the NDA Game Day Division.

NDA HIGH SCHOOL NATIONAL CHAMPIONSHIP COMPETITION ROUND BREAKDOWN:

0-29 Teams – 2 Rounds (Prelims/Finals)

1. 60% of each division will advance to Final Round
2. Divisions with 4 or less teams – all will advance to Final Round
3. Finalists will perform in reverse order of Preliminary Standings

30-44 Teams – 3 Rounds (Prelims/Semis/Finals)

1. *Preliminary Round* – split into 2 groups (A/B)
    a. First place in each group will auto-advance to Final Round
    b. 60% of each group will advance to Semi-Final Round
2. *Semi-Final Round* – combined into 1 group
    a. Semi-Finalists will perform in reverse order of *Preliminary* scores
    b. 60% of Semi-Finalists will advance to Final Round
3. *Final Round* –
    a. Finalist will perform in reverse order of Semi-Final standings
    b. The auto-advanced team will perform at the end of the division, in reverse order from their *Preliminary scores*

45+ Teams – 3 Rounds (Prelims/Semis/Finals)

1. *Preliminary Round* – split into 3 groups (A/B/C)
    a. First place in each group will auto-advance to Final Round
    b. 60% of each group will advance to Semi-Final Round
2. *Semi-Final Round* – combined into 1 group
    a. Semi-Finalists will perform in reverse order of *Preliminary* scores
    b. 60% of Semi-Finalists will advance to Final Round
3. *Final Round* –

a. Finalist will perform in reverse order of Semi-Final standings
    i. The auto-advanced team will perform at the end of the division, in reverse order from their *Preliminary scores*

ADVANCEMENT GUIDELINES

a. Each round of competition will be a clean slate for scoring
b. The number of teams advancing will be rounded up
    a. Example: 60% of 22 = 13.2 -13 teams will advance
c. Wild Card advancement: The next highest scoring team from any preliminary group will advance into the Semi-Final Round
    a. Only applicable when divisions have 3 rounds

JUDGING PANELS

PANEL DIRECTORS

The Panel Director is responsible for overseeing Panel Judges. Panel Directors are responsible for overseeing the consistency of scoring ranges between the panel and from round to round.

PANEL JUDGES

Panel Judges are responsible for scoring each team's performance based on the NDA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges do not determine or judge deductions or safety violations. Decisions made by Panel Judges are reviewed by the Panel Directors and deemed final.

LEGALITY OFFICIAL

The Legality Official is responsible for administering all safety/general competition rule violations. Decisions made by theLegality Official are final.

RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the NDA Regional Competition and the NDA High School National Championship, (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs. I have read and reviewed both these specific NDA Event Guidelines and the Varsity Spirit Rules and Regulations.

NDA GLOSSARY OF TERMS

- **Aerial:** A hip over head airborne tumbling skill that takes off from one foot and lands on one or two feet without placing hands on the ground.
- **Airborne (executed by individual):** A state in which the dancer is free of contact from a person and/or the performing surface.
- **Airborne Hip Over Head Rotation (executed by individual):** An action where hips rotate over the head in atumbling skill and there is no contact with the performance surface (e.g. Round off or a Back handspring).
- **Airborne Skill (executed by individual):** A skill in which the dancer is free of contact with the performance surface (e.g. Tour Jeté or Butterfly).

- **Attitude (a-tee-tewd):** A position in which the working leg is lifted front, side, or behind with the knee bent at an angle of 90°; can be executed as a turn.
- **Axle (aka Axel) (AK-sel):** A turn in which the working leg rond de jambes to passé as the supporting leg pushes offthe ground and tucks under the body-after rotation in air, land on original supporting leg.
- **Back Bend:** A face-up body position where the hands and feet are in contact with the surface and the hips are pushed upwards into an arch position.
- **Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollowsbringing the dancer to an upright position, landing one foot/leg at a time.
- **Battement (bat-mahn):** A kick; the working leg is brushed/raised from the hip, with a straight knee, into the air andbrought down again.
- **C - Jump:** A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behindthe body.
- **Calypso (ka-lip-SO):** A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind thebody, often in an attitude, and then lands on the original working leg.
- **Cartwheel:** A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- **Category:** Denoting the style of a performance piece/competition routine (e.g. Jazz, Pom or Hip Hop).
- **Châiné (sheh-NAY):** A turn, or series of turns, executed with feet in 1st position, typically following one line ofdirection. Can be executed in a rapid series, and can be executed en relevé or en plié.
- **Chassé (sha-SAY):** A step in which one foot “chases” the other and assumes its original position.
- **Consecutive/Connected Skills:** An action in which the dancer connects skills immediately, without step, pause or break in between (e.g. Double Pirouette or Double Toe Touch).
- **Costume Jewelry:** Jewelry that enhances the costume and is worn by ALL members of the team.
- **Coupé (koo-PAY):** Meaning to cut or cutting; when one foot quickly takes the place of the other.
- **Dance Lift (executed as partners or in a group):** A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Supporting” dancer(s) and “Executing” dancer(s).
- **Dismount (executed by Groups or Pairs):** An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.
- **Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously.
- **Division:** Denoting the composition of a competing group of dancers (e.g. Varsity, Junior Varsity, Junior High, etc.).
- **Drop:** An Action in which an airborne dancer lands on a body part other than his/her hands or feet without first bearingweight on the hands/feet.
- **Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.
- **Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support

from another dancer or dancers in Lifts or Partnering.

- **Extension (executed by individuals):** Term used to describe the ability of a dancer to raise and hold the extended leg in the air.
- **Extension (executed by groups):** A group lift in which the supporting dancers, standing straight, hold the executing dancer's feet with straight arms, so that the executing dancer is standing straight up.
- **Firebird:** See Ring Jump.
- **Fouetté (foo-eh-TAY):** A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (Fouetté a la Seconde).
- **Fouetté a la Seconde:** A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.
- **Front Aerial:** (an airborne hip over head rotation skill without hand support) A skill which emulates a front walkover but is executed without placing hands on the ground.
- **Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.
- **Hands-free Poms:** Poms specifically made so that performers do not have to hold the poms but rather they are affixed to the performers hand. Proper use means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface. (Clarification: No part of the pom can be between the hand and the floor when used correctly.)
- **Hand-held Props:** Items that are used by performing team as an extension of the arm/hand, that are easily carried by one person. Hand held props include, but are not limited to, boas, scarves, top hats, derby hats, or canes, etc.
- **Handstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.
- **Head Level:** A designated height; the height of standing dancer's head (at the "crown") while standing upright with straight legs. (Clarification: This is an approximate to measure space and is not changed by bending, inverting, etc.)
- **Headspring: (**an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.
- **Headstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.
- **Hip Level:** A designated height; the height of a standing dancers' hips while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Hip Over Head Rotation (executed by individuals):** An action where a dancers hips rotate over the head in a tumbling skill (e.g. Back Walkover or Cartwheel).
- **Hip Over Head Rotation (executed in groups or pairs):** An action where the Executing Dancers' hips rotate over the head in a lift or partnering skill.
- **Inversion:** A position in which the dancer's waist and hips and feet are higher than his/her head and shoulders.

- **Invert:** A Freeze utilizing strength, flexibility and balance where the dancer's weight is placed on both hands with head facing knees and legs parallel to the floor.
- **Jeté (juh-TAY):** A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jeté can be executed in various directions, sizes and positions.
- **Jump:** Movement taking off and landing on same foot or both feet.
- **Kip Up:** A skill where the dancer begins in a supine position, rolls back onto their shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance surface keeping the body inline and following to an upright position.
- **Leap:** A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg (also known as grand jeté).
- **Leap Frog:** The executing dancer places hands on supporting dancer's shoulders, jumps in a straddle position and presses over the back/head of the supporting dancer.
- **Lift(s):** An action in which the partner is elevated to any height and set down. Refer to the rules for Dance Lifts and Partnering for a full definition.
- **Parallel:** A position in which the thighs, knees and toes of both legs are facing straight ahead.
- **Partnering (executed in pairs):** A skill in which two dancers use support from one another. Partnering can involve both "Supporting" and "Executing" skills.
- **Passé (pa-SAY):** A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.
- **Pencil Turn:** A turn executed with the working leg held straight and next to the supporting leg.
- **Penché (pahn-SHAY):** Leaning, inclining. As, for example, in arabesque penché.
- **Perpendicular Inversion (Executed by individuals):** A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.
- **Piqué (pee-KAY):** Stepping directly onto a straight leg in relevé; can be performed while turning and in various positions (arabesque, attitude, etc.)
- **Pirouette (peer-o-WET):** A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.
- **Pivot:** Movement step used to change direction; working leg steps forward assuming weight of body, body changes direction, support leg reassumes weight of body; can be executed front to back, side to side.
- **Plié (plee-AY):** A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.
- **Prone:** A position in which the front of the dancers' body is facing the ground, and the back of the dancers body is facing up.
- **Prop:** An object that can be manipulated. A glove is a part of the uniform.
- **Relevé (rell-eh-VAY):** Dancer rises from a plié to balance on one or both feet on at least demi-pointe (balls of the feet), or possibly full pointe
- **Sauté (soh-TAY):** Jumping and landing on the same foot, toes should be pointed in the air.
- **Shoulder Level:** A designated height; the height of a standing dancers' shoulders while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Shoulder Roll (forward/back):** A non-airborne tumbling skill where the dancer rolls with the

back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.

- **Shushunova (Shush-A-nova):** A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).
- **Sign:** A hand held object that can be manipulated to showcase team letters, colors, mascot, etc.
- **Soutenu turn (soot-NEW):** From sousus, turning towards back leg one revolution, the other foot ending in front.
- **Supine:** A position in which the back of the dancers' body is facing the ground, and the front of the dancers body is facing up.
- **Supporting Dancer:** A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a Lifting Dancer.
- **Supporting Leg:** The leg of a dancer that supports the weight of the body, during a skill.
- **Switch Leap:** A jump popping straight up in the air, not traveling forward; working leg stays straight and lifts front, support leg pliés, working leg swings back while support leg lifts to assume a split position in the air.
- **Technical Skill:** Any leap, jump, turn or move that emphasize technical foundation/ability. (Clarification – a roll or slide to the floor is not considered a technical skill.)
- **Tendu (tawn DEW):** To stretch, pushing the foot away from the supporting leg while keeping the toe on the floor.
- **Tick-Tock Kick:** A kick sequence performed by two or more groups (lines) of dancers who alternate kicks on separate counts. One group executes a kick while the other group remains stationary, then alternates on the following count(s).
- **Tilt:** A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.
- **Toe Pitch (executed by groups or pairs):** A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and she/he is propelled upward causing the executing dancer to rotate hip over head, landing unassisted on the performance area.
- **Toe Touch:** A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.
- **Toss:** A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. The Executing Dancer is free from the performance surface when toss is initiated.
- **Tumbling Skill(s):** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface (clarification: tumbling skills do not have to include hip over head rotation).
- **Vertical Inversion (executed in groups or pairs):** A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.
- **Weight Bearing:** A skill in which the dancer's weight is supported by one body part without any other body part on the ground.
- **Working Leg:** The leg that moves, stretches, and/or extends; the leg that is responsible for momentum and/or position.