



2019-2020 UDA COMPETITION RULES FOR SCHOOL TEAMS

UDA Regional
Competitions

National
Dance Team
Championship

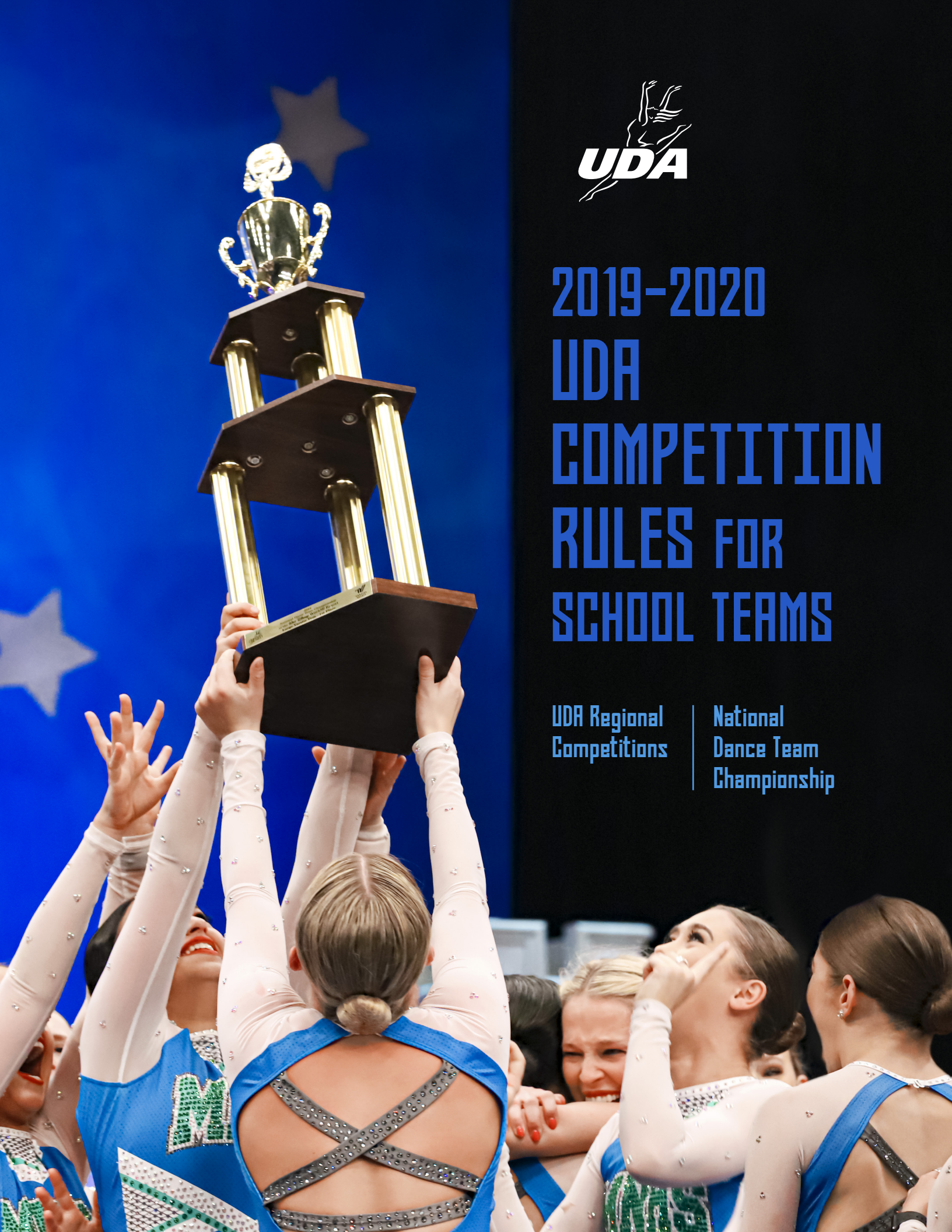


Table of Contents

all updates and changes displayed in green font

HOW TO QUALIFY FOR THE 2020 NATIONAL DANCE TEAM CHAMPIONSHIP:	2
SPORTSMANSHIP	3
INTERRUPTION OF PERFORMANCE	3
PENALTIES	4
INTERPRETATIONS AND / OR RULINGS.....	4
HOW TO HANDLE PROCEDURAL QUESTIONS	4
MUSIC GUIDELINES	5
VIDEO MEDIA POLICY	6
LOGO USAGE.....	6
GENERAL GUIDELINES	7
JUDGING PROCEDURES.....	8
SCORES AND RANKINGS.....	8
FINALITY OF DECISIONS	8
DISQUALIFICATION	8
COMPETITION ROUTINE GUIDELINES.....	9
CHOREOGRAPHY AND COSTUMING	9
PROPS.....	10
HANDS FREE POMS	10
HIGH KICK.....	10
UDA ROUTINE SAFETY RULES.....	11
SCHOOL DIVISIONS AND CATEGORIES:	13
TEAM PARTICIPANTS.....	13
NUMBER OF PERFORMANCES	14
NDTC REGULATIONS	15
UDA NDTC GAME DAY FORMAT	16
UDA GAME DAY ROUTINE RULES.....	17
RULES AND REGULATIONS AGREEMENT	20

HOW TO QUALIFY FOR THE 2020 NATIONAL DANCE TEAM CHAMPIONSHIP:

In order to qualify for our National Dance Team Championship, **school** teams are able participate in one of the following three options:

1. Receiving a home routine trophy at a UDA Overnight camp with 7 or more dancers in attendance.
2. Receiving a Superior Trophy at a UDA Overnight camp with 7 or more dancers in attendance.
3. Receiving a trophy at a UDA Fall Competition if the team attended a UDA Overnight camp with 7 or more participants.

Please note that hotel camps and resort/convention camps will fall under the “Overnight Camp” category. Teams are not eligible to qualify at home camps, one day clinics, day camps, etc. Video entries are not accepted for school teams.

In order to qualify for our National Dance Team Championship, **all-star** teams are able participate in one of the following three options:

1. Receiving a home routine trophy at a UDA Overnight camp with 4 or more dancers in attendance.
2. Receiving a Superior Trophy at a UDA Overnight camp with 4 or more dancers in attendance.
3. Receiving a trophy at a UDA Fall Competition with 4 or more participants.

4. Submitting a video qualification per team that is interested in attending the championship. More information and cost, as well as submission forms, can be found at the following link:
<https://www.varsity.com/uda/all-star/competitions/nationals/>

Please note that hotel camps and resort/convention camps will fall under the “Overnight Camp” category. Teams are not eligible to qualify at home camps, one day clinics, day camps, etc.

SPORTSMANSHIP

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine.
2. The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
3. When a coach is in discussion with an official, other coaches, athletes and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in a 1-point penalty, removal of coach, or disqualification.

INTERRUPTION OF PERFORMANCE

UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform later. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

INJURY

1. The only persons that may stop a routine for injury are:
 - a. competition officials,
 - b. the advisor / coach from the team performing or
 - c. an injured individual.
2. The competition officials will determine if the team will be allowed to perform later. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

- d. In addition to the Varsity Brands head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.

PENALTIES

- A. A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:
- 0.5 points- starting/ending off the marley surface, performance error- **any skill or trick executed incorrectly that then makes it an illegal skill/trick** (example: touching down on an aerial cartwheel with non- hands-free poms in hand)
 - 1.0 points- General rules violations including (but not limited to) time infractions, not enough kicks, costume/shoe rules, etc.
 - 1.5 points- Routine safety rule violations
- B. If you have any questions concerning the legality of a trick or move, please email the video to udarules@varsity.com. Include your team name, your name, a contact phone number, and the event attending. It must be received by **January 16, 2020** and will only be accepted from the head coach of the team. If received after the deadline, the video is not guaranteed a response. Videos from choreographers will not be allowed. For questions please contact udarules@varsity.com.

INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES** – Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/head coach of the team and will be directed to the Competition Director. Such questions should be made prior to the event.
- B. **PERFORMANCE** – Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition. **Coaches will be asked to fill out a Routine Review Form with their concerns and will need to allow up to two business days following the conclusion of the event for their submissions to be reviewed. Questions regarding another team and/or their performance will not be allowed.**
- C. Deduction sheets can be picked up shortly following each team's performance. Questions regarding penalties can be made by the head coach of the team only and **must be done within 30 minutes of the final performance of the division or prior to final awards-whichever happens first.** Once results have been announced, no rules violation challenges will be accepted.

MUSIC GUIDELINES

- A. 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.
- B. 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.
- C. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
- D. 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).
- E. 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.
- F. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- G. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
- H. Challenge Process
 - 1. All music challenges must be submitted in writing to the event director.
 - 2. 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.
 - 3. Fees collected will be voided if challenge is correct.
 - 4. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - 5. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- I. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. Please make sure the responsible adult playing the music is aware of any passcodes needed to lock/unlock a phone. Teams will also need to provide their own adapter should one be needed to play off a specific device. If using CDs, make sure it's unscratched so it doesn't skip.
- J. When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.
- K. If your team is featured in the TV broadcast and uses an original composition created or commissioned for your performance or an original recording, your routine music may be used if synchronization rights are also secured. Teams must be able to provide proof of synchronization rights in the form of a printed copy during registration at the event to be included in the show.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

LOGO USAGE

Teams will not be allowed to use the UDA logo including; banners, rings, bows, t-shirts etc. without prior approval from the UDA Office. The use of the UDA letters will be allowed.

GENERAL GUIDELINES

- A. 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.
- B. All programs should have, and review, an emergency action plan in the event of an injury.
- C. Coaches must recognize the entire team's ability level and limit the team's activities accordingly.
- D. No technical skills should be performed when a coach is not present or providing direct supervision.
- E. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
- F. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
- G. 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:
 - 1. Concrete, asphalt, or any other hard or uncovered surface
 - 2. Wet surfaces
 - 3. Uneven surfaces
 - 4. Surfaces with obstructions
- H. The dance team coach or other knowledgeable designated representative should attend all practices, functions, and games.

JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Dance Association. As the teams make their presentations, the judges will score a portion of the scoresheet. Judges scores will be AVERAGED together to determine the overall team score. In the event of a first-place tie, the tie will be broken (in a final round ONLY) by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will then be used to break the tie. Should a tie remain, the ranking points from the "Overall Effect" portion of the scoresheet will be used to break the tie. No first-place ties in a preliminary or semi-final round will be broken. All first-place ties at a regional or state event will be broken using the above policy.

SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. No scores and rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets and comments for their team. In addition, teams will receive a ranking sheet with the names and scores of all teams in their group.

Visit the following link for more Scoring Information:

<https://www.varsity.com/uda/school/competitions/divisions-rules-scoring/>

FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final; questions concerning comments on the score sheet will be allowed, however scores and judges decisions will remain final. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

COMPETITION ROUTINE GUIDELINES

- A. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
- B. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc).
- C. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, spacing ropes, etc.
- D. Teams may dance off the marley floor; however, all routine choreography for the entire team must begin and end on the marley floor. Jumping on or off a raised performance surface is prohibited. This rule applies in all categories, including Game Day. Teams competing at a regional event with a marley floor will be warned for starting/ending on or off the marley; teams WILL be penalized at NDTTC. Please note that the tape which surrounds the edges will count as the marley floor.
- E. Time limit is as follows:
 - 1. SCHOOL teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit by more than (3) three seconds, they will be issued a penalty.
 - 2. ALL STAR teams will have a required minimum of (1:45) one minute forty-five seconds and a maximum of (2:15) two minutes fifteen seconds to demonstrate their style and expertise. If a team exceeds the time limit over or under (3) three seconds, they will be issued a penalty.
- F. 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.

CHOREOGRAPHY AND COSTUMING

- A. Routine choreography should be appropriate and suitable for family viewing and listening of all ages. Vulgar or suggestive material, choreography and/or inappropriate 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. Music containing words unsuitable for family listening is not allowed. This includes (but is not limited to) swearwords, connotations of inappropriate behavior, etc. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and will result in a 1-point deduction.
- B. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should dancers choose to wear shoes, anything with wheels are not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks and or footed tights only is not allowed.
- C. Teams may NOT use Disney themes nor may they have costumes that resemble a Disney character, movie, or theme.
- D. When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable. This rule applies to all pom, jazz, kick, hip hop, AND Game Day divisions.
- E. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
- F. Jewelry as part of the costume is allowed.

PROPS

Props are not allowed. A prop is defined as anything that is danced with that is always not attached to your costume. Articles of clothing, such as jackets, headbands, sunglasses, hats etc. may be removed from the body and discarded; these items may not have any choreographed movement done with them. If taken off and danced with, it becomes a prop. Poms being used in a pom routine do not count as props.

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.

HIGH KICK

Each routine must have a minimum of 60 kicks. We suggest that your routine have more than 60 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 one inch from the floor. At least half the team must execute a kick for it to be counted. If your team has an odd number of dancers, you will need to round up in order to fall within the guideline (Example- 13 team members means at least 7 of them need to be kicking for it to count).

Passe, flicks, turn sequences, toe taps, etc. will not be counted as kicks.

EXCEPTION: 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.

UDA ROUTINE SAFETY RULES

All-Star teams please visit www.usasf.net for routine rules and regulations

A. 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. *Please reference the Hands-Free Poms section for more details*

B. TUMBLING AND TRICKS (Executed by Individuals)

***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
Branny	Stalls/Freezes
Side Somi	Head spins
Forward Rolls	Windmills
Backward Rolls	Kip Ups
Cartwheels	Shoulder Rolls
Headstands	Headsprings (with hands)
Handstands	Backbends

NOT ALLOWED:

Front Tucks	Back Handsprings
Front Aerials	No handed headsprings
Dive Rolls	Toe Pitch Back Tucks
Layouts	Shushunova
Back Tucks	

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support, aerial cartwheels, and side somis not connected to any tumbling skill are allowed).
2. If a team chooses to use hands free poms for aerial cartwheels and/or side somis, and later touches down, the poms MUST be flipped off of the hand, or a penalty will be assessed. Simply wearing the hands-free poms for the aerial cartwheel and/or side somi does not make it legal if they are not used correctly.
3. If a team chooses to use non- hands-free poms for aerial cartwheels and/or side somis, they MUST be moved to one hand. If a dancer later touches down with the hand that holds both poms, a penalty will be assessed. There are no exceptions to this rule.
4. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not 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. All variations of a shushunova (see glossary) are not allowed.
8. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band” /” bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

C. 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.
3. The following cheer-based stunts are not allowed:
 - a. 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)
 - b. Pyramids and basket tosses
4. 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).
5. Hip over-head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
6. Vertical Inversions are allowed if:
 - 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.

D. 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.
 - i. Exception: toe touches off a dancers back/leap frog jumps will be allowed
 - 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 of the Supporting Dancer.
 - 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.

SCHOOL DIVISIONS AND CATEGORIES:

All teams in the Varsity, Junior Varsity or Junior High divisions must be an official school dance team. The Junior Varsity Division is any official school dance team that is recognized by their school as the Junior Varsity or “B” Team. Individuals are NOT permitted to compete in two divisions within the same school (Example: A dancer is not allowed to compete with both a JV and a Varsity 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).

A. Varsity Divisions ONLY –

- Small Varsity- 7-11 members (Jazz, Pom, Hip Hop)
 - Medium Varsity- 12-15 members (Jazz, Pom, Hip Hop)
 - Large Varsity- 16 or more members (Jazz, Pom, Hip Hop)
- B. If a school has two Varsity teams, they both must be an official school dance team as deemed by administration. In order to compete two Varsity teams, the following requirements must be met:
- C. Team members may not be a part of both teams.
- D. Teams must provide documentation on school letter head, signed by the principal, that there are two Varsity dance teams at the school, as well as a roster for each team. This documentation must be sent to the office prior to attending camp or a regional competition. Registrations for our National Dance Team Championship will not be approved without receipt of this documentation.
- E. Each team must qualify separately for our National Dance Team Championship either at camp with 7 or more members, or by placing at a regional competition, so long as they attended overnight camp with 7 or more members.
- F. If teams choose to have two Varsity teams in the same division (i.e. two Medium Varsity Pom teams), they recognize that they will compete against each other.
- G. **All Junior High Divisions** – 9th Grade and Below. Junior High Divisions WILL be allowed 9th grade participants if (1) they attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND (2) a minority of the team are 9th graders. Junior High teams with a majority of 9th graders would compete as a Junior Varsity.
- H. **All Junior Varsity Divisions** – 7th Grade -12th Grade. Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Junior Varsity teams must be the official Junior Varsity of the school they represent.
- I. **All Varsity Divisions** – 8th Grade - 12th Grade. 7th grade participants will NOT be allowed on a Varsity team; however, 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.
- J. **Please Note:** If a team has an equal amount of 8th and 9th graders on the team, they will be required to compete in the Junior Varsity Division.

TEAM PARTICIPANTS

The minimum number of participants a team can have for a regional competition is five (5) *. There is no maximum. Teams competing with two routines must stay in the same division but can have different numbers in both routines. Teams will be able to trade out, remove, or add a designated number of dancers between their 2 categories, based on their division. See below for division breakdowns. Teams may continue to trade out dancers and maintain the same number of performers in both routines.

Teams who compete in Kick and one other category will follow the rules based on how many dancers they have for their other category (ie Jazz, Pom, Hip Hop). Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all division in which they compete.

For regional competitions, we will continue to split Varsity divisions only for pom, jazz, hip hop, and Game Day when there are 10 or more teams registered for that category.

*NOTE: The minimum requirement for NDTC is 7. If your team drops below the minimum, (7) please contact Jessica Pettitt at jpettitt@varsity.com.

- The breakdown is as follows and is based on the number of dancers performing.
 - Small Varsity teams may trade out, remove or add up to two (2) dancers.
 - Medium Varsity teams may trade out, remove or add up to three (3) dancers.
 - Large Varsity teams may trade out, remove or add up to four (4) dancers.
- Junior High and Junior Varsity teams are allowed to trade out, add or remove dancers.
- The breakdown is as follows:
 - If you have 7-11 members on your team, you may trade out, remove or add up to two (2) dancers.
 - If you have 12-15 members on your team, you may trade out, remove or add up to three (3) dancers.
 - If you have 16 or more members on your team, you may trade out, remove or add up to four (4) dancers.

Examples:

A Small Varsity team is competing Jazz and Pom. They have 9 dancers in Jazz. For Pom, the team traded out 0 dancers and added 2 dancers; therefore, they are dancing 11 in Pom.

A Medium Varsity team is competing in Pom and Hip Hop. They have 13 dancers in Pom. For Hip Hop, the team traded out 1 dancer, and added 2 dancers; therefore, they are dancing 15 in Hip Hop.

A Large Varsity team is competing in Pom and Kick. They have 24 dancers in Pom. For Kick, the team traded out 2 dancers and removed 2 dancers; therefore, they are dancing 22 in Kick.

NUMBER OF PERFORMANCES

1. For dancers who participate on just a school team, the max number of performances a dancer can do is two (2), unless participating in the Game Day division as well.
2. For dancers who participate in both a school AND an all-star team, the MAX number of performances each dancer may perform is five (5).
3. For dancers who participate on just an all-star team, the MAX number of performances each dancer may perform is five (5).

NDTC REGULATIONS

Please note that the following are rules and guidelines specific to the National Dance Team Championship (January 31- February 2, 2020) ONLY. All other rules and guidelines in this book apply as well

PRELIMINARIES, SEMI-FINALS, AND FINALS

- A. UDA reserves the right to determine if a preliminary, semi-final, or final round will be necessary; this will be determined by the following guidelines for Varsity teams ONLY:
 - 1. 0-30 teams - 2 rounds (Semis/Finals), no less than 10 in Finals
 - 2. 31-44 teams - 3 rounds (Prelims, Semis, Finals) 1 Semi-Final group
 - 3. 45 or more teams - 3 rounds (Prelims, Semis, Finals) A/B Semi-Finals and a C/D Semi-Finals
- B. There will be a preliminary competition held in most categories. All divisions with only one round prior to the finals will be classified as a semi-final. 50% of the **teams** in each group will advance to the next round. In the event of a tie for the final spot advancing, both teams that are tied will move on. **If there is a tie for first in the preliminary round, both teams will automatically advance to the final round.** Tournament officials will have full authority to make the final determination of the number of teams selected to advance to the next round.

NATIONAL CHAMPIONSHIP PARTICIPATION- SCHOOL TEAMS ONLY

It is understood that teams participating in the National Dance Team Championship will not knowingly and willingly participate in any other dance event promoted as a “national championship” or “international championship” for the 2019-2020 school year. (Exception: USA Spirit and Dance Nationals). Teams who do not adhere will automatically be disqualified from the 2021 Championship and will forfeit the opportunity to participate in the tournament the following year.

TELEVISION COVERAGE

The National Dance Team Championship will be nationally televised on an ESPN network. Because of the format of the show, not all finalist teams will be shown on the telecast. Out of respect for the copyrights of others, original music will be composed for all routines featured in the show, in order to meet broadcast licensing requirements. If your team is featured in the TV broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.

APPEARANCES, ENDORSEMENTS, AND PUBLICITY

All teams winning titles, awards, or prizes agree to have all appearances, endorsements, and publicity approved through the NDTC office.

AWARDS AND PRIZES

All teams in the final round of competition will receive a trophy. Teams who rank first, second, or, third place will additionally receive a bronze, silver, or gold medallion. Teams placing first will also receive a championship jacket, given to every participant who performed on the floor plus two coaches. Based on availability, alternates listed on the roster can receive jackets from our championship office at the All-Star resort after competition has been completed.

FLOOR DIMENSIONS (NDTC Only)

All main floors will have 10 panels of marley floor, each panel approximately 5 feet 3.5 inches wide making the full floor approximately 53.5 x 53.5. All rehearsal areas will ONLY hold 8 panels of marley. Teams may dance off the marley floor; however, all routine choreography for the entire team must begin and end on the marley floor. Jumping on or off a raised performance surface is prohibited. This rule applies in all categories, including Game Day. Teams competing at a regional event with a marley floor will be warned for starting/ending on or off the marley; teams WILL be penalized at NDTC. Please note that the tape which surrounds the edges will count as the marley floor.

UDA NDTC GAME DAY FORMAT

This will serve as the format for NDTC ONLY- please refer to the Game Day section beginning on page 17 for a full list of rules and guidelines, including but not limited to division sizes, costuming, music, etc.

Game Day will take place in the following order:

A. Fight Song

Skills and choreography should represent a traditional Fight Song that your team performs at games and community events.

B. Spirit Raising Performance

Teams will choose to perform ONE of the following:

- Sideline Routine
- Stand Routine
- Drum Cadence

*The performance of your choice should have an emphasis on crowd appeal. *

C. Spirit Video (NDTC ONLY)

*Detailed information regarding the spirit video can be found here:

<https://www.varsity.com/uda/school/competitions/game-day/>

Music Guidelines for Spirit Video

- Videos do not have to be completely silent, however only music captured incidentally (i.e., in the background of the video) will be permitted
- No music can be edited into the video
- All music captured from half-times, games, etc. highlighted in the video will need to follow the music guidelines

Section One: Community Involvement- (This section should show a minimum of 2 different activities)

This includes any event that the dance team participates in that is a non-sporting event. Each event represented should be different. This can include but is not limited to parades, community service, races, community performances or any other “involvement” your dance team has off campus. Please label each activity.

Section Two: School Involvement (This section should show a minimum of 2 different performances)

This section will include any performance that is used for entertainment purposes at your school. This

includes any performances at games (sidelines, timeouts, halftimes, etc.), pep rallies, orientations or any other “involvement” your dance team has at school. Please label each performance.

Section Three: Choice of Community or School Involvement (This section should show 1 video of your choice between school/community) This section will include any event that your dance team performs/participates in within the community or the school. Please label each performance.

D. Performance Routine

A 1:00 routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team’s energy and connection to the crowd.

UDA GAME DAY ROUTINE RULES

****these rules apply to JUNIOR HIGH, JUNIOR VARSITY, and VARSITY teams competing in this division at ALL events (regionals and NDTC) ****

I. TEAM GUIDELINES

- A. The competition is open to all junior high, junior varsity, and varsity teams in the country.
- B. Teams must have a minimum of seven (7) dancers; there is no maximum.
- C. Individuals may not represent more than one team at any UDA competition.
- D. There are FOUR separate UDA Game Day divisions:
 - 1. Junior High Game Day – 9th grade and below**
Junior High Divisions WILL be allowed 9th grade participants if (1) they attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND (2) a minority of the team are 9th graders. Junior High teams with a majority of 9th graders would compete as a Junior Varsity.
 - 2. Junior Varsity Game Day – 7th-12th grades**
Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Junior Varsity teams must be the official Junior Varsity of the school they represent.
 - 3. Small Varsity Game Day – 8th – 12th grades**
 - a. 7-11 members
 - b. 7th grade participants will NOT be allowed on a Varsity team; however 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.
 - 4. Medium Varsity Game Day – 8th – 12th grades**
 - c. 12-15 members
 - d. 7th grade participants will NOT be allowed on a Varsity team; however 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.
 - 5. Large Varsity Game Day – 8th-12th grades**
 - a. 16 and more members
 - b. 7th grade participants will NOT be allowed on a Varsity team; however 8th grade participants will be allowed to participate on a Varsity team if the school they attend is

under the direct administrative supervision of the same school board as the Varsity team they are representing.

- E. Individuals are NOT permitted to compete in two divisions within the same school (Example: A dancer is not allowed to compete with both a JV and a Varsity 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).
- F. Teams will be able to enter 2 categories (Pom, Jazz, Hip Hop, Kick) PLUS the Game Day Championship.
- G. Teams will not be able to compete with less team members than their other categories.
- H. Teams are able to move up in size divisions for the Game Day Championship ONLY.
- I. Varsity divisions will be split at regionals ONLY if there are 10 or more Varsity teams entered.

II. UDA GAME DAY FORMAT

This will serve as the format for both Regional/State competitions

1. Fight Song

Skills and choreography should represent a traditional Fight Song that your team performs at games and community events.

2. Spirit Raising Performance

Teams will choose to perform ONE of the following:

- Sideline Routine
- Stand Routine
- Drum Cadence

The performance of your choice should have an emphasis on crowd appeal.

3. Performance Routine

A 1:00 routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team's energy and connection to the crowd.

General Notes

1. Teams will be evaluated and scored on each Game Day component. Within each component, performances will be scored on synchronization, execution of motion and overall effect. In addition, other components that pertain specifically to each section will be judged.
2. The performance will follow this order: Fight Song, Spirit Raising Performance, Spirit Video (NDTC Only), Performance Routine
3. Teams are required to wear a traditional uniform that you would wear when representing your school. These should be in school colors; uniforms must follow all midriff rules, which states when dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
4. Teams may use poms, but they are not required. No other props or signs are allowed.
5. Mascots will be allowed but must remain on the performance floor the entire time. Mascots may not be involved in any stunts/technical skills, and should position themselves away from skills being performed. Teams may add up to 1 (one) mascot in their Game Day Routine and the mascot will not count towards the total number of participants allowed.

6. Bands/drum lines/pep bands are not allowed.

Time Limitations

1. The Performance Routine should not exceed 1 minute.
2. The overall time limit (including transitions) should not exceed 3 minutes 30 seconds (3:30) at the regional level, and 4 minutes (4:00) at NDTC.
3. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.
4. For NDTC, separate tracks for each component is REQUIRED.

III. GAME DAY ROUTINE SAFETY RULES

Teams competing in the game day divisions must follow all the routine safety rules and regulations at any regional or NDTC event. Refer to page 11 for more information.

RULES AND REGULATIONS AGREEMENT

Please print and sign this page to be turned in at each event

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

(School Name)

(Date)

(City/State)

(Advisor/Coach's Signature)

(Division- JH, JV, VA)

(Administrator's Signature)

Retain a copy of these rules for your file