



UDA SOLOIST ROUTINE RULES 2019-2020 **Effective August 20, 2019**

**These rules apply to ALL dancers competing in a solo division.
Green print denotes a change from prior year**

JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Dance Association. As the soloists make their presentations, the judges will score the teams using a 100-point system. Judges scores will be AVERAGED together to determine the overall soloist score. In the event of a first-place tie, the tie will be broken 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.

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 soloists. No scores or rankings will be given over the telephone. All ties in each division or group will remain except for first place. The first-place tie will be broken based on the criteria stated in the "Judging Procedures" section.

HOW TO HANDLE PROCEDURAL QUESTIONS

1. 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.
2. 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 48 hours after the event for their submissions to be reviewed. Questions regarding another soloist and/or their performance will not be allowed.*
3. Deduction sheets can be picked up shortly following each soloist'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 division closing or prior to final awards-whichever happens first.* Once results have been announced, no rules violation challenges will be accepted.

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

A. 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.

B. 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 at a later time. 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.

C. 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, second the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel does 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. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

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.

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.

DISQUALIFICATION

Any soloist 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.

FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final and will not be subject for review. 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.

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 **two weeks prior to the event** 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.

GENERAL GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
 - a. Concrete, asphalt, or any other hard or uncovered surface
 - b. Wet surfaces
 - c. Uneven surfaces
 - d. Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

COMPETITION ROUTINE GUIDELINES

- 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, 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. Ending off the marley on a raised surface is prohibited. Jumping on or off a raised performance surface is prohibited. **This rule applies in all categories, including Game Day.**
- E. Time limit is as follows: Soloists will have one minute and thirty seconds (1:30) to perform their routines. Soloists will receive a penalty for routines more than three seconds past the time limit. **Should a dancer continue to finish out their full performance, in addition to taking the time penalty, the judges will also stop judging at the 1:30 mark.**
- 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.

MUSIC GUIDELINES

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. These guidelines are as of June 16, 2016. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email info@usacheer.net. Please check Preferred Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
4. If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (Provided by Varsity Spirit).
5. If a team does not have the required paperwork, and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
6. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
7. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
8. Challenge Process
 - a. All music challenges must be submitted in writing to the event director.
 - b. There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
 - c. Fees collected will be voided if challenge is correct.
 - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
9. 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. If using CDs, make sure it's unscratched so it doesn't skip.
10. 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.

CHOREOGRAPHY AND COSTUMING

1. **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.**

2. 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.
3. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
4. Jewelry as part of the costume is allowed.

PROPS

Props are 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.

SOLO DIVISIONS AND CATEGORIES:

- Senior- 17 to 18 years old
- Teen- 15 to 16 years old
- Junior 12 to 14 years old
- Youth- 9 to 11 years old
- Mini- 6 to 8 years old
- Tiny- 3 to 5 years old

There will be a limit of THREE (3) solos allowed per team. There are no exceptions to this rule.

ROUTINE SAFETY RULES

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. Please reference the glossary for descriptions

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
Front Aerials
Dive Rolls
Layouts
Back Tucks

Back Handsprings
No handed headsprings
Toe Pitch Back Tucks
Shushunova

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels 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).

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

(Soloists Signature)

(Date)

(City/State)

(Advisor / Coach's Signature)

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

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

