



## **UDA SOLOIST ROUTINE RULES 2020**

### **Effective August 19, 2020**

*\*These rules apply to ALL dancers competing in the UDA Solo Showdown\**  
*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 soloists using a 50-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 Impression" 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.

#### **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 soloist and will be directed to the Competition Director. Such questions should be made prior to the event.
2. PERFORMANCE – Any questions concerning the soloists performance and/or any scoring questions should be submitted within 48 hours of receiving the scoresheet to [udarules@varsity.com](mailto:udarules@varsity.com). These inquiries should only be made by the coach of the soloist; UDA will not discuss another soloist's performance or ranking.
3. Scoresheets will be emailed following the conclusion of the awards ceremony. Should a soloist receive a deduction, they will receive that information via email as well.

#### **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.

### **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.

### **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 soloist agrees that all decisions by the judges will be final and will not be subject for review. Each soloist acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each soloist therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

### **PENALTIES**

1. 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, etc.
  - 1.5 points- Routine safety rule violations
2. If you have any questions concerning the legality of a trick or move, please email the video to [udarules@varsity.com](mailto:udarules@varsity.com). Include your team name, your name, a contact phone number, and the event attending. It must be received by **September 11, 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](mailto: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 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 attend all practices, functions, and games.

### **COMPETITION ROUTINE GUIDELINES**

1. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
2. 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).
3. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, etc.
4. Time limit is as follows: Soloists will have one minute and thirty seconds (1:30) to perform their routines. **There are no exceptions to this time limit.** Soloists will receive a penalty for routines more than three seconds past the time limit.
5. 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. The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event 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. For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, soloists should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please check the Preferred Provider list for updates and changes periodically.
3. Soloist should have someone other than themselves start and stop their music on the video.
4. All routines will be judged with sound as they are uploaded, but all videos will not be available with music on the website for general viewing.

### **CHOREOGRAPHY AND COSTUMING**

1. **All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or**

other words may still constitute 'inappropriate.' Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put the dancer in an unfortunate situation.

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 not always attached to your costume and is used to enhance your routine. 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 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 the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom pieces/strings together will not be counted as hands-free poms.

### **SOLO DIVISIONS AND CATEGORIES:**

**The age of the competitor as of August 31, 2020 will be used for the UDA Solo Showdown.**

- College- \*dancers must currently be on a college dance team to compete in this division\*
- 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- 5 to 8 years old

**\*There will be a limit of FIVE (5) soloists allowed per team, and a limit of ONE (1) routine per dancer. There are no exceptions to this rule. When applicable, divisions will be further split into categories by style (pom, jazz, contemporary/lyrical, and/or hip hop) \***

## 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 Aerials	Round Off
Front Handsprings	Stalls/Freezes
Branny	Head spins
Side Somi	Windmills
Forward Rolls	Kip Ups
Backward Rolls	Shoulder Rolls
Cartwheels	Headsprings (with hands)
Headstands	Backbends
Handstands	

#### **NOT ALLOWED:**

Front Tucks	Back Handsprings
Dive rolls	No handed headsprings
Layouts	Toe Pitch Back Tucks
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 dancer chooses to use hands free poms for aerial cartwheels and/or side somis, and later touches down, the poms **MUST** be flipped off 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 dancer 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. 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. 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 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).