



UDA HOME ROUTINE RULES 2022

Effective May 1, 2022

**These rules apply to ELEMENTARY, JUNIOR HIGH and HIGH SCHOOL teams ONLY.
Green print denotes a change from prior year**

ALL-STAR TEAMS:

Please visit www.usasf.net for All Star routine rules and regulations, however all general rules below apply.

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 particular 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 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. 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.
- E. 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.

PENALTIES

Any team that does not adhere to the terms and procedures of these "Safety Rules and Guidelines" as outlined in this document will be subject to ranking last for home routine evaluations.

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. 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.
- C. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
- D. 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.
- E. 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.
- F. If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music for more details.
- G. 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).
- H. 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.
- I. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- J. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
- K. 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.
- L. It is required that each team have a responsible adult at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing “play”. Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
 - M. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD’s will no longer be allowed, and CD players will not be provided at competition.
 - N. Please make sure that all devices have a headphone jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode.
 - O. Please ensure that jacks are clean and free of any debris which may impact connectivity. You will need to acquire an adapter in advance if your player does not have a headphone jack.
 - P. Teams may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guideline.

CHOREOGRAPHY AND COSTUMING

- A. 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 their team in an unfortunate situation.
- 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 is 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, and hip-hop routines.
- E. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.
- F. All male dancers’ costumes must include a shirt that is fastened; however, it can be sleeveless.
- G. 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 the 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. Items/articles of clothing brought onto the stage but not worn are considered a prop. Poms 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 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. Teams with an odd number of dancers will have the allowance of one less (Example: A team has 15 members. Both 8 dancers executing a kick AND 7 dancers executing a kick will count as the “majority”).)

- Leg Holds: If 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.
- Ripple/Contagions: When a kick is performed in a ripple or a contagion by a majority of the team, it will count as one (1) total kick toward the required minimum.
- Chasing ripples/Pickups: These kicks will count as one (1) kick, however many times it is completed by the majority of the team.
- Contracted/Can-Can Kicks: 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.

Passé, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks

SCHOOL DIVISIONS AND CATEGORIES:

There will be a Varsity, Junior Varsity, and Junior High division. 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.

The minimum to participate in home routines is 5 participants. Teams looking to qualify for the National Dance Team Championship must perform with a minimum of 5 participants, and no more than 40 participants. **If you are looking to qualify both a JV and a VA team, BOTH teams must register and attend camp as separate entities.** Individuals must be enrolled members at their school to participate. Elementary teams are not eligible to qualify for the National Dance Team Championship, however, are still permitted to participate in home routine evaluations.

A. Varsity Divisions ONLY

***Depending on the size of your camp, home routines may or may not be split into the following: ***

- Small Varsity- 5-11 members (Jazz, Pom, Hip Hop, Kick- Game Day is NOT permitted)
 - Medium Varsity- 12-15 members (Jazz, Pom, Hip Hop, Kick- Game Day is NOT permitted)
 - Large Varsity- 16-40 members (Jazz, Pom, Hip Hop, Kick- Game Day is NOT permitted)
- B. If a school has two Varsity teams, they both must be an official school dance team as deemed by administration. 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 5 or more members, or by placing at a regional competition, so long as they attended camp with 5 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.

SCHOOL TEAMS: ROUTINE SAFETY RULES

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

TUMBLING AND SKILLS (EXECUTED BY INDIVIDUALS)

1. 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 proper use of hands-free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms section for more details*
2. **Tumbling skills with hip over-head rotation:**
 - i. Airborne skills with hand support may not be airborne in approach but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed- hands touch the ground before the foot leaves the ground).
 - ii. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. **Hip over-head airborne skills without hand support are not allowed. (Exception: Aerial cartwheels/side somis not connected to any other hip over-head rotation skill are allowed.)**
 - i. Airborne hip over head rotation skills without hand support may not involve any twisting motion or a blind landing. Exception: Baranis will be allowed.
 - ii. Recommendation: If using non-hands-free poms in an aerial cartwheel/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, a penalty will be assessed.
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 is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova 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, shoulder, 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).

Below are some examples 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. The above rules still apply

ALLOWED:

Aerial Cartwheels	Front/Back Walkovers
Front Handsprings	Round Off
Barani	Stalls/Freezes
Side Somi	Head spins
Backward Rolls	Windmills
Forward 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	

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. 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. 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).
4. 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.
5. 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.

A. 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 of the Supporting Dancer.
 - i. Exception: toe touches off a dancers back/leapfrog 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.