

To view this email as a web page, go [here](#).



Hello Coaches and Advisors!

We are so excited to see you in Orlando for the 2023 National Dance Team Championship. This email contains some important rules reminders as you prepare for the Championships.

General Routine Reminders:

Hands Free Poms

Teams competing in the Pom or Game Day category, we want to remind you all of the Pom rules as it relates to hip over-head rotation 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 proper use of hands free poms for hip over-head skills is allowed.
- Recommendation: If using non-hands-free poms in a skill without hand support, 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 a skill without hand support, a penalty will be assessed.

To clarify, if your team is using hands free poms, in order to avoid receiving a penalty they **MUST** be used in the correct manner. A clean hand must be placed flat on the ground during these skills in order for a skill to be executed correctly. Teams not using the hands free poms the correct way will receive a penalty. Simply owning the hands free poms with elastic will not make your skills legal.

Tumbling and Skills Reminders

- Tumbling skills with hip over-head rotation:

- 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).
- Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
- Airborne hip overhead rotation skills without hand support are not allowed. (Exception: Aerial cartwheels/side somis not connected to any other hip over-head rotation skill are allowed.)
 - Airborne hip overhead rotation skills without hand support may not involve any twisting motion or a blind landing. Exception: Round Offs with no hands will be allowed.

Intermediate Divisions

Teams competing in the Intermediate Divisions must follow all skill restrictions as outlined on pages 12-14 in the rule book. A 1.5 point penalty will be assessed for any skill that does not follow the skill restrictions.

Please refer to the full rule book for all parameters.

Game Day Division Reminders:

Game Day Order

Fight Song
 Spirit Raising
 Performance Routine

Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition. The announcer will call the team onto the floor, but there will not be cues between each component.

Rules Reminders

- Teams may use poms, but they are not required.
- Teams will be permitted to use signs in the Fight Song and Spirit Raising components ONLY. Signs must be made of poster board, corrugated poster, or fabric. Flags are not allowed. Signs must not be larger than 3 feet in any direction. Signs cannot be tossed or thrown on stage or into the crowd and must be safely placed or dropped outside the competition area. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand. No other props will be allowed, and all other prop rules as outlined in the rule book must be followed.
- Teams may add up to 1 (one) mascot in their routine. The mascot must enter the floor with the team and remain on the floor for the entire routine or an out of bounds penalty will be assessed. Mascots should be used to raise crowd energy and participation. The mascot should not be involved in any stunts and/or skills with hip overhead rotation and should position themselves away from skills being performed. The mascot will not count toward the number of participants allowed but may impact the overall impression score. Mascots will only be allowed to use traditional sideline props, such as signs and/or poms. No other

props are allowed, and all other prop rules as outlined in the rule book must be followed. Uniform/costume pieces must be worn from the beginning of the routine. Items/articles of clothing brought on to the stage but not worn will be considered a prop. If any part of your mascot uniform / costume is taken off, it must be immediately put down.

- Bands/drum lines/pep bands are not allowed except in the Game Day Live Divisions. Teams competing in Game Day Live can review Band Guidelines in the full rule book.

Time Limits:

- For teams competing in the Game Day divisions, we will allow teams to have up to a maximum of 30 seconds to enter the floor and set their poms/signs. The routine timing will begin at the 30 second mark, regardless if team is set or not. All entry and rules guidelines will still apply, and keep in mind that your entry to the floor will not be judged; however, deductions will still be assessed. The overall routine time limit is 3:30.
- All components (Fight Song, Spirit Raising, and Performance Routine) should not exceed 1 minute. If a component exceeds the 1 minute time limit, a penalty will be assessed. The overall time limit (including transitions) should not exceed 3 minutes 30 seconds (3:30).
- For teams competing in Game Day Live, the overall time limit, including entrances and exits by all parties, as well as transitions, cannot exceed 5 minutes and 30 seconds (5:30).

We are so excited to see you and your team next week, and hope to make this time for you very smooth and stress free! To access a full list of rules for the championship, [CLICK HERE](#).

Should you have any questions or concerns regarding the above information, please do not hesitate to reach out to udarules@varsity.com. **Any skills in need of clarification should be sent in email form to the UDA Rules email address provided.**

See you in Orlando!



**VARSITY
SPIRIT**