



# UDA COMPETITION RULES

F O R S C H O O L T E A M S

UDA REGIONAL COMPETITIONS • NATIONAL DANCE TEAM CHAMPIONSHIP



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\*All updates and changes displayed in green font\*

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## HOW TO QUALIFY FOR THE 2024 NATIONAL DANCE TEAM CHAMPIONSHIP:

To qualify for our National Dance Team Championship (Intermediate divisions included), **school** teams are able participate in one of the following three options:

1. All Superior trophy winners at UDA camp with 5 or more members\*+
2. All Home Routine trophy winners at UDA Overnight camp with 5 or more members
3. Teams attending any Varsity branded camp with 5 or more members can also qualify for Nationals at a UDA regional competition\*

\* Teams must attend an overnight camp, day camp, or home camp that is at least 2 days in length to be eligible

+ Teams will continue to qualify for a Superior trophy at overnight and day camps by athletes being evaluated in all routine evaluations. To qualify for a Superior trophy at home camps each athlete must be evaluated on a minimum of 2 camp routines.

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

## CODE OF CONDUCT

UDA encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of dance team including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, UDA asks that the following Code of Conduct be adhered to during all UDA Regional Competitions and National Championship:

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Event Director. The appropriate Official will then be called to discuss the situation with the coach.
2. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
3. Judges' rulings are final related to deductions, final team placements and legalities.
4. Any unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future UDA Regionals and Championships.
5. Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

## 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). Individuals must be enrolled members at their school to participate.

1. **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.
2. **Varsity Divisions:**
  - Varsity Intermediate- 5 -40 members (Pom, Jazz, and Hip Hop)
  - Small Varsity- 5-11 members (Jazz, Pom, Hip Hop)
  - Medium Varsity- 12-15 members (Jazz, Pom, Hip Hop)
  - Large Varsity- 16-40 members (Jazz, Pom, Hip Hop)
  - Small Varsity KICK- 5-15 members
  - Large Varsity KICK- 16-40 members
3. Varsity divisions will be split at regionals ONLY if there are 10 or more Varsity teams entered. JH and JV divisions will not be split at any event.
4. If a school has two Varsity teams (VA pom and VA jazz, OR VA Intermediate Hip Hop and VA Pom), they both must be an official school dance team as deemed by administration. To compete two Varsity teams, the following requirements must be met:
  - Team members may not be a part of both teams.
  - 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.
  - 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 overnight camp with 5 or more members.
  - 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.
5. **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.
  - **Please Note:** If a team has an equal amount of 8<sup>th</sup> and 9<sup>th</sup> graders on the team, they will be required to compete in the Junior Varsity Division.
6. **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 most 9th graders would compete as a Junior Varsity.

**Please visit [uda.varsity.com](http://uda.varsity.com) for a complete listing of divisions for regional competitions as well as the National Dance Team Championship.**

## TEAM PARTICIPANTS

The minimum number of participants a team can have for a regional competition is five (5). The maximum number of participants a team can have is forty (40). 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 divisions in which they compete.

Important Things to Note: The minimum requirement for NDTC is 5. If your team drops below the minimum, (5) please contact Jessica Pettitt at [jpettitt@varsity.com](mailto:jpettitt@varsity.com).

Varsity teams can trade out, add, or remove dancers. The breakdown is as follows:

- Small Varsity teams (5-11) must stay in this range of team size but may trade out, remove, or add up to two (2) dancers.
- Medium Varsity teams (12-15) must stay in this range of team size may trade out, remove, or add up to three (3) dancers.
- Large Varsity teams (16-40) must stay in this range of team size may trade out, remove, or add up to four (4) dancers.

Junior High and Junior Varsity, and **Varsity Intermediate** teams can trade out, add, or remove dancers. The breakdown is as follows:

- If you have 5-11 members on your team, you must stay in this range of team size, however you may trade out, remove, or add up to two (2) dancers.
- If you have 12-15 members on your team, you must stay in this range of team size, however you may trade out, remove, or add up to three (3) dancers.
- If you have 16-40 members on your team, you must stay in this range of team size, however you may trade out, remove, or add up to four (4) dancers.

Examples:

1. 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.
2. 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.
3. 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. Dancers competing at a regional/local event run by UDA may compete in multiple routines\*. There is no limit. Dancers competing on an all-star team ONLY may compete no more than six (6) times.
2. Dancers competing at a regional with a school and all-star program, may only compete a max of six (6) times between both programs. Dancer must pay BOTH the school fee and the all-star fee to compete with both teams.
3. For teams competing at the NDTC, please refer to page 21 for further clarification on number of performances at that event.
4. \*Teams competing at any State Association events must follow their state guidelines and regulations for number of performances, divisions entered, etc.

## 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. **Regional competitions that do not have marley will have a spacing rope marker provided by UDA. These will be the only spacing rope markers allowed.**
4. All performers (unless injured) must remain within the performance area throughout the entire routine. Dancers can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.
5. Time limit is as follows:
  - a. 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.
  - b. 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.
6. 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

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 their team 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 is not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks and or footed tights only is not allowed.
3. Teams competing at the National Dance Team Championship and/or any competition at Walt Disney World may NOT use Disney costumes that resemble a Disney character or movie.
4. 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, Game Day, and **Intermediate** divisions.
5. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.
6. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
7. 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. This rule applies to the Game Day category as well. Poms being used in a pom and/or Game Day routine do not count as props. Signs being used in a Game Day routine ONLY will not count as props. (See Game Day section for specifics).

## 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".)

1. Leg Holds: If the leg hold is lifted off the ground with force at or above 90 degrees and is performed by most of the team, it is considered a kick that counts towards the requirement.
2. Ripple/Contagions: When a kick is performed in a ripple or a contagion by most of the team, it will count as one (1) total kick toward the required minimum.

3. Chasing ripples/Pickups: These kicks will count as one (1) kick, however many times it is completed by most of the team.
4. 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.
5. Passe, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks.

## UDA ROUTINE SAFETY RULES

**\*Intermediate division routine safety rules can be found on page 9\***

**\*All-Star teams please visit [www.usasf.net](http://www.usasf.net) for routine rules and regulations\***

### A. 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:
  - a. 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).
  - b. 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. 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.)
  - a. 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.
  - b. 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 Offs (with or without hands)
Side Somi	Stalls/Freezes
Forward Rolls	Head spins
Backward Rolls	Windmills

Cartwheels  
Handstands  
Headstands  
Backbends

Kip Ups  
Shoulder Rolls  
Headsprings (with hands)

**NOT ALLOWED:**

Front Tucks  
Front Aerials  
Dive Rolls  
Layouts  
Back Tucks

Back Handsprings  
No handed headsprings  
Toe Pitch Back Tucks  
Shushunova

**B. 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.

**C. 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.

## UDA INTERMEDIATE DIVISION SKILL RESTRICTIONS

**\*These rules apply to all Varsity teams entered in Intermediate Pom, Intermediate Jazz, and Intermediate Hip Hop, for both regionals and the National Dance Team Championship\***

### A. TUMBLING AND SKILLS (Executed by Individuals)

1. Weight bearing skills (with or without hip over-head rotation skills) must not be connected to any other tumbling skill or technical element. **Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move. The stop/completion of one technical skill cannot be a prep into another technical skill.**
2. 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).
  - a. The use of hands free poms for hip over-head skills is allowed. \*Please reference the Hands-Free Poms section for more details\*
3. Tumbling skills with hip over-head rotation:
  - b. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support not connected to any other skill or technical element are allowed).
  - c. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
  - d. 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.
4. 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.
  - e. All variations of a shushunova (see glossary) are not allowed.
5. **Kip ups with hand support must initiate from the back/shoulder area touching the ground. Kip ups with hand support are allowed and must not be connected to any other skill or technical element.**

**\*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:

Front/Back Walkovers	Forward Rolls
Kip Ups (with hands)	Backbends
Round Off	Backward Rolls
Shoulder Rolls	Handstands
Stalls/Freezes	Cartwheels
Headsprings (with hands)	Headstands

#### NOT ALLOWED:

Front Tucks	Back Tucks
Back Handsprings	Layouts
Front Aerials	Shushanova
Barani	Side Somi
Aerial Cartwheels	Front Handsprings
No handed headsprings	Windmills
Dive Rolls	Head Spins
Toe Pitch	

## **B. 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. Thigh stands, shoulder sits, and chair sits are allowed.
3. The following cheer-based stunts are not allowed:
  - a. Elevators
  - b. 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)
  - c. Pyramids and basket tosses
4. Swinging in and out of lifts and tricks in the prone and/or supine positions is not allowed; 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. Executing Dancer(s) must be in direct contact with the performance surface to execute a skill with hip over head rotation. Hip over head rotation cannot initiate from an elevated surface or performer.
6. Executing Dancer(s) must be in direct contact with the performance surface to execute a Vertical Inversion. Vertical Inversions cannot initiate from an elevated surface or performer.
7. Assisted kip ups with hand support are allowed; the Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill.

## **C. RELEASE MOVES (Unassisted Dismounts to the performance surface)**

1. The Executing Dancer(s) may not be released.

## **D. TECHNICAL SKILL/ELEMENT RESTRICTIONS**

1. Stationary turns are allowed provided the following:
  - a. Pirouette turns may be executed in a passe, coupe, pencil, or attitude position and are limited to two rotations. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
  - b. Leg hold turns and illusions are limited to one rotation.
  - c. Axels and/or tours are not permitted.
  - d. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move. The stop/completion of one technical skill cannot be a prep into another technical skill. The stop/completion of one technical skill cannot be a prep into another technical skill.
  - e. Chainé' and pique turns in succession are allowed provided they are only connected to themselves.
    - i. Chainé's and piques cannot be connected to any other skill/technical element.
    - ii. Chainé's and piques are not allowed out of stationary or fouetté turns, etc.
    - iii. Piques are limited to a single rotation.
  - f. Chainé' connecting to a fanning battement/kick is allowed.
2. Fouette turns/A la Seconde turns sequences are allowed provided the following:
  - a. Teams are limited to a maximum of two separate sequences. These can be performed by one or more team members. Turn sequences may not be performed consecutively.
  - b. Turn sequences are limited to Fouette turns, A la Seconde turns and Pirouettes only.
    - i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
    - ii. Floats are not permitted.
    - iii. No changing spots/directions
  - c. Turn sequences are limited to one eight count of turning. This does not include the preparation or ending/completion of the turn sequence. (Example: Preparation on counts 7-8, three a la seconde turns into a double pirouette on counts 1-8, completion/landing on count 1.)
  - d. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move.
    - i. Clarification: The stop/completion of the turn sequence cannot be a prep into another technical skill.

3. Leaps/Jumps are allowed provided the following:
  - a. Leaps/jumps that release the head toward the back must be performed stationary and cannot be connected to any other skill or technical element.
  - b. Preparations for traveling leaps and/or jumps are limited to a step or chasse. A chaine turn used as a preparation directly into a leap and/or jump is not permitted.
  - c. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill or technical element. The landing must not be a preparation for another skill or technical element.
  - d. Switch leaps in any form are not permitted.
4. Kicks/Kicklines
  - a. Kicks/Kicklines are allowed and are not restricted in number.

**\*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:**

Chaine Turn	Toe Touch
Pique Turn	Grand Jete
Pirouette	C Jump
Fouette Turn	Side Leap
A La Seconde Turn	Firebird
Leg Hold Turn	Illusion

**NOT ALLOWED:**

Switch Leap	Reverse Jump
Floats	Turning Disc
Switch Tilt	Calypso
Turning Switch Tilt	Axels
Turning C Jump	540 Jump

## UDA GAME DAY FORMAT

\*This will serve as the format for ALL 2023-2024 events, regionally and nationally. Please refer to the below rules and regulations section 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:**

**1. Fight Song**

Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. There is a max time limit of one minute (1:00)

**2. Spirit Raising**

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. There is a max time limit of one minute (1:00)

**3. Performance Routine**

A 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. There is a max time limit of one minute (1:00)

## UDA GAME DAY ROUTINE RULES

*\*These rules apply to JUNIOR HIGH, JUNIOR VARSITY, and VARSITY teams competing in the Game Day category at ALL events (UDA regionals and NDTC). For Game Day Live rules and regulations, please see page 14*

### TEAM GUIDELINES

1. The competition is open to all junior high, junior varsity, and varsity teams in the country.
2. Teams must have a minimum of five (5) dancers- the maximum is forty (40) dancers.
3. Individuals may not represent more than one team at any UDA competition.
4. Teams may not compete in both Game Day and Game Day Live at the same event.
5. Teams will not be able to compete with less team members than their other categories.
6. Varsity divisions will be split at regionals ONLY if there are 10 or more Varsity teams entered. JH and JV divisions will not be split at any event.
7. To create a Championship that gives equal opportunity for schools of similar student composition, UDA will sub-divide the Varsity Game Day divisions at the NDTC based on school enrollments in the 9th - 12th grades as of October 1, 2023. Please provide a letter signed and verified from your registrar's office on school letterhead with your total enrollment information.
  - Varsity Division I – school enrollment of 1300+ Students
  - Varsity Division II – school enrollment of 1-1299 Students

Game Day divisions are as follows:

- Junior High Game Day – 9<sup>th</sup> grade and below - 5-40 members
- Junior Varsity Game Day – 7<sup>th</sup> – 12<sup>th</sup> grades - 5-40 members
- Varsity Game Day Divisions – 8<sup>th</sup> – 12<sup>th</sup> grades
  - Small Varsity Game Day - 5-11 members
  - Medium Varsity Game Day - 12-15 members
  - Large Varsity Game Day - 16-40 members
- NDTC Varsity Game Day Additional Divisions – 8<sup>th</sup> – 12<sup>th</sup> grades
  - Small Varsity Division I Game Day - 5-11 members (1300+ Students)
  - Small Varsity Division II Game Day - 5-11 members (1-1299 Students)
  - Medium Varsity Division I Game Day - 12-15 members (1300+ Students)
  - Medium Varsity Division II Game Day - 12-15 members (1-1299 Students)
  - Large Varsity Division I Game Day - 16-40 members (1300+ Students)
  - Large Varsity Division II Game Day - 16-40 members (1-1299 Students)

### 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, and 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.
5. Signs / Props will be permitted in the Fight Song and Spirit Raising components ONLY.
  - a. Signs must be made of poster board, corrugated plastic, or fabric.
  - b. Flags are not allowed.
  - c. Signs may not be larger than 3 feet in any direction.
  - d. Signs cannot be tossed or thrown off the stage or into the crowd and must be safely placed or dropped away from performing athletes.
  - e. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
  - f. No other props will be allowed, and all other prop rules as outlined on Page 7 must be followed as well.

6. Mascots Performing in Game Day - Teams may add up to 1 (one) mascot in their routine and should be used to raise crowd energy and participation. The mascot will not count toward the number of participants allowed but may impact the overall impression score.
  - a. Mascots may only perform in one role throughout the entirety of the routine. Mascot must remain in costume.
  - b. The mascot must enter the floor with the team and remain on the floor for the entire routine.
  - c. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed.
  - d. Mascot Game Day Props:
    - i. Mascots will only be allowed to use traditional sideline props, such as signs and/or poms.
    - ii. No other props are allowed, and all prop rules as outlined on page 7 will apply.
    - iii. 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.
    - iv. If any part of your mascot uniform / costume is taken off, it must be immediately put down.
7. Bands/drum lines/pep bands are not allowed.

#### **GAME DAY TIME LIMITATIONS**

1. 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 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.
2. 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.
3. The overall time limit (including transitions) should not exceed 3 minutes 30 seconds (3:30) for both regionals and NDTC. Timing will begin with your fight song music, or any choreographed movement/chants- whichever happens first.
4. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

#### **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 7 for more information.

## UDA GAME DAY LIVE FORMAT

**\*This event will be offered at select regionals and NDTC\***

1. The performance will follow this order: Fight Song, Spirit Raising, and Performance Routine.
2. All components for the dance team (Fight Song, Spirit Raising, and Performance Routine) cannot exceed 1 minute. If a component exceeds the 1-minute time limit, a penalty will be assessed.
3. Teams will be evaluated and scored on each Game Day Live 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.
4. The overall time limit, including entrances and exits by all parties, as well as transitions, cannot exceed 5 minutes and 30 seconds (5:30) for both regionals and NDTC. Timing will begin with your fight song music, or any choreographed movement- whichever happens first.
5. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.
6. Music may be either from the band or pre-recorded, however must follow the music guidelines as stated on 12.

Game Day divisions are as follows:

- Junior Game Day – 12<sup>th</sup> grade and below - 5-40 members
  - Junior High and Junior Varsity teams interested in competing will do so in the Junior Division.
- Varsity Game Day – 7<sup>th</sup> – 12<sup>th</sup> grades - 5-40 members
  - All Varsity teams will compete in the Varsity division. If a JV and Varsity team combine or share athletes for the Game Day Live division, they will compete as a Varsity team.

### DANCE TEAM GUIDELINES

Teams competing in the Game Day Live competition must follow all rules and regulations at Regionals and NDTC.

### PEP BAND GUIDELINES

1. Pep band members would be allowed to play for multiple performances; however, they may only play for the school they attend. The pep band must be current members of the official pep band for the school they are representing.
2. The pep band must be in a school-related coordinated outfit (i.e., traditional team uniform, coordinated outfit representing your school colors, letters, mascots, etc.).
3. ONLY Handheld or harnessed instruments allowed in the pep band.
4. Pep Bands will be responsible for transportation of all equipment to and from the event.
5. Pep bands may use props; however, props must conform to the NFHS Band safety course guidelines.
6. Pep band members may not be involved in any stunts/tumbling.
7. Pep bands will be limited to 40 total band members. Teams may place those members to the side or back with a maximum of 20 members in each location.
8. Pep bands must remain in designated areas of approximately 54 feet wide by 5 feet deep on the back side. Additional performance area on either side of the raised stage will be designated. **Pep bands will be allowed on the floor for the Performance Routine component ONLY.**
9. During the performance, pep band members are allowed to change formation but must remain in the designated performance area in which they started.
10. Once a team member takes the floor, they must remain on the floor until the end of the performance.

## 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. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email [musicinfo@varsity.com](mailto:musicinfo@varsity.com). Please check Music 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.  
For example:
  - a. Clementune – provide team's invoice from camp.
  - b. Itunes – provide screenshot of the song you are using from your purchased playlist.
  - c. Music Provider – provide a printed copy of proof of licensing.
  - d. Band Music - If you'd like to perform to a recording of your band playing a single musical composition, you will need to provide documentation that confirms the following:
    - The team has secured a compulsory license to make copies of the recording made by the band or orchestra.
    - The band or orchestra recorded the song for and in conjunction with the cheer/dance squad.
    - The school principal or dean was aware of and approved this recording.
    - The band or orchestra does not provide music to other cheer/dance squads.
    - No other musical compositions are embodied in the recording to be used by the authorized cheer/dance squad.
4. 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.
5. 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.
6. 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](http://varsity.com/music) for more details.
7. 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).
8. 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.
9. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
10. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
11. 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.
12. It is required that each team have a responsible adult remain 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.
13. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device.

14. 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.
15. 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.
16. 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.
17. 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 guidelines.
18. VIRTUAL COMPETITION MUSIC GUIDELINES
  - a. School Dance: All routines will be judged with sound and available for Varsity TV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours, the routines will be available without sound for Varsity TV subscribers. After 5 days, routines will be available free of charge without sound for the duration of the competition season.
  - b. Only music capture incidentally will be permitted. No music can be edited into the video. Teams who do edit music into the video will receive a 2-point penalty.

## COACH MEMBERSHIP

1. USA Cheer has developed a comprehensive [Membership Program](#), which includes a background check, athlete protection training, acknowledgement of concussion training with return to participation guidance, a member code of conduct, and safety training courses on risk management and safety rules.
2. All school coaches, choreographers and personnel wishing to access the warmup area, backstage or coaches' box must have a USA Cheer Membership. The Dance, Cheer Coach, STUNT Coach or Professional Membership is acceptable.
3. You must complete your membership requirements before your first competition. Please note that the background check will take 2-10 days to be processed and returned. Coaches and/or personnel without an approved Membership will not be allowed access to the warmup area, backstage or coaches' box.
4. When checking in at Varsity Spirit competitions, you will now simply provide proof of membership for each coach from your organization who wishes to go into the warmup area, backstage or coaches' box. Upon proof of membership, each coach will receive a wristband that will allow them access.
5. The USA Dance Membership is available on the USA Cheer [website](#). Once your membership is complete, you can print your membership card, or save and display it on your mobile device at event registration along with your photo ID. This season's membership will be active **June 1, 2023 through May 31, 2024**.

## 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, venue (power outage, fire alarm, etc.), the coach of the team at the music stand affected should STOP the routine.
2. While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials.
3. **UNIFORM MALFUNCTION** As a precaution, each performer is required to take the necessary steps to avoid inappropriate exposure during the performance. Should a uniform malfunction resulting in indecent exposure occur, the routine should be stopped immediately. This is a shared responsibility of all parties involved to recognize a malfunction has occurred.
4. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, at the coach's discretion, they will take the score they have received up to that point. Teams that limit/mark skills prior to the point of injury could result in an adjustment in scores based on the skills performed.

## **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 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 must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

## **INJURY / ILLNESS**

1. The only persons that may stop a routine for injury are: competition officials, the advisor/coach of the team performing or an injured individual. This is a shared responsibility of all parties involved to recognize an injury has occurred.
2. The competition officials will determine if the team will be allowed to perform at a later time. 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 must 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. An athlete who has a suspected concussion should be removed from the activity immediately and should not be allowed to return to participation the same day of the incident and without being cleared by a medical professional in accordance with state law or organizational policy.
4. In addition, the sponsor and all of the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.
5. In the event of an injury or emergency, 1 parent or legal guardian may be escorted backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

## **RE-PERFORMANCE SCHEDULE**

1. The competition officials will determine whether the team will be allowed to perform at a later time.
2. 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 and must be within thirty minutes after the rest of the division is complete.
3. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.
4. Teams that limit/mark skills prior to the point of interruption could result in an adjustment in scores based on the skills performed.
5. If a team prefers not to re-perform the routine, at the coach's discretion, they will take the score they have received up to that point.

## PENALTIES

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- 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 point- General rules violations including (but not limited to) **timing infractions of 1-5 seconds over time**, not enough kicks, costume/shoe rules, prop rules, etc.
- 1.5 points- **Timing infractions of 6 or more seconds over time**, routine safety rule violations

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's name, your name, a contact phone number, and the event attending. **Videos sent via text message will not be accepted.** Videos submitted for a regional/local event must be received **two weeks prior to the event** and must be labeled with the event attending. Videos for NDTC must be received by **January 12, 2024**. All videos 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).

## 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.

## 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.

## 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. Scores and rankings will be available only to coaches at the conclusion of the event. Please note that all judges' decisions are **FINAL**. Any deductions or violations will be taken off the final score. In the event of a first-place tie, event officials will look at the raw scores per judge to see which team was ranked higher most often in each caption. Should a tie remain, the ranking points from the "overall Impression" portion of the score sheet will be used to break the tie. No first-place ties in a preliminary or semi-final round will be broken.

## 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 and/or spectators of that team that do 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.

## 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 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. Not all routine review forms will be handled on site.
3. Deduction sheets will be available 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.

## 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.

## 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.

## VARSITY COMPETITION RULES

While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms and Conditions as the authorized person from my program, I agree and acknowledge to abide by the Varsity Spirit Competition Rules.

## NDTC REGULATIONS

Please note that the following rules, guidelines, and divisions are specific to the National Dance Team Championship (February 2-4, 2024). Additionally, all other rules and guidelines apply.

Please visit [uda.varsity.com](http://uda.varsity.com) for all divisions, rules and scoring information.

### PRELIMINARIES, SEMI-FINALS, AND FINALS

1. 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:
  - a. 0-30 teams - 2 rounds (Semis/Finals)
  - b. 31-44 teams - 3 rounds (Prelims, Semis, Finals) 1 Semi-Final group
  - c. 45 or more teams - 3 rounds (Prelims, Semis, Finals) A/B Semi-Finals and a C/D Semi-Finals
2. From each round of competition, 50% of the teams in each round/group will advance.
3. The top team in each preliminary will automatically advance to the finals in their respective division unless otherwise listed below.
4. Final rounds of competition will be confirmed two weeks prior to the championship; however, all advancements will be based on the final number of teams that perform in each round/group. A minimum of 3 teams will advance to the finals round of the competition.
5. All divisions with only one round prior to the finals will be classified as a semi-final. In the event of a tie for the final spot advancing, both teams that are tied will move on.
6. 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.

### NUMBER OF PERFORMANCES

The max number of performances a dancer may compete in at NDTC with a school team is three (3), so long as the third routine is Game Day or Game Day Live. The max number of performances a dancer may compete in at NDTC between their school and/or all-star team is six (6). There are **NO** exceptions to this rule. For example:

- Dancers may compete three (3) times with their school team, so long as one of those is Game Day or Game Day Live, and three (3) times with their all-star program.
- Dancers may compete two (2) times with their school team, and four (4) times with their all-star program.
- Dancers may compete six (6) times with their all-star program only.

### FLOOR DIMENSIONS (NDTC Only)

The performance surface for 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. All performers (unless injured) must remain within the performance area throughout the entire routine. Dancers can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.

## **NATIONAL CHAMPIONSHIP PARTICIPATION- SCHOOL TEAMS ONLY**

1. 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”, “virtual national championship”, or “international championship” for the 2023-2024 school year. (Exception: USA Spirit and Dance Nationals). This includes all awards and prizes labeled as National or International Champions.
2. Teams cannot compete in another event promoted as a National or International Championship (Exception: [ICU World Cheerleading Championships](#) and [World School & Performance Cheerleading Championships](#)) for the 2023-2024 school year within a school division or category regardless of team name.
3. A school can compete at UDA and NDA if that team is recognized as a separate team by the school and no athletes are the same. (No athletes can compete at both events)
4. Teams who violate this rule will be subject to disqualification and will forfeit the opportunity to participate in the subsequent National Dance Team Championship the following year.

## **TELEVISION COVERAGE**

The National Dance Team Championship will be nationally televised on 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, 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.

## **PRIZES AND AWARDS**

All teams in the final round of competition (both in-person and virtual) 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 the competition has been completed.

## **RULES AND REGULATIONS AGREEMENT**

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the UDA Regional Competition and NDTC, (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs.