



# UDA COMPETITION RULES

FOR ALL STAR TEAMS

UDA REGIONAL COMPETITIONS • NATIONAL DANCE TEAM CHAMPIONSHIP



# Table of Contents

CODE OF CONDUCT .....	3
NUMBER OF PERFORMANCES .....	3
GENERAL GUIDELINES.....	3
COMPETITION ROUTINE GUIDELINES.....	4
SPORTSMANSHIP .....	4
JUDGING PROCEDURES .....	4
SCORES AND RANKINGS .....	4
FINALITY OF DECISIONS .....	5
DISQUALIFICATION .....	5
HOW TO HANDLE PROCEDURAL QUESTIONS.....	5
INTERPRETATIONS AND / OR RULINGS .....	5
VIDEO MEDIA POLICY .....	5
LOGO USAGE.....	5
VARSITY COMPETITION RULES .....	6
INTERRUPTION OF PERFORMANCE .....	6
APPEARANCES, ENDORSEMENTS, AND PUBLICITY .....	7
RULES AND REGULATIONS AGREEMENT.....	7
PENALTIES.....	7
AWARDS AND PRIZES- NDTC ONLY.....	7
FLOOR DIMENSIONS (NDTC Only) .....	7
MUSIC GUIDELINES.....	7
RULES AND REGULATIONS AGREEMENT .....	8

## 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.

## NUMBER OF PERFORMANCES

- For any regional/local event, the max number of performances a dancer on an all-star team may be in is six (6).
- 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.

For NDTC, the max number of performances a dancer may compete in is six (6) between their school and/or all-star team. 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, 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

## 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. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions per the USASF in all divisions in which they compete.
2. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
3. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, spacing ropes, etc.
4. Teams competing at the National Dance Team Championship and/or any competition at Walt Disney World may NOT use Disney costumes that resemble a character or movie.
5. 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.
6. Time limit is as follows:
  - a. 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.
7. 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.

## 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.

Our National Dance Team Championship ONLY will now move to a two time compete for All Star Divisions. This means that all performances will compete twice with Round 1 counting for 25% of the score and Round 2 counting for 75% of the total score.

## 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

- A. **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.
- B. **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.
- C. 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 COVID-19 Competition Rules.

## 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 rather than the team, the team 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 athlete's 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. If allowed to perform again, the team must perform the entire routine, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials. **Teams that limit/mark skills prior to the point of injury could result in an adjustment in scores based on the skills performed. Teams will still receive any deductions/legalities from the previous performance(s) until the point of interruption. Teams will not be issued new deductions during the additional performance(s) prior to the point of interruption.**

### 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 later. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

### INJURY

1. The only persons that may stop a routine for injury are:
  - a. competition officials,
  - b. the advisor / coach from the team performing or
  - c. an injured individual.
2. The competition officials will determine if the team will be allowed to perform later. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, 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. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
  - d. In addition to the Varsity Brands head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.



## APPEARANCES, ENDORSEMENTS, AND PUBLICITY

All teams winning titles, awards, or prizes agree to have all appearances, endorsements, and publicity approved through the NDTC office.

## 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.

## PENALTIES

A. A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

- 0.5 points- 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 direct those questions to the USASF- <https://www.usasf.net/rules>

## AWARDS AND PRIZES- NDTC ONLY

All teams in the final round of competition 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 competition has been completed.

## FLOOR DIMENSIONS (NDTC Only)

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.**

## 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, dance teams should email [musicinfo@varsity.com](mailto:musicinfo@varsity.com). Please check the provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
4. If 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 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. 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.
14. 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.
15. 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.
16. 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.

## 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.