



UDA – VARSITY INTERMEDIATE 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

If you have any questions concerning the legality of a trick or move, please email the video to 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 and NSSC must be received by **January 9, 2026 for all DII schools and January 16th, 2026 for all DI schools**. 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.

A. TECHNICAL SKILL/ELEMENT RESTRICTIONS

1. **Dancers must have 4 counts from the completion of one tumbling skill, technical skill, and/or lift to the execution of another. Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.***
2. 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.
 - e. Chaîne' and pique turns in succession are allowed provided they are only connected to themselves.
 - i. Chaîne's and piques cannot be connected to any other skill/technical element.
 - ii. Chaîne's and piques are not allowed out of stationary or fouetté turns, etc.
 - iii. Piques are limited to a single rotation.
 - f. Chaîne' connecting to a fanning battement/kick is allowed.
3. 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. **Only one set of pirouette turns within a sequence is allowed.** 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.
Dancers must have 4 counts between the completion of one tumbling skill, technical skill, and/or lift to the execution of another.
4. Leaps/Jumps are allowed provided the following:
 - a. Preparations for traveling leaps and/or jumps are limited to a step or chasse. A chaîne' turn used as a preparation directly into a leap and/or jump is not permitted.
 - b. Dancer(s) must come to a complete stop with both feet on the performance surface.

Dancers must have 4 counts between the completion of one tumbling skill, technical skill, and/or lift to the execution of another.

- c. Switch leaps in any form are not permitted.
- 5. 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	Renverse Jump
Floats	Turning Disc
Switch Tilt	Calypso
Turning Switch Tilt	Axels
Turning C Jump	540 Jump

B. TUMBLING AND SKILLS (Executed by Individuals)

1. Dancers must have 4 counts between the completion of one tumbling skill, technical skill, and/or lift to the execution of another. Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.*
2. 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.
3. 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*
4. Tumbling skills with hip over-head rotation:
 - a. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support not connected to any other skill or technical element are allowed).
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 from a jump in which the legs are in front of the body and swing behind are not allowed.
 - a. All variations of a shushunova are not allowed.
8. 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
Shoulder Rolls
Stalls/Freezes
Headsprings (with hands)

Backward Rolls
Handstands
Cartwheels
Headstands

NOT ALLOWED:

Front Tucks
Back Handsprings
Front Aerials
Barani
Aerial Cartwheels
No handed headsprings
Dive Rolls
Toe Pitch

Back Tucks
Layouts
Shushanova
Side Somi
Front Handsprings
Windmills
Head Spins

C. DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

Dancers must have 4 counts between the completion of one tumbling skill, technical skill, and/or lift to the execution of another. Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.*

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. If Executing Dancer(s) is not in direct contact with the performance surface, then hip over head rotations are not allowed.
 - a. Example: Partner cartwheels are not allowed.
6. If Executing Dancer(s) is not in direct contact with the performance surface, then Vertical Inversion are not allowed.
 - a. Example: assisted handstand with executing dancer's hands not touching the performance surface, are not allowed
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.

D. RELEASE MOVES

1. The Executing Dancer(s) may not be released or tossed.
2. The Executing Dancer may jump, leap, step or push off a Supporting Dancer if:
 - The highest point of the release does not elevate the Executing Dancer's feet above hip level.
 - The Executing Dancer's hip may not cross the vertical axis after the release if airborne and/or inverted.
 - "Leap Frog" jumping over a standing Supporting Dancer is not allowed.
 - Toe pitches are not allowed.