



UDA HOME ROUTINE RULES 2026

Effective May 1, 2026

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

ALL-STAR TEAMS:

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

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CODE OF CONDUCT

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants and coaches/owners/directors in all facets of team 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, Varsity Spirit asks that all participants, coaches, gym owners, directors and spectators adhere to and know the Code of Conduct and Prohibited Items for all Regional, Virtual, and Championships events.

To review the entire policy please click here: [Varsity Spirit - Safety](#)

EVENT ELIGIBILITY

Varsity Spirit will require that all coaches, directors, choreographers, and personnel wishing to access the warm up area, backstage, coaches' box, or athlete areas at our competitions have required credentialing, background check, and safeguarding as required by each event.

To review the entire eligibility policy please click here: [Varsity Spirit - Event Eligibility](#)

EVENT GUIDELINES

The coach/director of each team is responsible for understanding and following the Event Guidelines. Event Guidelines include:

- General Guidelines
- Safety Guidelines
- Music Guidelines
- Interruption of Performance
- Competition Area
- Warm Up Room Policy
- Spotter Policy

To review additional information, click here: [Varsity Spirit - Event Guidelines](#)

EVENT POLICIES

All attendees are expected to follow event policies to ensure a respectable and secure environment.

To review the event policies, click here: [Varsity Spirit - Event Policies](#)

UDA SCHOOL DIVISIONS

UDA School Divisions include Junior High, Junior Varsity, Varsity Intermediate, and Varsity. All teams in the Varsity, Junior Varsity or Junior High divisions must be the 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. **Exception: Dance Game Day and Spirit Program Game Day.** (Example: A dancer is not allowed to compete with both a JV and a Varsity team in Pom, Hip Hop, Jazz, or High Kick. Junior Varsity and Varsity teams may combine to compete in the Varsity Game Day division. Teams that combine to compete in Varsity Game Day, may not also compete separately in their respective Junior Varsity or Varsity Game Day divisions at the same event. All athletes must meet Varsity age requirements (8th–12th grade).). 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.

The minimum to participate in home routines is 5 participants. Teams looking to qualify for the National Dance Team Championship must perform with a minimum of 5 participants. **If you are looking to qualify both a JV and a VA team, BOTH teams must register and attend camp as separate entities.** Individuals must be enrolled members at their school to participate. Elementary teams are not eligible to qualify for the National Dance Team Championship, however, are still permitted to participate in home routine evaluations.

1. Varsity Divisions ONLY

Depending on the size of your camp, Varsity home routines will only be split if there are 11 or more teams participating, regardless of style. The split will follow the below guidelines:

- DI (1400+ school enrollment) - Jazz, Pom, Hip Hop, High Kick - Game Day is NOT permitted
 - DI enrollment for Home Routines will be based off the 2025-2026 school year
 - DII (1399 or less school enrollment) - Jazz, Pom, Hip Hop, High Kick - Game Day is NOT permitted
 - DII enrollment for Home Routines will be based off the 2025-2026 school year
 - Varsity Divisions will not be split into size.
 - Intermediate Divisions will not be offered for Home Routine
 - Junior Varsity and Junior High teams will not be split for home routine for any reason. Game Day routines will not be permitted.
2. If a school has two Varsity teams, they both must be an official school dance team as deemed by administration. To compete with two Varsity teams, the following requirements must be met:
- Team members can NOT be a part of both teams.
 - Teams must provide documentation on school letterhead, 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 with 75% of the team or a minimum of 5 participants, either at camp or by placing at a regional competition.
 - If teams choose to have two Varsity teams in the same division (i.e., two Small Varsity Pom teams), they recognize that they will compete against each other.
3. **All Junior High Divisions** – 9th Grade and Below. Junior High Divisions WILL allow 9th grade participants if (1) they attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND (2) a minority of the team are 9th graders. Junior High teams with a majority of 9th graders would compete as a Junior Varsity.

4. **All Junior Varsity Divisions** – 7th Grade -12th Grade. Junior Varsity Divisions WILL be allowed 7th and 8th 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.
5. **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.

GENERAL GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and post event. This includes but is not limited to social media posts and comments. 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. 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.)
2. The center will be marked on all performance surfaces. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, etc. Teams are prohibited from bringing any non-used props to the performance area. 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.
3. All performers (unless injured or sick) 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.
4. Coaching staff, parents, fans and/or other members of the performing team entering the competition boundary before, during or after a performance is not allowed. The only people allowed on the performance floor are the competitors.

PENALTIES

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

CHOREOGRAPHY AND COSTUMING

1. All facets of a performance/routine, including costuming, 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, costuming, 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. Costuming must be well secured and appropriate for a family friendly environment.
2. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that dancers should 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. (Clarification: Socks designed for dance that provide shock absorption, arch support, ankle stability, traction are 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. Any use of Disney music requires prior approval and must be sent to musicinfo@varsity.com at least one month prior to your first competition. Any use of Disney theme and costuming requires prior approval and must be sent to udarules@varsity.com at least one month prior to your first competition.
4. When all dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bottom of the **sternum/diaphragm** 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. Tights are HIGHLY recommended to be worn for all athletes with costumes but not required.
6. Costuming must be well secured and appropriate for a family friendly environment.
7. Jewelry as part of the costume is allowed. Safety of the dancers should be considered.

PROPS

1. Props are NOT allowed.
2. **Wearable items used to enhance the routine are allowed but must remain connected to the garment/costume throughout the entire performance. If taken off and danced with, it becomes a prop. Wearable items cannot be taken off and discarded.**
3. Poms being used in a pom routine do not count as props.
4. Prop approvals or prop questions can be submitted to UDArules@varsity.com and must be received at least 2 weeks prior to your event.

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.

ROUTINE TIME LIMITATIONS

INTRODUCTIONS

1. Formal entrances which involve choreography, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.

2. Timing will begin with the first choreographed movement, voice, note of music, or whichever comes first. Timing will end with the last choreographed movement, voice, note of music, or whichever comes last.

PERFORMANCE ROUTINES

School teams will have a **maximum** of 2:00 minutes for performance routines (Pom, Jazz, Hip Hop, and High Kick

UDA HIGH KICK DIVISION

Each routine must have a minimum of 60 kicks. We suggest that your routine have more than 60 to ensure you meet 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.

1. At least half the team must execute the **a simultaneous 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".)
2. Tick-tock kick lines: Each set of the tick-tock will count as one kick, as long as a majority of the team executes the tick-tock sequence. (See glossary for tick-tock definition)
 - a. *Example 1:* A team has a total of 20 dancers. They perform 5 sets of tick-tock kicks. Five (5) kicks will count toward the required minimum, as a majority (20) was executing the tick-tock sequence.
 - b. *Example 2:* A team has a total of 20 dancers. Three groups of 3 dancers (9 total) execute lifts while a line of 11 dancers executes 3 sets of tick-tock kicks. Three (3) kicks will count towards the required minimum.
 - c. *Example 3:* A team has a total of 20 dancers. Twelve dancers perform a turn sequence center stage while 2 sets of 4 dancers (8 dancers total) perform 6 sets of tick-tock kicks. No kicks will count towards the required minimum, as there was never a majority of team members executing kicks.
3. 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.
4. 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. Chasing ripples will count as one (1) kick however many times it is completed by a majority.
 - a. *Example:* A chasing ripple of 3 high kicks goes down the line of an entire team, and all 3 kicks are performed by all dancers. This will count a 3 kicks total towards the minimum requirement.
5. 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.
6. Passe, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks. Leg placement in the attitude position will not be counted as a kick, front or back attitude.

UDA ROUTINE SAFETY RULES

- *These rules apply to all school teams competing in Home Routine at a UDA Camp in the 2026 season.*
- *All-Star teams please visit www.usasf.net for routine rules and regulations*

TUMBLING AND SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward rolls and backward rolls are allowed).
 - a. 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. (Exception: Dive Rolls are not allowed).
 - i. Standing back handsprings are allowed but cannot be connected to any other hip over head tumbling skill.

- b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
 - c. Non airborne tumbling skills with hip over head rotation are limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- 3. Hip over head airborne skills without hand support are not allowed. (Exception: Aerials and/or side somis not connected to any other hip over head rotation skill are allowed.)
 - a. Recommendation: If using non-hands free poms in an aerial and/or 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, the dancer would be in violation of rule 1 and a deduction will be assessed.
 - b. Aerials/Front Aerials that include a twisting motion or blind landing are allowed.
 - c. Aerial “snap downs” or aerials to a seated position are allowed.
- 4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
- 5. 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.
- 6. 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. (Exception: Standing Back Handsprings can have alternate landings, including a push up position.)
- 7. 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.
 - a. 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	Kip Ups
Handstands	Shoulder Rolls
Headstands	Headsprings (with hands)
Backbends	Front Aerials
Standing Back Handspring	Webster
No handed Kip Ups	

NOT ALLOWED:

Front Tucks	Dive Rolls
No handed Headsprings	Shushunova
Layouts	Toe Pitch Back Tucks
Back Tucks	

DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. At least one Supporting Dancer must maintain contact with Executing Dancer(s) throughout the entire skill.

- a. Lifting with poms is allowed.
- b. Extensions, pyramids, and basket tosses are NOT allowed.
- 3. 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.
- 4. 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.
 - i. (Exception: When there are 3 or more Supporting Dancers, an additional spot is not required.)

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.

Please see UDA Glossary for definitions of skills and props: [UDA Glossary of Dance Terminology](#)

RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that:

- 1. I am the sponsor/director of the team.
- 2. I have read and understand the foregoing.
- 3. I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coach and direct teams at the UDA Regional Competition and NDTC.
- 4. I will ensure that my teams will always comply with all rules and regulations.
- 5. My team will support the results of the competition, as I am a role model for my programs.
- 6. I have read and reviewed both these specific UDA Event Guidelines and the Varsity Spirit Rules and Regulations.