



A VARSITY SPIRIT BRAND

## 2020-21 COLLEGIATE DANCE GAME DAY RULES & GUIDELINES

(Updated 1/25/21)

(Please read through all Rules & Guidelines carefully as changes have been made from the 2019-20 season)

*At Varsity Spirit, the health and safety of our athletes, coaches, employees, families and friends is our top priority. We are diligently monitoring the Coronavirus/COVID-19 and closely watching official information from health authorities, such as the Centers for Disease Control (CDC), as it relates to our larger community and our events, camps and competitions.*

*We understand that as we move into competition season the rules and regulations put on by your state and local government, as well as the CDC, may affect how you can approach your season and choreography. This may look very different depending on where your team is located, if you're allowed to have contact with your team, if you're required to wear masks and maintain social distancing, or any other requirements. Our suggestion is to continue to adhere to your state and local guidelines at the time of the event, including but not limited to social distancing measures when it comes to lifts/partnering, pom passes, and/or any other choreographed contact.*

*The United Spirit Association is taking the proper steps in training our judging panel on how this may effect what is seen on the competition floor in order in to provide the same quality experience regardless of restrictions in place for your team. This will remain in place for the 2020/21 season. We will continue to monitor the situation closely.*

Changes/updates from the 2019-20 competition season are in **red**.

### I. GENERAL RULES

***All permitted dance specialty skills, including leaps, turns, jumps, etc. for the Game Day Divisions must follow the 2020-21 Competition Season College Dance Rules. Please see additional specific skill restrictions below for each category. These restrictions must be followed whether a dance competitor is in a College Dance Game Day category or a combined routine under one of the College Cheer Game Day categories. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.***

#### A. DIVISIONS

College 6+ Members

#### B. SCHOOL REPRESENTATION

- All members of the performing squad must be current members of the official college dance team. These must be individuals who performed for games during the appropriate season.
- All College Dance Game Day routines are required to be comprised entirely of members of the school's dance team. Other performance-based and/or spirit groups **may not** enter the college dance only divisions.

- The team should display overall behavior/appearance conducive to serving as public representatives and ambassadors of their school/organization.

### **Uniforms**

Appropriate attire suitable for all athletes should be worn.

In all divisions (excluding mascots), an official school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory (i.e. hair bows) or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered “costuming.” A deduction of 3 points will be taken if “costuming” is used.

### **Uniform Distractions**

The Legality Official, Head Judge or other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

### **Shoes**

All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. This is a safety rule and if a violation occurs, a 3 point deduction will be incurred.

### **Make-Up**

If worn, make-up should be appropriate for both the performance and the age of the athletes, utilizing colors for skin tone.

### **Hair**

Hair for all athletes does not have to be worn the same, but must be secured off the face (cheer teams) with a simple and unexaggerated style that is acceptable to all diversities.

### **Bows**

Bows are not required, however if worn bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing. A .25 deduction will be given for teams in violation of this rule.

### **Appropriateness of Choreography, Music, Words and Outfitting**

All facets of a performance or routine, including choreography, music selection, outfitting and words should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Removing improper language or words from a song and/or replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly. Any uniform, choreography, words or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to competing.

### **C. COMPETITION AREA:**

- Participants may enter from outside the competition area for their performance.
- Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
- The performance floor will measure at least 42' x 42' and be on top of a basketball court, parquet dance floor, or similar type of surface.

### **D. MUSIC RULES/RESTRICTIONS:**

Music is defined as any recorded sound amplified through the competition sound system. One or several selections of music may be used, as long as they follow the music licensing rules. Failure to comply may lead to disqualification and forfeiture of all fees associated with a team's performance.

- Coaches are responsible for reading and understanding the USA Cheer Music Copyrights Educational Initiative and understanding that all sound recordings used in their team music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email [info@usacheer.net](mailto:info@usacheer.net) and dance teams should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please periodically check the provider list for updates and changes.
- Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- If your team is featured in a TV and/or virtual 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.

- 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.
- 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.
- 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).
- 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.
- If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.

Challenge Process:

- All music challenges must be submitted in writing to the event director.
- 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.
- Fees collected will be voided if challenge is correct.
- If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
- If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.

- Each team is required to have a responsible adult that knows the routine and music as a representative remain at the music station (no alternates or team members allowed). This representative is responsible for starting the music and stopping the music at the routine's end, or in case of technical malfunction or injury. Should an adult choose not to stay at the music station for the duration of the routine, and a malfunction occurs, the team may or may not be permitted to perform the routine again. Please hold on to your music until the time of your performance. If using an MP3, smart phone, etc. please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a head phone jack. If you are using a smart phone, please ensure that no interruptions (i.e. phone call, alarm, etc.) occur during your performance. Place the smart phone in "airplane mode," ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of contest penalty.

- Virtual Competitions Music Rules
  - The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event 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.
  - For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email [info@usacheer.net](mailto:info@usacheer.net) and dance teams should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please check the Music Provider list for updates and changes periodically.
  - 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.

#### **E. TIME LIMITATIONS/ENTRANCE/EXIT:**

- Each team will perform a routine not to exceed 1 minute.
- See specific category for details on the start and stop of each type of routine.
- All team breaks, rituals and traditions need to take place prior to the team being called to the performance floor.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand shakes, etc.
- All teams should refrain from any type of excessive celebration following the team’s performance. Any team in violation may receive a “sportsmanship” penalty.
- There should not be any organized exits or other activities after the official ending of the routine.

#### **F. 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. Any team traveling with a video crew may be disqualified.

#### **G. LOGO USAGE**

Teams will not be allowed to use any Varsity Spirit Brand logo, the USA Logo or the Spirit Nationals logo including: banners, rings, bows, t-shirts, etc. without prior approval from the USA office. However, the use of USA letters (not unique to the USA logo) will be allowed.

# COLLEGE DANCE GAME DAY CATEGORIES

## II. FIGHT SONG CATEGORY

### A. ROUTINE AND JUDGING REQUIREMENTS:

- Each team will perform a routine not to exceed 1 minute.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- The use of poms is required for all female members.
- Choreography should represent a traditional Fight Song that your team performs at games or community events.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
  - Game Day oriented material
  - Crowd communication skills
  - Incorporation of game day/sideline appropriate skills
  - Formations/transitions
  - Motion strength and placement
  - Spacing
  - Execution of skills
  - Crowd appeal and overall impression

Emphasis should be placed on practicality and crowd involvement. All material should be suitable and able to be performed multiple times during a game or pep rally.

### B. SPECIFIC SKILL RESTRICTIONS – FIGHT SONG CATEGORY

- There are no additional restrictions for this category besides those listed in the 2020-21 USA College Dance Rules.

### III. BAND CHANT CATEGORY

#### A. ROUTINE AND JUDGING REQUIREMENTS:

- Each team will perform a routine not to exceed 1 minute.
  - A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
  - Timing will end with the last beat of music or organized movement.
  - The use of poms is required for all female members.
  - The Band Chant must be one traditionally played by a school sideline/jazz band. The performance should have an emphasis on crowd appeal and encourage crowd interaction and involvement (i.e. yell backs, spell outs, school colors, etc.)
  - Camp material may easily be adapted to fit this category. For example, any band chant learned at a 2019 Varsity Brands camp could be used for this routine. Examples might include “Party in the USA”, “Rock ‘N Roll Part II”, “Land of A Thousand Dances,” etc.
  - Props and/or costuming are not permitted.
  - Judging will be based on the following criteria, as well as elements noted on the scoresheet:
    - Game Day oriented material
    - Crowd communication skills
    - Incorporation of game day/sideline appropriate skills
    - Formations/transitions
    - Motion strength and placement
    - Spacing
    - Execution of skills
    - Crowd appeal and overall impression
- ↳ Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.

#### B. SPECIFIC SKILL RESTRICTIONS – BAND CHANT CATEGORY

- There are no additional restrictions for this category besides those listed in the 2020-21 USA College Dance Rules.

## IV. PERFORMANCE ROUTINE CATEGORY

### A. ROUTINE AND JUDGING REQUIREMENTS:

- Each team will perform a routine not to exceed 1 minute.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- The use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- The Performance Routine must be in the style of pom, jazz, hip hop, kick or combination of any of these styles.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
  - Game Day oriented material
  - Crowd communication skills
  - Incorporation of game day/sideline appropriate skills
  - Formations/transitions
  - Motion strength and placement
  - Spacing
  - Execution of skills
  - Crowd appeal and overall impression

Emphasis should be placed on crowd entertainment

### B. SPECIFIC SKILL RESTRICTIONS – PERFORMANCE ROUTINE CATEGORY

- There are no additional restrictions for this category besides those listed in the 2020-21 USA College Dance Rules.



## V. GAME DAY “ALL-IN-ONE” PERFORMANCE

### A. ROUTINE AND JUDGING REQUIREMENTS:

- This category combines all 3 divisions from above into one performance.
- Teams will perform the following routines in the below order to fulfill the “All-In-One” category:
  - Fight Song
  - Band Chant
  - Performance Routine
- Time limitations: 1:00 minute for each routine. Timing will begin with the first organized movement, voice or note of music, whichever comes first. Timing will end with the last beat of music or organized movement. Timing will be recorded for each routine.
- A team may begin on or off the performance floor for the start of the Fight Song. They must remain on the performance floor for the start of the Band Chant and Performance Routine.
- Each routine will have a beginning and an end. Teams are encouraged to show spirit to the crowd between each routine.
- The use of poms is required for all female members during the Fight Song and Band Chant. For the Performance Routine, the use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- For each routine, see category description above for routine/judging requirements and specialty skill restrictions.
- It is encouraged that teams use the same routines performed in the individual categories for the Game Day “All-In-One” performance.

For specific Collegiate Dance Game Day questions, please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail [CClendenin@varsity.com](mailto:CClendenin@varsity.com)