



USA DANCE SOLO COMPETITION GUIDELINES

ENTRANCES AND EXITS

1. **Timing:** Begins once the soloist has been announced to the floor or the first sign of movement from the solo to enter the performance floor, whichever is first.
2. Entrance and exit up to 15 seconds each.
 - i. For bigger stages (i.e. USA Dance Nationals) dancers will be given an additional grace period of 5-10 seconds to enter and/or exit the stage.

SOLO TIME LIMITATIONS

1. **Timing:** Begins with the first note of music or movement, whichever is first. Timing will end with the last note of music or movement, whichever is last.
2. All Solo performance may be up to 2 minutes (maximum) per routine

GENERAL GUIDELINES

1. Rules are designed to help dancers avoid injury, while allowing for many skills that can be executed safely with proper training and coaching.
2. We want to ensure a penalty free experience for your team. Therefore, if you have any questions regarding our safety rules or would like to submit a video/music for review in preparation for the competition season or prior to the event, please contact USADanceRules@varsity.com.

COSTUMING

1. Shoes are not required when performing, but participants that wear shoes must have soft, non-marking soles. Penalty of marking floor results in disqualification. The performing school will be responsible for any charges that may occur as a result of damage to any floor. Performers who do not wear shoes while performing do so at their own risk. Shoes are required at all other times when not directly performing.
2. Costuming must be well secured and appropriate for a family friendly environment.
3. Jewelry and accessories are allowed, provided they are secured appropriately to the dancer.

PROPS

1. Handheld and wearable props (individually used and carried by dancers i.e. ball or scarf) are permitted in ALL divisions.
 - a. Clarification: A handheld prop that can bear the full weight of the dancer is not permitted.

APPROPRIATENESS

1. All routine choreography, movements, and costuming should be appropriate and entertaining for a family friendly environment and for audience members of all ages.
2. Any movement(s) implying something indecent, offensive, or sexual in content are not allowed.
3. Music cannot contain inappropriate words, phrases, and/or sounds, in any language; this includes direct and/or specific references to the act of consuming alcohol (ex: “sipping champagne”), pejorative words, illegal activities for minors (ex: “smoking cigarettes”), acts of violence or inciting violence against others, sexual references, or offensive language referencing any groups. Inappropriate examples provided above are included to help illustrate potential violations. Violations are not limited to those specific examples.
4. It is the coach’s responsibility to screen all music to ensure that it is appropriate for the students, audience, and community.
5. Explicitly inappropriate music/lyrics, costuming and/or movements will incur a 3-point penalty per infraction.

INDIVIDUAL SKILLS/TUMBLING

1. Front tucks, back tucks (including toe pitch back tucks) and/or layouts are not permitted.
2. Airborne skills may not jump from a standing or squatting position backwards onto the neck, back, and/or shoulders. Any “kip up” motion must initiate with the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band”/”bronco” kip up skill.)
3. If a team chooses to use non-hands free poms for aerial cartwheels they **must be moved to one hand**. If a dancer fails to move both poms to one hand or touches down with the hand that holds both poms during the skill, a 3-point penalty will be assessed.
 - Hands Free Poms: The use of hands-free poms will be allowed. Hands-free Poms are specifically made so that performers do not have to hold the poms but rather the poms are affixed to the performers hand. “Proper use” means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface making it possible to safely execute skills. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

DEDUCTIONS

1. Time Violation for Total Routine Length – (0.1) for every second over time limit.
2. Inappropriate Music/Lyrics, Appearance and/or Movements – (3.0) determined by competition officials/directors in accordance with the appropriateness guidelines.
3. Illegal Tumbling, Prop Dismount and/or Lifts – (3.0) Given when any individual skill or partnering skill is performed that breaks the Dance Safety Rules Guidelines. This includes when a non hands-free pom is touched down on the execution of tumbling.
4. Illegal Prop Restriction – (10.0) Given when a prop breaks the Dance Safety Rules Guidelines or is used in any other division than the Musical Theater or Prop Division (This does not include handheld props).
5. Unnecessary Change in Performance Order – (2.0) determined by competition officials/directors

LEGALITY REVIEW (PRE-EVENT)*

We want to help ensure a penalty free experience for your team! Submitting a video is the only way to review a routine for potential legalities prior to them being performed at a USA competition. For all legality questions regarding specific performance elements, you may email a video that contains the skill in question to USADanceRules@varsity.com.

Legality Review should be sent via email USADanceRules@varsity.com. [Submissions emails](mailto:USADanceRules@varsity.com) should include the following: School Name, Division for which the skill is in reference to, an attached clear and close up video of the skill in question in Mp4 format. **Do not send the entire routine.** USA will also review any music and/or questionable lyrics prior to USA competitions.

All safety video submissions for one-day events must be submitted 14 days or more prior to the competition date.

***Note that submission of a routine and/or its elements does not preclude a team from being assessed a penalty while at a specific USA competition, as performances from the video submission may differ from those executed on the competition floor.
Submission of a routine does not guarantee that it can be reviewed.**

Please contact USADanceRules@varsity.com if you need clarification on any of the above safety rules.