



USA DANCE SOLO COMPETITION GUIDELINES

All updates and changes for the 2026-2027 season are denoted in **red text**.

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.
 - a. 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.

SAFETY RULES

Routines must also follow the rules listed in “**2026-2027 Dance Rules & Regulations**” and the “**2026-2027 Dance Safety Rules**”. All documents listed can be found within the Competitions tab under Divisions, Rules & Scoring for Spirit Divisions.

[Division, Rules & Scoring - USA](#)

LEGALITY REVIEW

Videos and any specific skill and safety questions that pertain to the 2026-2027 Division Limitations or 2026-2027 Safety Rules should be submitted using the following form: [USA Dance Legality Inquiry Form](#)

Any additional questions may be sent to [**USADanceRules@varsity.com**](mailto:USADanceRules@varsity.com).