



UDA GAME DAY ROUTINE RULES 2018-2019
Effective August 1, 2018

These rules apply to JUNIOR HIGH, JUNIOR VARSITY, and VARSITY teams competing in this division

A. TEAM GUIDELINES

1. The competition is open to all junior high, junior varsity, and varsity teams in the country.
2. Teams must have a minimum of seven (7) dancers; there is no maximum.
3. Individuals may not represent more than one team at the National Championship.
4. There are FOUR separate UDA Game Day divisions:
 - a. **Junior High Game Day – 9th grade and below**
 - i. Junior High Divisions WILL be allowed 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.
 - b. **Junior Varsity Game Day – 7th-12th grades**
 - i. Junior Varsity Divisions WILL be allowed 7th 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.
 - c. **Small Varsity Game Day – 8th – 12th grades**
 - i. 7-15 members
 - ii. 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
 - d. **Large Varsity Game Day – 8th-12th grades**
 - i. 16 and more members
 - ii. 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
5. Individuals are NOT permitted to compete in two divisions within the same school (Example: A dancer is not allowed to compete with both a JV and a Varsity team). 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).

6. Teams will be able to enter 2 categories (Pom, Jazz, Hip Hop, Kick) PLUS the Game Day Championship.
7. Teams will not be able to compete with less team members than their other categories.
8. Teams are able to move up in size divisions for the Game Day Championship ONLY.

B. UDA GAME DAY FORMAT

Fight Song

- a. Skills and choreography should represent a traditional Fight Song that your team performs at games and community events.

Spirit Raising Performance

- a. Teams will choose to perform ONE of the following:
 - i. Sideline Routine
 - ii. Stand Routine
 - iii. Drum Cadence
- b. The performance of your choice should have an emphasis on crowd appeal.

Spirit Video

- a. This component will be sent in prior to the championship and will be played during the competition.
- b. The 45 second video should showcase what your team is doing within the school and the community throughout the season.
- c. Comprised of 5 total video clips. (No still photos or boomerangs) Must use a minimum of 2 clips from each of the following:
 - i. In School (i.e. pep rally, orientation, open house, 1st day welcome, games)
 - ii. In Community (i.e. races, fairs, performance at feeder schools, food drive, parades)

Performance Routine

- a. A 1:00 routine (pom, jazz, hip hop, or kick) that is designed for crowd entertainment.
 - b. This is the best time to showcase your team's energy and connection to the crowd.
1. Teams will be evaluated and scored on each section of the Game Day Competition. Within each section, performances will be scored on synchronization, execution of motion/skills and overall effect. In addition, other components that pertain specifically to each section will be judged.
 2. The performance will follow this order: Fight Song, Spirit Raising Performance, Spirit Video, Performance Routine
 3. Teams are required to wear a traditional uniform that you would wear when representing your school. These should be in school colors.
 4. Teams may use poms, but they are not required. No other props or signs are allowed.

C. TIME LIMITATIONS

1. The Fight Song and Spirit Raising Performance combined should not exceed 2 minutes.
2. The Spirit Video should not exceed 45 seconds.
3. The Performance Routine should not exceed 1 minute.
4. Each component should have a beginning and an ending.

GAME DAY ROUTINE RULES AND GUIDELINES

WEIGHT BEARING SKILLS

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). The use of hands free poms for hip over-head skills is allowed. ***Please reference the Hands Free Poms section for more details***

TUMBLING AND TRICKS (Executed by Individuals)

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Aerial Cartwheels	Front Aerials
Forward/Backward Rolls	Front/Back Handsprings
Shoulder Rolls	Front/Back Tucks
Cartwheels	Side Somi
Headstands	Layouts
Handstands	Shushunova
Backbends	Headsprings (without hand support)
Front/Back Walkovers	Dive Rolls (In any position)
Stalls/Freezes	Continuous double (partner) cartwheels
Head spins	Toe Pitch Back Tucks
Windmills	
Kip up	
Round Off	
Headsprings (with hand support)	

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule. **If a team chooses to move the poms to one hand, and later touches down with that hand then a penalty will be issued.**
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. 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 from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
7. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. 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).

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. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. **Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; 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).**
4. Hip over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed as long as:
 - 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.

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 released skill does not elevate the Executing Dancer's feet above head level.
 - 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.
 - 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.