

To view this email as a web page, go [here](#).



Hello, Coaches!

We hope this email finds you well as we dive right into a new year! With UDA nationals just days away, we wanted to send some final rules information and reminders before arriving in Orlando. We HIGHLY encourage you to read all of the information provided in this email, and please let us know if you have any questions.

### **Deduction Sheets**

Once again, these will be available approximately 15 minutes following each of your performances; more information on where to collect these will be provided for you in the Coaches Webinar coming soon. Each team will receive a deduction sheet regardless if they've received a penalty or not. Should you have any questions regarding a penalty received for your team, the head coach should notify the staff where you picked up your penalty sheet. Deductions challenges can only come from the head coach. Deduction challenges will not be allowed from parents, choreographers or athletes nor will we discuss another team's routine.

### **Hands Free Poms**

We sent out a reminder email in December, but wanted to send it one more time. Teams competing in the pom category, we want to remind you all of the pom rules as it relates to hip over-head rotation 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.

- 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.
- Teams not using hands free poms will need to move them to one hand during an aerial, or place them down on the ground. Upon moving the poms to one hand, should a dancer touch down with that same hand, a penalty will be issued. Teams using HFP for their aerial will need to make sure they have a clean hand available should someone need to touch down, or a penalty will be issued.

To clarify, if your team is using hands free poms, in order to avoid receiving a penalty they **MUST** be used in the correct manner. A clean hand must be placed flat on the ground during these skills in order for a skill to be executed correctly. **Teams not using the HFP the correct way will receive a penalty. Simply owning the hands free poms with elastic will not make your skills legal. They must be used as they are intended to be used.** I am including the link below to video examples of how and when to use the HFP.

Click [HERE](#) to view examples on hands free poms. The video password is **handsfree**.

#### **General Reminders:**

- Each team must have a responsible adult play their music for them.
- Teams using an iPhone that requires a specific adapter will be responsible for providing the adapter- UDA will not have one available for you. Additionally, you will want to make sure your phone is on airplane mode and unlocked to avoid any issues.
- Once a division has been completed, rules challenges will not be accepted.
- While many of you sent in a safety tape, please remember this does not exempt a team from receiving a penalty while at competition.
- As a reminder, we no longer provide rules staff for open rehearsals or in the rehearsal area during competition.

We are so excited to see you and your team next week, and hope to make this time for you very smooth and stress free! Should you have any questions or concerns regarding the above information, please do not hesitate to reach out to [udarules@varsity.com](mailto:udarules@varsity.com).

This email was sent by: Varsity Spirit Corporation  
6745 Lenox Center Ct, 300, Memphis, TN, 38115 United States

Please do not reply to this email. If you have any questions regarding this email, please call 1-800-4VARSITY or email [vsf@varsitymailbox.com](mailto:vsf@varsitymailbox.com). To find your Rep, click [here](#). If you no longer wish to receive emails from Varsity Spirit Corporation, please [Unsubscribe](#).

[Privacy Policy](#)

