



UDA COLLEGE HOME ROUTINE RULES 2019

Effective April 1, 2019

**These rules apply to COLLEGE teams ONLY for home routines.
Green print denotes a change from prior year**

GENERAL GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
 - a. Concrete, asphalt, or any other hard or uncovered surface
 - b. Wet surfaces
 - c. Uneven surfaces
 - d. Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

COMPETITION ROUTINE GUIDELINES

1. Formal, excessive, and choreographed entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
2. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment, including backstage and practice area are prohibited (water, powder, glitter, fire, sliding oil, etc).
3. **Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, etc.**

4. Time limit is as follows: college teams will have a maximum of (2) two minutes to demonstrate their style and expertise. Teams who are in excess of that by (3) three seconds will be issued a penalty.
5. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

PENALTIES

Any team that does not adhere to the terms and procedures of these "Safety Rules and Guidelines" as outlined in this document will be subject to ranking last in home routine evaluations.

MUSIC GUIDELINES

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative 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.
2. These guidelines are as of June 16, 2016. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, dance teams should email dancemusic@varisty.com. Please check Preferred Provider list for updates and changes periodically.
3. Teams must have proof of licensing, a printed copy, with them at all times.
4. 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).
5. 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.
6. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
7. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
8. Challenge Process
 - a. All music challenges must be submitted in writing to the event director.
 - b. 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.
 - c. Fees collected will be voided if challenge is correct.
 - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - e. 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 remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged.

CHOREOGRAPHY AND COSTUMING

1. Routine choreography should be appropriate and suitable for family viewing and listening of all ages. Vulgar or suggestive material, choreography and/or inappropriate music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Music containing words unsuitable for family listening is not allowed. This includes (but is not limited to) swearwords, connotations of inappropriate behavior, etc. Inappropriate choreography,

costuming, makeup and/or music may affect the judges' overall impression and can result in a 1 point deduction.

2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc). Wearing socks and/or footed tights only is not allowed.
3. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
4. Jewelry as part of the costume is allowed.

PROPS

Props are allowed, however, they must fit through a 36 inch door. Props must be handheld and cannot be used to bear the weight of the dancer. **Standing props that can be used to bear the weight of the dancer are not allowed (Examples- chairs, stools, benches, ladders, boxes, stairs, etc.)** Any props used must first be approved through the UDA National Office. To get them approved, please send an email to udarules@varsity.com.

HANDS FREE POMS

The use of hands-free poms will be allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.

ROUTINE SAFETY RULES

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, as long as a clean hand is still being placed on the floor for all skills.*Please reference the Hands Free Poms section for more details*

TUMBLING AND TRICKS (Executed by Individuals)

Note: The following are lists of commonly known dance skills. This does not mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal.

ALLOWED:

Aerial Cartwheels	Front/Back Walkovers
Front Aerials	Shoulder Rolls
Front Handsprings	Headsprings with hands
Branny	Stalls/Freezes
Side Somi	Backbends
Forward Rolls	Head spins
Backward Rolls	Windmills
Cartwheels	Kip Ups
Headstands	Round Off
Handstands	

NOT ALLOWED:

Front Tucks	Back Handsprings
Back Tucks	No handed headsprings
Dive Rolls	Toe Pitch Back Tucks

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. If a team chooses to use hands free poms for aerial cartwheels, front aerials, and/or side somis, and later touches down, the poms **MUST** be flipped off of the hand, or a penalty will be assessed. Simply wearing the hands free poms for the aerial cartwheel/front aerial/side somi does not make it legal if they are not used correctly.
3. If a team chooses to use non- hands free poms for aerial cartwheel, front aerials, and/or side somis, they **MUST** be moved to one hand. If a dancer later touches down with the hand that holds both poms, a penalty will be assessed. There are no exceptions to this rule.
4. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
5. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
6. **Choreographed** 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.
7. 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 (see glossary) are not allowed.

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.**
3. **The following cheer based stunts are not allowed:**
 - a. **Extended cheer stunts (the lifted dancer is extended in an upright position over the base(s) who maintain fully extended arms and have the lifted dancers feet in hands)**
 - b. **Pyramids and basket tosses**
4. 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).
5. 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.
6. 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 **of the Supporting Dancer.**
 - i. **Exception: toe touches off a dancers back/leap frog jumps will be allowed**
 - 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 of the Supporting Dancer.
 - 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.