



UDA/NDA - VARSITY INTERMEDIATE SKILL RESTRICTIONS

A. TUMBLING AND SKILLS (Executed by Individuals)

1. Weight bearing skills (with or without hip over-head rotation skills) must not be connected to any other skill or technical element.
2. 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).
 - a. The use of hands free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms section for more details*
3. Tumbling skills with hip over-head rotation:
 - a. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support not connected to any other skill or technical element are allowed).
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. 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.
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.
 - a. All variations of a shushunova (see glossary) are not allowed.
7. Kip ups with hand support must initiate from the back/shoulder area touching the ground.

***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:

Front/Back Walkovers	Forward Rolls
Kip Ups (with hands)	Backbends
Round Off	Backward Rolls
Shoulder Rolls	Handstands
Stalls/Freezes	Cartwheels
Headsprings (with hands)	Headstands

NOT ALLOWED:

Front Tucks	Back Tucks
Back Handsprings	Layouts
Front Aerials	Shushunova
Barani	Back Tucks
Aerial Cartwheels	Side Somi
No handed headsprings	Front Handsprings
Dive Rolls	Windmills
Toe Pitch	Head Spins

B. 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. Thigh stands, shoulder sits, and chair sits are allowed.
3. The following cheer-based stunts are not allowed:
 - a. Elevators
 - b. 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)
 - c. Pyramids and basket tosses
4. Swinging in and out of lifts and tricks in the prone and/or supine positions is not allowed; 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) is not allowed when elevated from the performance surface.
6. Vertical Inversions of the Executing Dancer(s) is not allowed when elevated from the performance surface.

C. RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. The Executing Dancer(s) may not be released.

D. TECHNICAL SKILL/ELEMENT RESTRICTIONS

1. Stationary turns are allowed provided the following:
 - a. Pirouette turns may be executed in a passe, coupe, pencil, or attitude position and are limited to two rotations.
 - b. Leg hold turns and illusions are limited to one rotation.
 - c. Axels are not permitted
2. Fouette turns/A la Seconde turns sequences are allowed provided the following:
 - a. Teams are limited to a maximum of two separate sequences. These can be performed by one or more team members. Turn sequences may not be performed consecutively.
 - b. Turn sequences are limited to Fouette turns, A la Seconde turns and Pirouettes only.
 - i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
 - ii. Floats are not permitted.
 - c. Turn sequences are limited to one eight count of turning. This does not include the preparation or ending/completion of the turn sequence. (Example: Preparation on counts 7-8, three a la seconde turns into a double pirouette on counts 1-8, completion/landing on count 1.)
 - d. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill/move.
 - i. Clarification: The stop/completion of the turn sequence cannot be a prep into another technical skill.
3. Leaps/Jumps are allowed provided the following:
 - a. Leaps/jumps that release the head toward the back must be performed stationary and cannot be connected to any other skill or technical element.
 - b. Preparations for traveling leaps are limited to a step or chasse. A chaine turn used as a preparation directly into a leap is not permitted.

- c. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill or technical element. The landing must not be a preparation for another skill or technical element.
 - d. Switch leaps in any form are not permitted.
4. Kicks/Kicklines
- a. Kicks/Kicklines are allowed and are not restricted in number.

***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:

Chaine Turn
 Pique Turn
 Pirouette
 Fouette Turn
 A La Seconde Turn
 Toe Touch

Grand Jete
 C Jump
 Side Leap
 Firebird
 Illusion
 Leg Hold Turn

NOT ALLOWED:

Switch Leap
 Floats
 Switch Tilt
 Turning Switch Tilt
 Turning C Jump

Reverse Jump
 Turning Disc
 Calypso
 Axels
 540 Jump