



UDA COLLEGE HOME ROUTINE RULES 2026

Effective JUNE 1, 2026

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

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CODE OF CONDUCT

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants and coaches/owners/directors in all facets of team practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, Varsity Spirit asks that all participants, coaches, gym owners, directors and spectators adhere to and know the Code of Conduct and Prohibited Items for all Regional, Virtual, and Championships events.

To review the entire policy please click here: [Varsity Spirit - Safety](#)

EVENT ELIGIBILITY

Varsity Spirit will require that all coaches, directors, choreographers, and personnel wishing to access the warm up area, backstage, coaches' box, or athlete areas at our competitions have required credentialing, background check, and safeguarding as required by each event.

To review the entire eligibility policy please click here: [Varsity Spirit - Event Eligibility](#)

EVENT GUIDELINES

The coach/director of each team is responsible for understanding and following the Event Guidelines. Event Guidelines include:

- General Guidelines
- Safety Guidelines
- Music Guidelines
- Interruption of Performance
- Competition Area
- Warm Up Room Policy
- Spotter Policy

To review additional information, click here: [Varsity Spirit - Event Guidelines](#)

EVENT POLICIES

All attendees are expected to follow event policies to ensure a respectable and secure environment.

To review the event policies, click here: [Varsity Spirit - Event Policies](#)

UDA COLLEGE DANCE DIVISIONS

Home Routine is open to all colleges, universities, and junior colleges in the continental United States. All team members must be registered full-time students at their college or university and official members of the school's spirit squad (no Club Teams). Each camp will consist of the following **four** divisions for Home Routines:

1. **Division IA** - NCAA I-FBS
2. **Division I** - NCAA I-FCS
3. **Division II – NCAA II**
4. **Open Division – Div. III, Jr. College and NAIA**

All teams will be required to compete in divisions according to football classifications. Since FBS/FCS applies only to football within NCAA (no other sports), any Division I school with FBS football will compete in Division IA. Any school with FCS football will compete in DI. Schools that do not have football programs will compete in divisions according to the school's basketball program classifications. No school may have more than one team compete in the same division/category.

Teams at schools transitioning to a new athletic division (Example: moving from Division I FCS to Division I FBS (Division IA)) will compete in that new division at our championship as soon as the school's football/basketball teams begin competing at the new division/conference level. There is no transition period.

UDA COLLEGE DANCE TEAM PARTICIPANTS

1. The minimum number of dancers a team may compete with at Regionals is five (5).
2. The minimum number of dancers a team may compete with at Nationals is seven (7).
3. The maximum number of dancers a team may compete with in each performance category (Pom, Jazz, and/or Hip Hop) is twenty (20).
4. A minimum of 25% of the dancers must be the same in both routines. If dancing different numbers in each routine, 25% will be based on the largest number of dancers in the routine performed.
5. The maximum number of dancers a team may compete with Game Day is thirty (30).
6. If your team chooses pom as one of your categories, male dancers are not required to use poms. Teams will follow the dance team participant guidelines listed here for all regional competitions throughout the season.

NOTE: If your team drops below the minimum, please contact udarules@varsity.com

UDA ENTRANCES AND EXITS

1. Formal entrances which involve choreography, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
2. Teams have 30 seconds from the team's introduction to start the routine and 30 seconds after routine completion to exit the stage.
3. All entry and rules guidelines apply. The team's entry to the floor will not be judged.

UDA COLLEGE ROUTINE TIME LIMITATIONS

PERFORMANCE ROUTINES

1. Teams will have a **maximum** of 2:00 minutes for performance routines (Pom, Jazz, and Hip Hop)

UDA COLLEGE 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 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 attend all practices, functions, and games.

UDA COMPETITION ROUTINE

1. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc.).
2. The center will be marked on all performance surfaces. Center markers will not be allowed. This includes but is not limited to stuffed animals, toys, alternate dancers, spacing ropes, etc. Teams are prohibited from bringing any non-used props to the performance area.
3. All performers (unless injured) must remain within the performance area throughout the entire routine. Dancers can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.
4. Coaching staff, parents, fans and/or other members of the performing team entering the competition boundary before, during or after a performance is not allowed. The only people allowed on the performance floor are the competitors.

UDA CHOREOGRAPHY AND COSTUMING

1. All facets of a performance/routine, including costuming, choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.' Music, costuming, or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation. Costuming must be well secured and appropriate for a family friendly environment.
2. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that dancers should choose to wear shoes, anything with wheels is not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks, and or footed tights only is not allowed. (Clarification: Socks designed for dance that provide shock absorption, arch support, ankle stability, traction are allowed.)

3. Teams competing at the College Cheerleading and Dance Team Championships and/or any competition at Walt Disney World may NOT use Disney costumes that resemble a Disney character or movie. Any use of Disney music requires prior approval and must be sent to musicinfo@varsity.com at least one month prior to your first competition. Any use of Disney theme and costuming requires prior approval and must be sent to udarules@varsity.com at least one month prior to your first competition.
4. All male dancers' costumes must include a shirt that is fastened which covers the **sternum/diaphragm and below**. It can be sleeveless.
5. Tights are highly recommended to be worn for all athletes with costumes but not required.
6. Costuming must be well secured and appropriate for a family friendly environment.
7. Jewelry as part of the costume is allowed. Safety of the dancers should be considered.

UDA PROPS

1. Props are allowed in all performance divisions as well as Game Day divisions.
2. Props must fit through a standard 36-inch single door in all directions.
3. Handheld props of soft material ONLY are allowed. (Examples – roses, scarf, etc.)
4. Props cannot be tossed or thrown (dancer to dancer or into the crowd).
 - a. Clarification: any soft material handheld prop such as a bandana, towel, scarf, etc. may be tossed or thrown dancer to dancer ONLY.
5. Props cannot have the ability to bear the weight of the dancer. Props that could be used to bear the weight of the dancer, whether it is intended to be used that way or not, are not allowed. (Examples- chairs, stools, benches, ladders, boxes, stairs, etc.)
6. Hip over-head rotation skills (with or without hand support) including props will be prohibited.
7. Props cannot be used to conceal or cover any portion of choreography, movement, skills, tricks, or lifts that need to be viewable by a legality official. A 0.5 deduction will be given for any prop that intentionally conceals or covers any portion of choreography, movement, skills, tricks, or lifts.

Any props used must first be approved through the UDA National Office. To get them approved, please send a video of the prop in use to udarules@varsity.com. **Deadline to submit props is 2 weeks prior to camp.**

UDA ROUTINE SAFETY RULES

*All updates and changes for the 2026-2027 season will be displayed in **RED** font*

TUMBLING AND SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand.
 - a. Exception: Forward rolls and backward rolls are allowed.
 - b. Exception: Poms are allowed in hip over head rotation skills provided they are used correctly. If a pom (hands free or non-hands free) touches down during a hip over head rotation skill (with or without hand support) a 0.5 deduction will be given. The proper use of hands-free poms for hip over head skills is allowed. (Please reference the Hands-Free Poms section for more details)
2. Hip over-head rotation skills with hand support that are not airborne in approach are limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Hip over-head rotation skills with hand support that are airborne in approach OR hip over head rotation skills without hand support are allowed provided the following:
 - a. Can only connect to one other hip over-head rotation skill with or without hand support. (Example: Aerial into a standing back tuck is allowed).
 - b. Involves no more than one twisting transition.
 - c. Full twisting back flips are not permitted.
 - d. Clarification: Dive rolls are allowed if peak does not surpass shoulder height, and the dancer first bears weight on the hand(s) before head/neck/shoulders contact performance surface.

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 on the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a shushanova are not allowed.

Below are some examples 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. The above rules still apply

ALLOWED:

Aerial Cartwheels	Standing Back Tucks
Front Aerials	Back Handsprings
Front Handsprings	Standing Front Tucks
Front/Back Walkovers	Round Offs (with or without hands)
Side Somi	Head spins
Forward Rolls	Windmills
Backward Rolls	Kip Ups
Cartwheels	Shoulder Rolls
Headstands	Headsprings (with hands)
Handstands	Backbends
Stalls/Freezes	Dive Rolls
Layouts	

NOT ALLOWED:

Shushanova	Toe Pitch Back Tucks
No Handed Headspring	Full Twisting Back Flips
Arabian	

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. At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill.
 - a. Lifting with poms is allowed.
 - b. Extensions, pyramids, and basket tosses are NOT allowed.
3. Hip over-head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
4. Vertical Inversions are allowed if:
 - 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/leapfrog 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.

Please see UDA Glossary for definitions of skills and props: [UDA Glossary of Dance Terminology](#)

UDA LEGALITIES AND DEDUCTIONS

Any team that does not adhere to the terms and procedures of these "Safety Rules and Regulations" as outlined in this document will be subject to ranking last for Home Routine Evaluations.

UDA RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that:

1. I am the sponsor/director of the team.
2. I have read and understand the foregoing.
3. I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coach and direct teams at the UDA Regional Competition and NDTC.
4. I will ensure that my teams will always comply with all rules and regulations.
5. My team will support the results of the competition, as I am a role model for my programs.
6. I have read and reviewed both these specific UDA Event Guidelines and the Varsity Spirit Rules and Regulations.