



UDA INTERMEDIATE DIVISIONS FAQ

2026-2027

GENERAL

What styles are offered for UDA Varsity Intermediate Divisions?

Pom, Jazz, and Hip Hop will be offered for the Varsity Intermediate Divisions.

Can I compete with one routine in Intermediate but the other in the traditional Varsity divisions?

Teams must compete with all routines at the same level except for Kick and Game Day since those do not have Intermediate divisions offered. Example: A team can compete in Varsity Intermediate Pom and Small Varsity Game Day but cannot compete in Varsity Intermediate Pom and Small Varsity Jazz.

What are the division splits for Varsity Intermediate team?

Since this is a new option for teams, we are not currently splitting any Intermediate divisions into sizes. If there are 11 or more teams registered in the division, Intermediate will be split into D1 and D2 at regional competitions.

Can we trade out dancers between categories? And if so, how many?

Yes! The trade out rules that apply to all other divisions will apply to these as well.

- Teams competing in multiple performance categories must stay in the same division size but can have different numbers in routines.
- Because DII division sizes are consistent, teams who compete in DII High Kick and one other performance category (Pom, Jazz, or Hip Hop) must stay within their division size.
- Junior High, Junior Varsity, and Varsity Intermediate teams may trade out, remove, or add athletes between their categories, but must also follow the Varsity division size rules.
- Teams competing in game day will not be able to compete with less athletes than the performance category with the highest number of athletes.
- Teams who compete in DII performance categories (Pom, Jazz, Hip Hop, or High Kick) NOTE: Your division size for game day could be smaller than your performance category size, but the number of athletes on the performance floor must be the same or greater than your performance category with the highest number of athletes.
- Teams who compete in DI High Kick, one other performance category (Pom, Jazz, or Hip Hop), and game day will not be able to compete game day with less athletes than the performance category with the highest number of athletes.

Please read the 26-27 UDA Rules and Regulations for all division sizes and trade out rules - [Divisions, Rules & Scoring - UDA](#)

What score sheets will be used for the Intermediate division?

Intermediate divisions will utilize the same score sheets as the other school divisions.

Are there Intermediate options for Junior Varsity/Junior High?

Currently, the Intermediate option is only for Varsity divisions.

What if my school has a competition team that competes and a team that performs at games only who wants to compete in this category?

If a school has two Varsity teams (VA pom and VA jazz, OR VA Intermediate Hip Hop and VA Pom), they both must be deemed an official school dance team by administration. To compete two Varsity teams, the following requirements must be met:

- Team members may not be a part of both teams.
- Teams must provide documentation on school letter head, signed by the principal, that there are two Varsity dance teams at the school, as well as a roster for each team. This documentation must be sent to the office prior to attending camp or a regional competition. Registrations for our National Dance Team Championship will not be approved without receipt of this documentation.
- Each team must qualify separately for our National Dance Team Championship with 75% of the team or a minimum of 5 participants, either at camp or by placing at a regional competition
- If teams choose to have two Varsity teams in the same division (i.e., two Small Varsity Pom teams), they recognize that they will compete against each other.

Can I have my JV team compete in the Varsity Intermediate Division instead?

Teams will continue to compete in the correct division for them based on what their school classifies their team as. If a school officially recognizes a team as a Junior Varsity team, they will continue to compete in JV. If attending the National Dance Team Championship, teams must compete as the same team type they qualified as.

What happens if a team performs skills that are not allowed?

Penalties will be assessed for any illegal skills performed in the Varsity Intermediate Division. More information regarding safety rules, please visit [Divisions, Rules & Scoring - UDA](#) for the 26-27 UDA Rules and Regulations.

REGIONALS

Will there be Varsity Intermediate Divisions offered at regional competitions?

Yes! These divisions will be offered at all UDA Regional Competitions for the 2026-2027 season.

NDTC

How many times can I compete at Nationals?

Teams are allowed to compete two performance routines (pom, jazz, hip hop, kick), Dance Game Day, and one of the Spirit Program Game Day Divisions for a total of 4.

What are the division size splits for Varsity Intermediate teams?

Since this is a new option for teams, we are not currently splitting any Intermediate divisions into sizes. However, UDA does reserve the right to make any splits based on size dependent on the number of registrations. Teams will need to continue to follow the trade out rules for their team size.

Do I have to qualify for these divisions?

All teams attending the 2027 UDA High School National Dance Team Championship must receive Varsity Spirit/NFHS Squad Credentialing and a UDA Nationals bid to be eligible. Click Here for detailed information on qualifying and credentialing – [2027 National Dance Team Championship](#)

Will there be multiple rounds of competition for Varsity Intermediate Divisions?

Yes! Varsity Intermediate divisions will have a minimum of a Semi-Final and Final round of competition. Additional rounds of competition will be based on the number of teams in the division.

What type of awards will teams receive?

Teams competing in the Varsity Intermediate Divisions will receive the same type of awards as all other divisions. However, these divisions will not be included in the event's televised ESPN show.