



*UDA SCHOOL COMPETITION ROUTINE RULES 2018-2019
FOR KHSAA SECTION AND STATE COMPETITIONS
Effective October 1, 2018*

*These rules apply to KHSAA Competition ONLY and are supplemented by KHSAA
Competition Rules.*

JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Dance Association. As the teams make their presentations, the judges will score the teams using a 100-point system. Judges scores will be AVERAGED together to determine the overall team score. In the event of a first-place tie, the tie will be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will then be used to break the tie. Should a tie remain, the ranking points from the “Overall Effect” portion of the scoresheet will be used to break the tie.

SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings before the final tally of the scores for all teams. No scores or rankings will be given over the telephone. All ties in each division or group will remain except first place. The first place tie will be broken based on the criteria stated in the “Judging Procedures” section.

HOW TO HANDLE PROCEDURAL QUESTIONS

- 1) **RULES & PROCEDURES** – Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach of the team and will be directed to the Competition Director. Such questions should be made before the team’s competition performance.
- 2) **PERFORMANCE** – Any questions concerning the team’s performance should be made to the Competition Director immediately after the team's performance or following the outcome of the competition.

SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

INTERRUPTION OF PERFORMANCE

A. UNFORESEEN CIRCUMSTANCES

- 1) If in the opinion of the competition officials, a team’s routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
- 2) The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

- 1) In the event a team's routine is interrupted because of the failure of the team's equipment, the team must either continue the routine or withdraw from the competition.
- 2) The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are:
 - a) competition officials,
 - b) the coach from the team performing or
 - c) an injured individual.
- 2) The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
- 3) The injured participant that wishes to perform may not return to the competition floor unless:
 - a) The competition officials receive clearance from, first, the medical personnel attending to that participant, second the parent (if present) AND THEN the head coach of the competing team.
 - b) If the medical personnel does not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance sign a return to participation waiver. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

INTERPRETATIONS AND RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

PERSONAL VIDEO MEDIA POLICY

The personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted.

DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

PENALTIES

A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

- 0.5 points- performance error (example: touching down on an aerial cartwheel with non- hands-free poms in hand)
- 1.0 points- General rules violations including (but not limited to) time infractions, not enough kicks,

costume/shoe rules, ending on or off the marley surface, etc.

- 1.5 points- Routine safety rule violations

If you have any questions concerning the legality of a trick or move, please upload a video to <http://eventuploads.varsityspirit.com/> Include your team name, your name, a contact phone number, and the event attending. It must be received at least two weeks before the event and will only be accepted from the head coach of the team. Text messages containing videos will not be allowed. Videos from choreographers will not be allowed. For questions, please contact Ashley Udashen at audashen@varsity.com.

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) Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete. Substitutions must be approved by the KHSAA.
- 2) 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.
- 3) 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.).
- 4) Teams may dance off of the performance floor; however, all routine choreography for the entire team must begin and end on the performance surface. Jumping on or off the performance surface is prohibited.
- 5) The time limit is as follows:
 - a) SCHOOL teams will have a maximum of (2:15) two minutes and fifteen seconds to demonstrate their style and expertise. If a team exceeds the time limit, they will be assessed a penalty. If a team exceeds the time limit by more than (3) three seconds, they will be penalized.
- 6) 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.

MUSIC GUIDELINES

- 1) All sound recordings used in our team's music shall only be used with a 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, cheer teams should email info@usacheer.net. Please check Preferred Provider list for updates and changes periodically.
- 3) Teams, if requested, must be able to provide proof of licensing, in the form of a printed copy, during

registration at the event.

- 4) KHSAA Coaches must have completed the NFHSLearn.com “Understanding Copyrights and Compliance” Course before sectional entry deadlines.
- 5) Each team is required to have a responsible adult remain at the music station that knows the routine and music to operate the music equipment. 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, volume turned up and placed in airplane mode. If using CDs, make sure it’s unscratched, so it doesn’t skip. It is strongly recommended that musical streaming services not be utilized.

CHOREOGRAPHY AND COSTUMING

- 1) Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, makeup or music may affect the judges’ overall impression or score of the routine.
- 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 or footed tights only is not allowed.
- 3) When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, the front of the body only. Nude body liners are acceptable.
- 4) All male dancers’ costumes must include a shirt that is fastened. However it can be sleeveless.
- 5) Jewelry as part of the costume is allowed.

PROPS

Props are not allowed. A prop is defined as anything you dance with that is not attached to your costume. Articles of clothing may be taken off and thrown to the ground; however, you may not dance with them. If taken off and danced with, it becomes a prop. Poms being used for a pom routine do not count as props.

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, 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.

SCHOOL DIVISIONS AND CATEGORIES:

There will be three (3) categories in the Varsity division; Jazz, Pom, Hip Hop. Teams may enter one or two of the three categories. This must be specified on the competition information form.

- Small Varsity- 7-16 members (Jazz, Pom, Hip Hop)
- Large Varsity- 17 or more members (Jazz, Pom, Hip Hop)

TEAM PARTICIPANTS

The minimum number of participants a team can have for a sectional competition is seven (7). Teams can contain the same team members, or each school can enter two separate teams.

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. *Please reference the Hands-Free Poms section for more details*

TUMBLING AND TRICKS (Executed by Individuals)

ALLOWED

Aerial Cartwheels
Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls/Freezes
Head spins
Windmills
Kip up
Round Off
Headsprings (with hand support)

NOT ALLOWED

Front Aerials
Front/Back Handsprings
Front/Back Tucks
Side Some
Layouts
Shushunova
Headsprings (without hand support)
Dive Rolls (In any position)
Continuous double (partner) cartwheels
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) 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. If a team chooses to move the poms to one hand, and later touches down with that hand, then a penalty will be issued.
- 3) Tumbling skills with hip-over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- 4) Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.
- 5) 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. All variations of a shushunova are not allowed.
- 7) Airborne skills without hip-over-head rotation may not jump from a standing or squatting position backward onto the neck, head, back, shoulders or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band” /”bronco” kip up skill, as well as any skill jumping backward into a headstand/handstand stall).

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. Extensions and all other cheer based stunts are not allowed.
- 3) Swinging in and out of lifts and tricks is allowed in the prone or supine positions; swinging forwards, backward, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).
- 4) 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.
- 5) 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.
 - 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.
 - 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.

**All rules not covered in this correspondence and not covered by the KHSAA Competition Rules will default to Universal Dance Association Rules and regulations.*