



***UDA COMPETITION ROUTINE RULES 2019  
FOR KHSAA REGIONAL AND STATE COMPETITIONS***

***Effective August 1, 2019***

***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 the Universal Dance Association. As the teams make their presentations, the judges will score a portion of the scoresheet. 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. All first-place ties at a regional or state event will be broken using the above policy.

**SCORES AND RANKINGS**

Individual score sheets are for the exclusive use of each 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 and rankings will be given over the telephone.

**Visit the following link for more Scoring Information:**

<https://www.varsity.com/uda/school/competitions/divisions-rules-scoring/>

**HOW TO HANDLE PROCEDURAL QUESTIONS**

- A. RULES & PROCEDURES – Any questions concerning the rules or procedures of the competition will be handled exclusively by the Head coach of the team and will be directed to the Competition Director. Such questions should be made before the team's completion performance.
- B. PERFORMANCE – Any questions concerning the team's performance should be made to the Competition Director after the team's performance or following the outcome of the competition. Questions regarding another team or their performance will not be allowed.

**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 advisor/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/advisor of the competing team.
  - b. If the medical personnel does not clear the participant (in all instances of injury except for concussion or head injury), the participant can only return to the competition if a parent or legal guardian in attendance sign a return to participation waiver.
  - c. In the event of a suspected concussion/head injury, the participant must comply with the KHSAA concussion protocol, with or without parent permission. The details of the concussion protocol are listed at [https://khsaa.org/common\\_documents/handbook/policies/policies-concussionpolicy.pdf](https://khsaa.org/common_documents/handbook/policies/policies-concussionpolicy.pdf).

## **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; questions concerning comments on the score sheet will be allowed. However, scores and judges decisions will remain 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. 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- any skill or trick executed incorrectly that then makes it an illegal skill/trick (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, etc.
  - 1.5 points- Routine safety rule violations
- B. If you have any questions concerning the legality of a trick or move, please email the video to [udarules@varsity.com](mailto:udarules@varsity.com). Include your team name, your name, a contact phone number, and the event attending. It must be received two weeks before the event and will only be accepted by the head coach of the team. If received after the deadline, the video is not guaranteed a response. Videos from choreographers will not be allowed. For questions, please contact [udarules@varsity.com](mailto:udarules@varsity.com).

### **GENERAL GUIDELINES**

- A. 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.
- B. All programs should have, and review, an emergency action plan in the event of an injury.
- C. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
- D. No technical skills should be performed when a coach is not present or providing direct supervision.
- E. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
- F. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
- G. 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:
1. Concrete, asphalt, or any other hard or uncovered surface
  2. Wet surfaces
  3. Uneven surfaces
  4. Surfaces with obstructions
- H. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

### **COMPETITION ROUTINE GUIDELINES**

- A. 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.
- B. Formal entrances that involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
- C. 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.).
- D. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, spacing ropes, etc.
- E. The time limit is as follows: 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 by more than (3) three seconds, they will be issued a penalty.
- F. 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**

- A. 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.
- B. 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](mailto:info@usacheer.net). Please check Preferred Provider list for updates and changes periodically.
- C. Teams , if requested, must be able to provide proof of licensing, in the form of a printed copy, during the registration at the event.
- D. 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, 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**

- A. 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 will result in a 1-point deduction.
- B. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should dancers choose to wear shoes, anything with wheels are not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks and or footed tights only is not allowed.
- C. 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, front of the body only. Nude body liners are acceptable.
- D. All male dancers' costumes must include a shirt that is fastened. However it can be sleeveless.
- E. Jewelry, as part of the costume is allowed.

### **PROPS**

Props are not allowed. A prop is defined as anything that is danced with that is always not attached to your costume. Articles of clothing, such as jackets, headbands, sunglasses, hats, etc. may be removed from the body and discarded; these items may not have any choreographed movement done with them. If taken off and danced with, it becomes a prop. Poms being used in 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 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.

### **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 regional competition is seven (7). Teams can contain the same team members, or each school can enter two separate teams.

### **ROUTINE SAFETY RULES**

#### **A. 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\*

#### **B. 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 Handsprings	Round Off
Branny	Stalls/Freezes
Side Somi	Head spins
Forward Rolls	Windmills
Backward Rolls	Kip Ups
Cartwheels	Shoulder Rolls
Headstands	Headsprings (with hands)
Handstands	Backbends

#### **NOT ALLOWED:**

Front Tucks	Back Handsprings
Front Aerials	No handed headsprings
Dive Rolls	Toe Pitch Back Tucks
Layouts	Shushunova
Back Tucks	

- A. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support, aerial cartwheels, and side somis not connected to any tumbling skill are allowed).
- B. If a team chooses to use hands-free poms for aerial cartwheels 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 and/or side somi does not make it legal if they are not used correctly.
- C. If a team chooses to use non- hands-free poms for aerial cartwheels 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.
- D. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- E. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
- F. 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.
- G. 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.
- H. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/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).

**C. 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 if 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 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.

**D. 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.

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