



## **UDA COMPETITION ROUTINE RULES 2021**

**Effective September 1, 2021**

*\*These rules apply to HIGH SCHOOL teams ONLY.*

*Green print denotes a change from prior year\**

***\*These rules apply to KHSAA events ONLY\****

### **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 a portion of the scoresheet. Judges scores will be AVERAGED together to determine the overall team score. Only in the event of a first-place tie, the ranking points from the “Overall Impression” portion of the scoresheet will be used to break the tie. All other ties will not be broken.

### **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 prior to the final tally of the scores for all teams. No scores and rankings will be given over the telephone. Final scoresheets for state competition will be posted on [schools.khsaa.org](https://schools.khsaa.org) following the event. Judges decisions will be final.

**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 advisor/head coach of the team and will be directed to the Competition Director. Such questions should be made prior to the event.
- B. PERFORMANCE – Any questions concerning the team’s performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition. Coaches will be asked to fill out a Routine Review Form with their concerns and will need to allow up to two business days following the conclusion of the event for their submissions to be reviewed. Questions regarding another team and/or their performance will not be accepted.
- C. Deduction sheets for the state competition can be reviewed after the competition.

### **SPORTSMANSHIP**

1. 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.
2. The advisor and 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.

3. When a coach is in discussion with an official, other coaches, athletes, and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in a 1-point penalty, removal of coach, or disqualification.
4. 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.

## **INTERRUPTION OF PERFORMANCE**

### **A. UNFORSEEN 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 failure of the team's own 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, the participant can only return to the competition if a parent or legal guardian in attendance signs 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.
  - 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)
  - d. If deemed injured during one division, cannot return the same day of competition unless waived by on site medical personnel.

### **INTERPRETATIONS AND / OR 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; 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- starting/ending off the surface, 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) **timing infractions of 1-5 seconds over time**, not enough kicks, costume/shoe rules, etc.
  - 1.5 points- **Timing infractions of 6 or more seconds over time**, 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's name, your name, a contact phone number, and the event attending. Videos submitted for the KHSAA regionals must be received by **October 22<sup>nd</sup>** and will only be accepted from the head coach of the team. Videos submitted for the KHSAA state championship must be received by **November 5<sup>th</sup>** and will only be accepted from 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 FOR ALL KHSAA EVENTS**

1. All programs should have, and review, an emergency action plan in the event of an injury.
2. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
3. No technical skills should be performed when a coach is not present or providing direct supervision.
4. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.

5. 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
6. The dance team coach or other knowledgeable designated representative should attend all practices, functions, and games.

### **COMPETITION ROUTINE GUIDELINES**

- A. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
- B. 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).
- C. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, spacing ropes, etc.
- D. 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.
- E. 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. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with 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](mailto:info@usacheer.net). Please check Preferred Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
4. If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (Provided by Varsity Spirit).
5. If a team does not have the required paperwork, and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
6. It is required that each team have a responsible adult at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing "play". Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode.

### **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 is not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks and or footed tights only is not allowed.
- C. Teams may NOT use Disney themes, nor may they have costumes that resemble a Disney character, movie, or theme.
- D. 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. **This rule applies in the Game Day category as well.**
- E. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- F. 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 not always attached to your costume and is used to enhance the routine. 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. Items/articles of clothing brought onto the stage but not worn are considered a prop. **This rule applies to the Game Day category as well.** 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 specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface 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:**

The KHSAA postseason will offer four divisions: Jazz, Pom, Hip Hop and Game Day. The max number of performances teams are allowed to enter is three (3), so long as the third routine is Game Day. Each member school Athletic Director or Head Coach shall only submit one form per school and must be signed into the KHSAA School subdomain to declare. You can find DA101 on the school subdomain under the dropdown menu "Forms and Reports" and under "Dance Forms". Teams can contain the same team members or schools can enter separate squads.

### **TEAM PARTICIPANTS**

The minimum number of participants a team can have is **(5) five**. The maximum is 30.

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

#### **NOT ALLOWED:**

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

1. 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).
2. 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.
3. 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.
4. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
5. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
6. 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.
7. 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.
8. 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 backwards 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.

## GAME DAY GUIDELINES AND FORMAT

**Game Day will take place in the following order:**

**A. Fight Song**

Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. **There is a max time limit of one minute (1:00)**

**B. Spirit Raising**

Teams will choose to perform ONE of the following:

- Sideline Routine
- Stand Routine
- Drum Cadence

\*The performance of your choice should have an emphasis on crowd appeal. \* **There is a max time limit of one minute (1:00)**

**C. Performance Routine**

A routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team's energy and connection to the crowd. **There is a max time limit of one minute (1:00)**



## **UDA GAME DAY ROUTINE RULES**

### **General Notes**

1. Teams will be evaluated and scored on each Game Day component. Within each component, performances will be scored on synchronization, execution of motion and overall effect. In addition, other components that pertain specifically to each section will be judged.
2. The performance will follow this order: Fight Song, Spirit Raising, and Performance Routine.
3. Teams are required to wear a traditional uniform that you would wear when representing your school. These should be in school colors; uniforms must follow all midriff rules, which states 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.
4. Teams may use poms, but they are not required. No other props or signs are allowed.
5. Mascots will be allowed but must remain on the performance floor the entire time. Mascots may not be involved in any stunts/technical skills, and should position themselves away from skills being performed. Teams may add up to 1 (one) mascot in their Game Day Routine and the mascot will not count towards the total number of participants allowed. Mascots must follow all eligibility guidelines and must be students enrolled at that school.
6. Bands/drum lines/pep bands are not allowed.

### **Time Limitations**

1. All components (Fight Song, Spirit Raising, and Performance Routine) should not exceed 1 minute. If a component exceeds the 1 minute time limit, a penalty will be assessed.
2. The overall time limit (including transitions) should not exceed 3 minutes 30 seconds (3:30).
3. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

### **GAME DAY ROUTINE SAFETY RULES**

Teams competing in the game day divisions must follow all the routine safety rules and regulations at any KHSAA regulated event. Please refer to page 7 for those details.

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